
From Strength to Strength

Strengths education for schools

www.fromstrengthtostrength.com — info@fromstrengthtostrength.com

14 GAMES WITH STRENGTHS CARDS

Created by Nicole Stottlemyer

1. **Musical strengths:** (musical chairs but without the fear of not making it to a seat and ‘You’re out!’)

Spread the strengths in prominent positions around the room. Play a song, pause it and run to the area of the room with the strength that you hear being played in the song. There’s no wrong answer really, but if you choose something wacky you have to explain how you heard that strength in the song. For ideas, use VIA’s website. Example: Appreciation of Beauty- U2 “It’s a beautiful day”

<http://www.viacharacter.org/www/Character-Strengths/Appreciation-of-Beauty-and-Excellence>

2. **Race to the strength:**

Place the cards around the room, dance to songs and run to the strength that the song enlivens in you.

3. **Virtue Spotting:** for six players.

Divide cards into virtue categories (six piles) and hand each player a pile and take turns telling ‘best-self’ stories. After each story go around the room and have each person strength-spot based on the card they are holding. If I’m holding the humanity cards then I’ll strengths spot only the cards in the humanity category. This helps people focus on just a few strengths, and listen for them.

4. **Role Model:**

Choose a role model, and describe what strength/s they possess and how it is expressed.

5. **Strengths Charades:**

Pick a card, act it out and have others guess. (This could be simply striking the pose of the picture.)

6. **Memory Strengths:** play like the game “Memory”

Memory is a card game designed for two people. Lay cards in a grid face down. Players take turns flipping pairs of cards over. On each turn, the player will first turn one card over, then a second. If the two cards match, the player scores one point, the two cards are removed from the game, and the player gets another turn. If they do not match, the cards are turned back over.

The object is to match more pairs of cards than the opposing player. (One point is scored for each matched pair, and the player with the highest score after all cards have been matched wins.) When cards are turned over, it is important to remember where they are for when the matching card is turned up later in the game.

Version 1 - shuffle two sets of cards together, and play exactly like the game memory, trying to match 2 cards.

Version 2 - using one deck, each person tries to match the virtue category. Once all of the even pairs have been chosen, the odd ones can be paired with other odd-numbered virtues.

7. **Georgia Strengths:** (Named after the young girl who invented it while we were playing.)

Pick two cards and tell ONE story of how you used both of those strengths. (This is challenging and fun, and really calls on your creativity!)

8. **Psychic Strengths:**

Pick a card. Don't look at it. Stick it to your forehead facing out so that others can see it. Others then give you clues, or tell you stories until you guess what the strength is.

9. **Presidential/Prime Ministerial Strengths:**

When you're watching a presidential/political debate and you want to throw the TV out the window, get out your strengths cards and try to see

which candidate has the most strengths.) Be prepared to be surprised and laugh a lot!

10.Strength Stories:

Pick a card and tell a story about a time you used that strength.

11. Role Playing:

How to use your strengths when dealing with a bully. One person pretends to be the bully, and the other person acts out different ways of disengaging. After each round, discuss what strengths were used to disengage. Eg: Bully “You’re weak.” Player 2 flexes muscles (humour). Another option – walk away (wisdom and self-control). Another option – tell teacher (courage, honesty)

12.Yoda Strengths (insert your favorite super hero)

Place strengths cards face down. Have your superhero (ie, Yoda) ‘fly’ over the cards. He can even make noises if you like! (ie, ooh, mmm, beep) Yoda then chooses a card and turns it over, and then you tell a story about how Yoda has used that strength. It can be real (from the movie) or made up.

13.Minion Stories Memory

Lay all 48 Minion memory cards face down (or any memory game) and two decks of strengths cards. On your turn, turn over two Minion cards and two strengths cards. Choose a strength card for each of the Minion cards and tell two stories about how each Minion card used that strength (use your imagination, it doesn’t have to be a story from the movie but it could be). To win: collect the most pairs of minions and strengths cards. Object of the game: learn about the strengths through telling stories.

14.Strengths-Game

Pick a card, say the strength, and make a noise. The next person copies your noise and the name of the strength, picks a card and says the strength and makes a new noise. The next person says the first and second person’s strength cards and accompanying noises, and then picks a card and makes a new noise. Each round builds. To make it easier, players can lay their cards face up. To make it harder, lay the cards face down.