

Sharing a Little Strength

An activity of "Hollywood Actors and Writers Go on Strike".

Read the article "Hollywood Actors and Writers Go on Strike" (page 23, *What's Up* August 2023). These actors and writers felt that the industry was not being fair to them. They united because they had a common cause — to ask that they be paid fair wages.

- 1) In the table below, list three concerns the writers and actors had and the positive changes they hoped the strike would result in.

Actors & Writers' Concerns	Actors & Writers' Hopes

The story shows that knowing our own values and strengths can enable us to promote a cause and help people.

- 2a) Make a list of personal values that are important to you. Values include beliefs and ideas that matter to you e.g. honesty, fairness, empathy, etc.
- 2b) Make a list of your strengths. Strengths include things like what kind of a person you are and the things that you are good at, e.g. helping others, being a good listener, playing a sport, doing crafts, writing, making music, cooking etc.

A B O U T M E

MY VALUES & STRENGTHS

My important beliefs

Things I'm good at

2c) Write down three causes and/or people you would like to help and explain why.



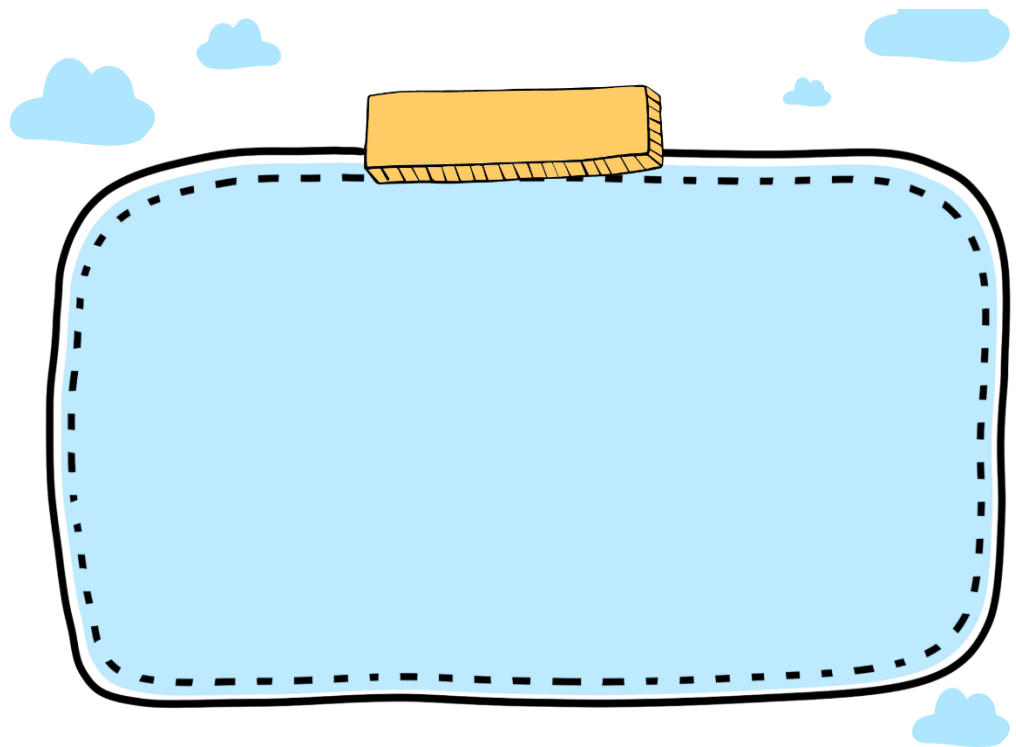
2d) Watch this video to warm up!

Helping Others

➤ <https://www.youtube.com/watch?v=Ytwpzz3NCcl>

Sesame Workshop (2020)

2e) Think of ways you can combine your values and strengths to help one of the people/causes you had listed earlier. Describe and/or draw it below.



We can all chip in in our own special ways
to make the world a better place!