

Outcome 3: Young people create, describe and apply their learning and skills



Indicator 5: Young people identify their strengths and weaknesses

Card Game - Strengths and Weaknesses cards¹

- Ask young people to work in small groups – no more than 6 people per group.
- Give each group a set of cards. The number of cards each group has should be approximately 4 x the number of young people in the group. You will find templates for the cards below. In advance of the session you will need to label some of these cards with strengths and weakness within the group. You will need to make sure you leave some of the cards blank in each set and keep more blank cards back for use later in the session
- One person in each group shuffles the cards and gives one card to each person in the group then put the rest of the cards face down on the table.
- Each person in the group looks at their card and thinks about whether it is a strength or weakness for them.
- Going in an anticlockwise direction, each member of the group has the opportunity to swap their card for another card in the pile if the card they have isn't very relevant to them. If they want to swap cards, they need to put their current card face down on the bottom of the pile and take one from the top of the pile. They can only do this once each round.
- If you get a blank card you can write in a strength or weakness of your own choice.
- Once you've gone round the group once and you're back to the beginning, each young person then has to pick another card from the pile which you can either keep or swap. You keep doing this until all the cards have been used.
- Each person in the group then shows the cards that they kept to the rest of the group and explains their choice of strength and weakness cards. The other group members can ask the young person to give examples of their strengths and weaknesses.
- At this point you should give extra blank cards to each group and if there are strengths and weaknesses that young people have that they didn't get in the game, they can take blank cards and write them down.
- Youth worker to make a note of strengths and weaknesses for each person.

¹ Based on an activity from www.wqsb.qc.ca





Strength or weakness	Strength or weakness
Strength or weakness	Strength or weakness
Strength or weakness	Strength or weakness
Strength or weakness	Strength or weakness
Strength or weakness	Strength or weakness
Strength or weakness	Strength or weakness

