



## Work Out The Weakness

### Description

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Students work to recognize their individual weaknesses and get some exercise at the same time.

## Supplies

- No supplies needed

## How to Play

1. Explain to the group we all have strengths and weaknesses and things that make us unique. Remind them it's okay to have a weakness and the only way to improve a weakness is to work on it.
2. Tell them today we are admitting some of our weaknesses and performing a workout that pairs with it.
3. The leader reads aloud a weakness/trait the students might have and explain exactly what that weakness/trait means.
4. After reading aloud the weakness, students share out if that is a weakness for them.
5. Students work together to brainstorm and share ways they can improve that weakness.
6. Once they have come up with ways to work on it, the group must "work out" to help remind them to work on it and help turn the weakness into a strength.
7. Example weaknesses/traits and workouts:
  - Lazy??20 jumping jacks
  - Aggressive??10 push-ups
  - Shy??10 lunges
  - Talkative??10 high knees
  - Bossy??5 squats

- Dishonest??5 butt kicks (each leg)
- Boastful??15 arm circles
- Rude??10 ski jumps (feet together jump back and forth)
- Impatient??5 sit-ups

## Activity Prompts for Reflection

- Is working out/exercising anyone's strength?
- Is working out/exercising anyone's weakness?
- Why is it important to be able to identify your weaknesses?
- Why is it important to try to improve your weaknesses?

## Other Ways to Play

- When explaining the weaknesses, use television show characters, book characters, and movie actors/actresses to help them better understand and relate to the weaknesses.
- Have students share one of their own weaknesses and an exercise they want the group to do.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If space is limited, have only the students who have that weakness do the exercise so there aren't as many students moving around.
- Support your group by being positive and fostering a sense of acceptance while students admit their weaknesses.
- Help engage the group by getting on their level and participating in the exercises.

### Category

1. Activities
2. Self-Awareness

### Sel-competency

1. Self-Awareness

### Allotted-time

1. 30 minutes

### Themes

1. Exercise
2. No Supplies Needed