Strength Exploring
Scatter the strength cards on the ground. If you have younger children, aged 3-9 years, you may choose to put out just 10 cards including those that they would be more familiar with. Research indicates that the most prevalent strengths in this age group are love, kindness, curiosity, creativity and humour.
Ask your child(ren) what strengths they see in themselves. What are ones that they demonstrate often, energise them and feel really like them? Research indicates that this signifies their top ‘signature strengths’. Developing our signature strengths enhances our wellbeing.
Some children may find it difficult to identify their own strengths, in this case ask what others would say. What would a friend say is one of their strengths? What would their coach/teacher/parent/sibling spot in them? What strengths do they demonstrate in different activities - sport, art, dance, debating, group work, with a pet, as a prefect, when a friend’s upset etc.

Family Strength Spotting (from The Strength Switch by Lea Waters)
Place your character strength cards on the wall around a large piece of paper. Explain to your family that this week we are all on the hunt for strengths in each other. When you notice someone demonstrating a strength write it down. E.g. Adam - perseverance, swam the whole lap of the pool.

Strength Charades
Choose a card and act it out for others to guess. You may start with a choice of just 5 strengths to make it easier at first. You could wrap some Velcro around your head and stick Velcro dots on the back of the cards for ‘talking heads’

Strength Stories
Choose a card and tell a story about a time when you used that strength. What did you do, how did you feel? Before you read a book with your child ask them to be on the lookout for strengths in the story. Have the strength cards on display. For younger kids prime them with a few relevant strength cards to pay particular attention to. Discuss after reading the book. E.g. The Gruffalo - perseverance, creativity, curiosity, bravery, etc.

---


www.growingstrongminds.com © Growing Strong Minds 2019
Strength Growth
Choose a card for the family to focus on for the week. Brainstorm different ways the family could demonstrate this strength. Put the card and 3 suggestions on the fridge to remind everyone.

Celebrating Strengths
Choose a card that another family member demonstrates. Explain how they show this strength and the benefits. Or act it out for them to guess.

Strength Savior
Choose a card that helped you with a challenge. How was it helpful? E.g. self-regulation, did you respond calmly to someone although you were annoyed? How did you do that? Did you take 3 deep breaths, tell yourself something helpful? When could you use this strength again?

Strength Songs
Choose a card that is depicted in a song you like or choose a song that represents a strength. Have a friend or family member listen to your song and guess which strength it depicts. E.g. Katy Perry 'Roar' – bravery.

Thankful Strengths
Choose a strength that you are grateful for and explain why. E.g. Perseverance as it has helped me to learn an instrument. Bravery – it allows me to try new things.

Strength Stars or Shield
You or your child draw a 5-pointed star or a shield and write/draw their top 5 strengths. Strengths help you shine brightly like a star in the sky as they are you at your best. Strengths also protect you when you experience difficulties. They are what come most naturally to you and bring you joy.

School Strengths
Instead of 'How was your day/how was school?' ask 'What strengths did you use today?' or 'What strengths did you spot others using or the teacher demonstrating? If your child is talking about something that went well or didn't you can say 'That sounds great/difficult/frustrating, what strengths helped you deal with that or what strength would be helpful next time?'