

Dear Children,

Hope you are safe and doing well!

Today we are learning about **-Strength in Weakness.**

Cracked Pot Principle- <https://www.youtube.com/watch?v=gyVxjKijyul&t=11s>

turn your weakness in strength-<https://www.youtube.com/watch?v=YrKvx3lLm0I&t=5s>

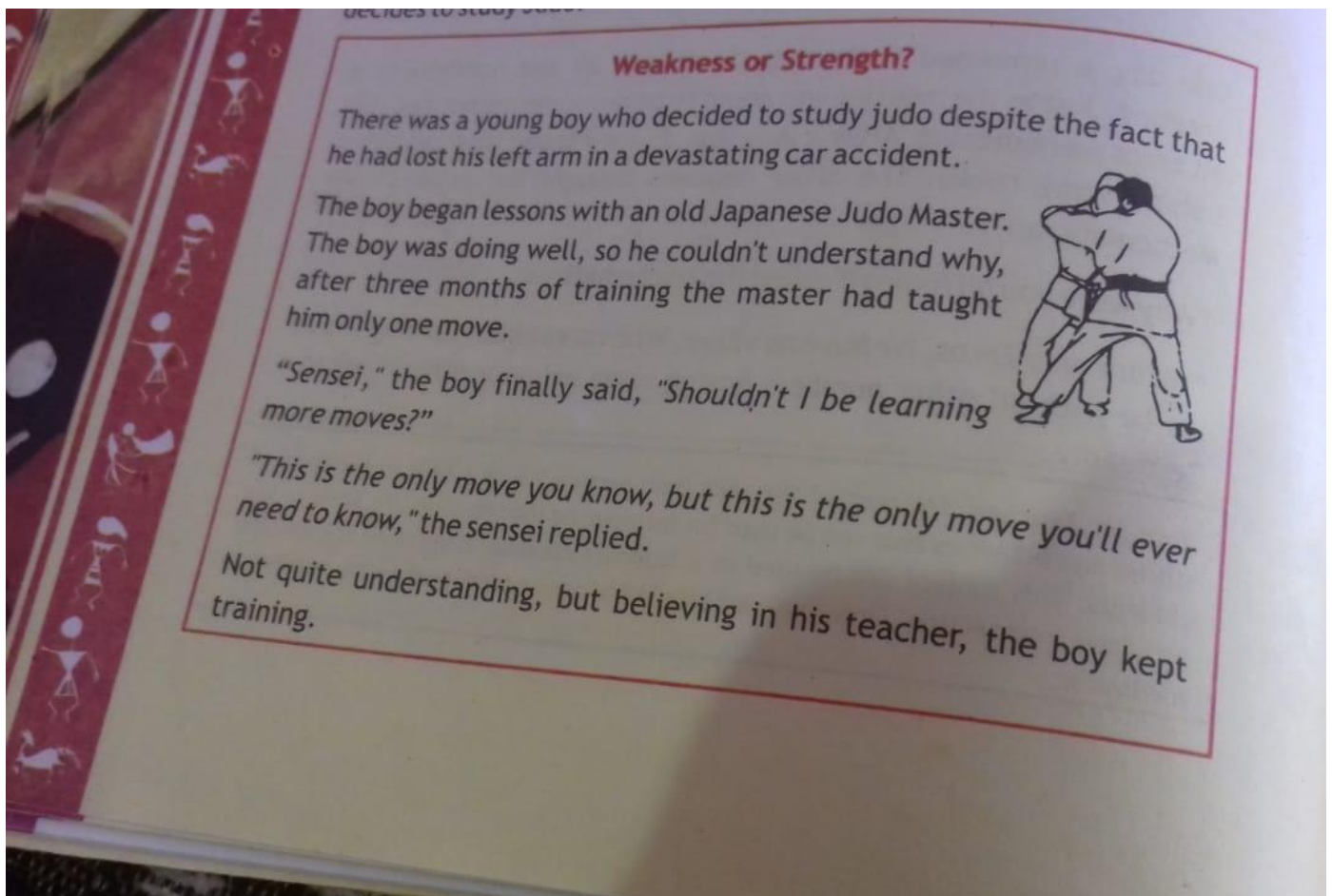
Know your strength and weakness- <https://www.youtube.com/watch?v=tmaxmmTkaR0&t=15s>

As is very clear from the topic itself- What you consider your weakness, **can prove to be your greatest asset.** It just needs the right angle to see whatever you have been gifted and how to use them.

Listen to the videos, read the story and lesson well and enjoy worksheet at end.

Enjoy every day and take responsibility to take care of yourself

Good Day!



Weakness or Strength?

There was a young boy who decided to study judo despite the fact that he had lost his left arm in a devastating car accident.

The boy began lessons with an old Japanese Judo Master. The boy was doing well, so he couldn't understand why, after three months of training the master had taught him only one move.

"Sensei," the boy finally said, "Shouldn't I be learning more moves?"

"This is the only move you know, but this is the only move you'll ever need to know," the sensei replied.

Not quite understanding, but believing in his teacher, the boy kept training.

Several months later, the Sensei took the boy to his first tournament. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals.

This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when the Sensei intervened.

"No," the Sensei insisted, "Let him continue."

Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament. He was the champion.

On the way home, the boy and the Sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.

"Sensei, how did I win the tournament with only one move?"

"You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of judo. And second, the only known defense for that move is for your opponent to grab your left arm."

The boy's biggest weakness had become his biggest strength.

(Sensei- Japanese title used to address teachers)

(Source: http://www.cupofjoephoto.com/inspirational_stories/)

It becomes clear from the above two stories that instead of focusing on weaknesses, we must think about our strengths. Recognizing and expressing core strengths leads to greater happiness and success in life. Trying something to be different does not guarantee happiness and success. Do not give up your identity, otherwise, it will make you depend on others to define you. At first, it may be rewarding, but these pay offs does not last for long. So start identifying your strengths to lead a successful life.

Strengths for a successful life

- **Creativity:** Ability to think and create something new and different.

- **Curiosity:** State of being curious to learn more about something.
- **Strong Relationships:** Showing respect and kindness towards each other.
- **High sense of Humour:** The quality of being comic and the ability to bring smiles on others' faces.
- **Positive attitude towards life:** State of being optimistic in life.
- **Public Speaking:** Speaking in influential and convincing manner to convey ideas to audience.
- **Effective Communication:** Ability to express effectively both verbally and non-verbally.
- **Time Management:** Ability to separate important from unimportant.
- **Stress Management:** Ability to cope with stress.
- **Concentration:** Directing one's mental powers and efforts towards a particular activity or problem. It enhances memory.
- **Imagination:** To think in new ways and coming up with fresh ideas.
- **Reasoning:** Ability to make sense of things and establishing facts.
- **Listening Power:** Being attentive to what others are speaking.
- **Self Discipline:** Ability to focus and act according to what is right rather than how you feel at that moment.
- **Critical Thinking:** Ability to analyze information in an objective manner.
- **Decision Making:** Dealing constructively with decisions in our daily lives.
- **Problem Solving:** Dealing constructively with problems in our daily lives.
- **Kindness:** Doing good deeds for others.
- **Leadership:** Ability to influence other people.
- **Open mindedness:** Being receptive to new and different ideas and opinions of others.

It should be kept in mind that all have a few strengths but many weaknesses. In order to achieve success, people generally spend their lifetime in strengthening their weaknesses rather than focusing on using their strengths to the maximum.

"Be faithful in small things because it is in them that your strength lies."

- Mother Teresa



Think and Do
My Strengths Worksheet-I

Step One: List four activities that you enjoy doing and that you also do well:

1. _____
2. _____
3. _____
4. _____

Step Two: Which of the four activities do you think you do the best? Why?
(This is your number one strength)

Strengths Survey Worksheet - II

Ask your family and friends: "What things do you think I do well?" Write their answers in the space below. When you are finished, see if more than one person mentioned the same strength. If so, this may be your number one strength right now and may help you be successful later in your life.

Name of the Person	Your Strengths