

# [STRENGTH CARDS]

**FORCES CHILDREN  
SCOTLAND'S STRENGTH CARDS  
CAN USED TO EXPLORE  
STRENGTHS WITH CHILDREN  
AND YOUNG PEOPLE.**

**A BLANK TEMPLATE HAS  
BEEN PROVIDED TO ADD OR  
CREATE ADDITIONAL  
STRENGTHS**



## **SUGGESTED ACTIVITIES:**

- » **Strength Spotting:** Distribute strength cards. Throughout the day or week ask the children to notice any peers demonstrating strengths and award cards to each other. At the end of the activity, have a discussion about how everyone showed different strengths.
- » **Charades:** Split into groups of four and hand each group one strength card. Allow the group time to rehearse acting out their strength. Groups then act out their strength without speaking whilst others guess. Discuss other ways to demonstrate this strength.
- » **Memory Match:** Create pairs of matching strength cards. Place them face down and take turns flipping the cards, trying to find matches. When a match is made, share examples of that strength.
- » **Storytelling:** Choose any three strength cards and collaborate to tell a story featuring characters who demonstrate those strengths.
- » **Interviews:** Pair up with a partner. Using the strength cards, ask partners to interview each other about times they've demonstrated those strengths. They can then introduce their partner to the group highlighting their strengths.
- » **Scavenger Hunt:** Hide strength cards around the room or outdoor space. Pair up with a partner. When a card is found, ask the partners to share examples of when they or someone they know demonstrated a strength.



**I CAN BE MYSELF**



**I CAN BOUNCE  
BACK**



**I CAN TRY**



**I CAN DREAM**



**I WELCOME  
OTHERS**



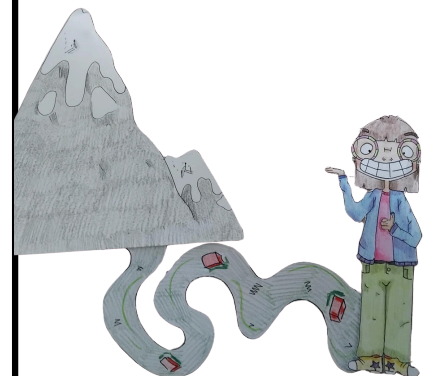
**I AM PATIENT**



**I AM ENCOURAGING**



**I AM POSITIVE**



**I FIND A WAY**



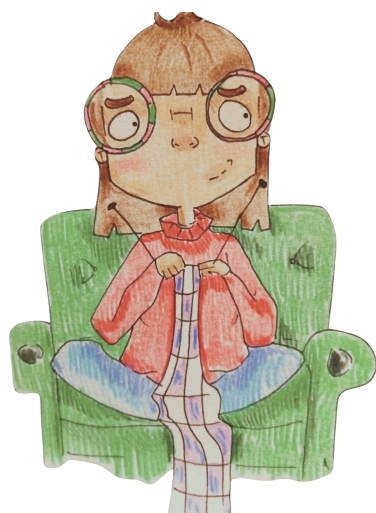
**I AM FRIENDLY**



**I AM BRAVE**



**I AM RELIABLE**



**I TRY NEW THINGS**



**I AM ADAPTABLE**



**I CAN START AGAIN**



**I AM ADVENTUROUS**



**I AM PROUD OF MYSELF**



**I AM A GOOD FRIEND**

