



**I Can Handle It... I Got It (🌈 A Social Health Story)
(4th Grade – 9-10 yrs.)
Game: Strengths and Weaknesses**

 **STORY CONNECTION – SLIDE 12 (Approx Time: 40-45 mins)**

Something to remember is that you should not be ashamed or embarrassed because you are feeling challenged, while others are not. Everyone is different. We all have different strengths and weaknesses. Knowing what you are good at and what things challenge you is a good thing. Because you can always work to deal with your challenges.

Materials needed:

- Bingo Card (included below)

Preparation needed:

- Print Bingo cards (2 per student)
- Determine if student(s) will complete all parts of the activity at the same time or break it up over different days or times.

Instructions:

1. In this activity, student(s) will see that because everyone is different, everyone has strengths and weaknesses. They will also reflect on their own strengths and weaknesses and think about how they can turn a weakness into a strength. This is a three-part activity.
2. Begin by asking a student the following questions:
 - Which hand do you write with?
 - Why do you write with that hand?
 - Why do you not write with their other hand?
 - Does it mean the hand you do not write with is useless?
3. Explain to student(s) that we write with one hand over the other because it is our dominant or stronger hand. That does not mean that our non-dominant or weaker hand is not of any use. Everyone has strengths and weaknesses, but our weaknesses do not always have to be seen as a negative thing. They should be seen as an area that we can grow in.

Part I: People Bingo

4. Next, explain to student(s) they will play a game of Bingo. Go over the rules and objectives of the game.
 - Student(s) will move around the room and find people who meet the criteria in each box.
 - When they find someone who meets the criteria, they have them sign their name in that box.
 - They have a designated amount of time to play.

- A student's name may not be in a winning row more than once.
 - Bingo is five boxes in a row horizontally, vertically, or diagonally.
 - When they have a BINGO, they bring their card to the facilitator.
5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
 6. Pass out one bingo card to each student.
 7. Start timer and allow student(s) to move in the room.
 8. When someone gets Bingo, bring the group back together, and talk about what they found out about each other.
 - Were there any surprises?
 - Did they learn anything new about their classmates?
 - Were there any boxes that were difficult to find signatures for? Why?

Part II: Personal Bingo

9. Now, give all student(s) their second copy of the Bingo card.
10. Explain that they will independently read and identify their strengths and weaknesses.
 - If it is a personal strength, have them write their name on the box.
 - If it is a weakness, have them put an X on that box.
 - Student(s) can add additional strengths at the bottom of the page.
11. After everyone has had a chance to fill out their personal Bingo card, discuss some of their strengths. Share some of your strengths with the student(s).
12. Next, discuss some of their weaknesses. Share some of your weaknesses with the student(s).

Part III: Strengthening Your Weakness

13. The final part of this activity will focus on how to turn a weakness into a strength. Take one of your weaknesses and use it as an example.
 - For example, one of my weaknesses would be "is good at math." My one and only C on any of my report cards in school was in math. Because I am not as strong in math, I have always had to work extra hard to get the grades I wanted. When I started teaching 5th grade, I had to learn how to become better at math so I could instruct my student(s). Through doing this, I have become so much better at math, and I enjoy it much more now than I used to do. Because I enjoy it more, I have more confidence and I am getting better and better each year I teach it. Many times, changing our attitude about something makes a significant difference between a strength and a weakness.
14. Have them pick one of their perceived weaknesses and see if they can turn it into a strength.
15. After student(s) have had a few minutes to work independently, have them get with a partner or small group to help each other brainstorm ways to turn each person's weaknesses into strengths.
16. Come back together and discuss some of the strategies the groups thought of.
17. In closing, remind student(s) that they should not be ashamed or embarrassed because they are feeling challenged, while others are not. Remember, everyone is different. We all have different strengths and weaknesses. Knowing what we are good at and what things challenge us is a good thing because we can always work to deal with challenges and turn them into strengths through work of our own or with the help of our support system.

Activity Credit Idea: <https://www.overcomingsobstacles.org/uploads/images/blog/uploads/2019/04/Identifying-Strengths-and-Weaknesses.pdf>

BINGO

Is good at math	Always works hard	Likes to join in activities	Can organize anything	Can use a computer
Speaks more than one language	Tells great stories and jokes	Is a good speller	Plays a team sport	Likes to read
Knows how to swim	Can play a musical instrument		Has a good memory	Is good at building or making things
Likes to make charts and graphs	Likes to figure out how things work	Likes to write	Likes to be in plays	Likes to help others
Is a good cook	Keeps a personal diary or journal	Likes to design posters and murals	Is a good artist	Is a great dancer