



## Virtual Game – Shape Your Strength

### Description

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Help your students have the opportunity to display their strengths to others and be proud of them. This activity will also help each student get to know each other more and build their relationships.

## Supplies

- No supplies needed

## How to Play

1. This activity works best on a virtual platform where students can see each other like Zoom.
2. Remind the group that part of loving and accepting who you are means understanding the things that you are good at. These are called strengths.
3. Explain that everyone will be seated and you will call out a strength.
4. If someone thinks they have that as a strength, they will hop up and stand.
5. Those that are standing will each get a chance to show off their strength with the group by doing a challenge/action you call out.
6. Those that are still seated can show support by snapping, clapping, and putting positive praise in the chat box.
7. Example strengths and actions:
  - Singing – sing – Happy Birthday•
  - Acting – act like your favorite animal or person
  - Exercise – do 5 jumping jacks and 3 sit-ups
  - Whistling – whistle – Twinkle, twinkle little star•
  - Flexibility – bend down and touch your toes for 10 seconds
  - Balance – stand on one leg for 30 seconds

- Calming yourself down â?? show off a yoga pose
- Reading â?? share your favorite book or author
- Being kind and caring â?? give someone in the group a compliment
- Listening â?? tell the group one thing you learned today
- Swimming â?? hold your breath for 20 seconds
- Spelling â?? assign an age-appropriate word to spell to each student that was standing to spell back for the group
- Math â?? count by 10s to 100

## Activity Prompts for Reflection

- Would anyone like to share another strength that they have that we didnâ??t talk about today?
- Would anyone like to be brave and share a weakness that they have?
- Would anyone like to share a weakness that they are working to improve?

## Other Ways to Play

- After each round, have students share how they can showcase that particular strength in other ways.
- Make it into a talent show and have students pick a strength to share with the group.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

### Category

1. Activities
2. Self-Awareness

### Sel-competency

1. Self-Awareness

### Allotted-time

1. 15 minutes

### Themes

1. Get to Know You
2. No Supplies Needed