

Reflection cards – My strengths

3 steps to the activity realisation



Step 1 – preparation phase

With a set of cards, children and young people go on a treasure hunt for their individual strengths.

Create a card set with 25+ cards. On each card there is a question / statement such as:

- ✓ I can do that (very) well ...
- ✓ I like these three things about myself ...
- ✓ I achieved this goal ...
- ✓ I am very grateful for ...
- ✓ Today I am proud of myself because ...
- ✓ I would like to / be able to learn that ...
- ✓ As a superhero, I would have this superpower....
- ✓ I'm curious about ...
- ✓ If I need help, help me ...
- ✓ May I live completely without rules for a day

Step 2 – activity phase

The cards are shuffled and placed face down in the pile or freely on a table. One after the other, players draw a card, read it aloud and answer the question or complete the sentence.

Game variant - I am you: The other players draw a card and put themselves in the role of the other and answer the questions in his or her place. This is followed by an exchange on the consistency of the answer.

Step 3 – wrap up phase

Include a group discussion to help the young people to reflect on what they have learned:

- ✓ What did you learn about your friends / classmates?
- ✓ What did you learn about yourself?
- ✓ What was it like to say positive things about yourself?
- ✓ How can this help you build trust?

Share the message of the game:

We have many good qualities that no one knows about yet. We should always remember all of our positive qualities! "You can also ask the young people to tell the group what they like about each and every one of them.



Type of activity:
Pair work with reflection cards

Value of the activity:



Timing:
preparation: 30 min.
implementation: 90 min.
checking learning progress: 30 min.



Activity follow-up:

<https://www.jugendarbeit-rm.de/kreisjugendring-rems-murr-ev/service/materialien/die-staerkekarten/>

Strengths treasure chest for children and adolescents: 120 cards with 12-page booklet (Beltz therapy cards)



Other value case box components:
Exercise to be implemented in a trustful atmosphere



Value quoted: