



## At my best

Type: Group  
Card Side: Words  
Duration: 30 mins

### Why do it?

Help young people understand the concept of strengths by facilitating a discussion about strengths in practice.

### What you'll need:

A full pack of At my best® strengths cards.

Notepaper for each child

### Tell us...

Do you have any suggestions about this exercise? We'd love to hear your ideas for making it even better or adapting it to suit particular circumstances or audiences.



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# Understanding strengths

1. Spread all of the cards out, word side up, on a table. Ask the group to gather around.
2. Ask someone to pick up a word that they are happy to talk about/explain.
3. Ask them to explain what that word means to them.
4. Can they explain what it would look like if someone was demonstrating that strength? E.g. what would they be doing? How would they be behaving? What would they be saying?
5. Can they think of anyone in the room that sometimes demonstrates that strength? Or anyone else they know that shows that strength? Can they describe a time when they have seen that person demonstrating that strength?
6. Ask the opinion of others in the group – can they relate to the stories and explanations that the person has been sharing? Can they add anything in terms of what the strength means to them or when they have seen the strength in action?
7. Ask the whole group – What other sorts of situations would this strength be particularly helpful in?
8. Repeat steps 2-7 a couple more times with other children choosing different words.
9. Then ask the children to pair up (with someone they know)
10. Now ask them to spend a couple of minutes looking at all of the words whilst thinking about their partner.
11. Ask them to choose 3 words that represent strengths that they think their partner shows. Write the words down if it helps to remember them.
12. Once each pair has chosen their words for each other, they should spend a couple of minutes giving feedback to each other – what words did they choose and why?
13. Encourage the children to share specific stories of when they have seen their partner demonstrating the strengths they have identified for them.