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# Strength Cards

## **Learning Outcome:**

- To think about what I am good at

## **Equipment:**

- The Strength Cards Handout

## **Instructions:**

- Each person needs a copy of the handout.
- Working individually, look through the handout and circle all the words that describe you.
- Then share with each other what you chose – and discuss (if you want to).
- Please note that some people find this REALLY difficult – so another way might be to choose words for each other.
- Also, kindness is very important in this activity. Maybe you don't agree with something the person chose about themselves – but don't say that. The point of this is to help people think about what they like about themselves/what they are good at. It's a positive exercise, not a character analysis!
- If you feel you have had success with this activity, you could then encourage the person to write up a list (or draw/create something) that they can put somewhere to remind themselves. OR you could write a CV together!

## **National Curriculum:**

Secondary: Contributes to 'Mental Wellbeing'.

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# Strength Cards

Friendly	Happy	Outgoing
Good at sport	Clever	Good at a particular subject (which one?)
Hard working	Loyal to friends	Good at keeping secrets
Helpful	Kind	Thoughtful
Gentle	Strong	Funny
Generous	Creative	Good at listening
Good friend	Tidy	Interesting
Good at... (what?)	Good at... (what?)	Brave
Fast	Honest	Truthful
Quiet	Thoughtful	Cheerful
Considerate	Sensitive	Reliable
Trustworthy	Willing	Energetic

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Good at working with others	Leader	Patient
Keep going (I don't give up)	Good communicator	Self-controlled
Look after others	Understanding	Punctual
Adventurous	Forceful	Respectful
Observant	Optimistic	Caring
Generous	Logical	Lively
Serious	Accurate	Ambitious
Practical	Tolerant	Determined
Learn from my mistakes	Like learning new things	Focused
Cool	Bold	Energetic
Talkative	Motivated	Confident
Fit	Healthy	Ability to learn

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