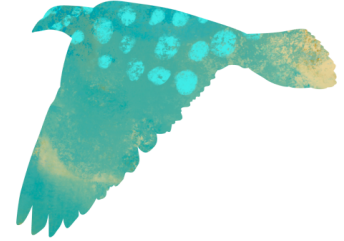


Whole-Group Activity

G9

Guess Who?

Students will guess classmates' strengths and discuss how they can support each other with their strengths.


 Mark Complete

Completion is tracked for: CFC Internal School

Experience Details

Type: Whole-Group Activity

Suggested Grade: G9

Audience: Student

Learning

Pathway: Agency & Opportunity

Academic Skills: Analysis, Collaboration, Communication, Critical Thinking, Problem-Solving, Real-World Application, Reasoning, Visualization

CASEL Core Competencies: Relationship Skills, Responsible Decision-Making, Self-Awareness, Social Awareness

[Learn](#) Practice Reflect and Refine

Launch Activity

Why This Matters

This student activity focuses on "strength spotting," a process in which teachers and students notice strengths in themselves and each other.¹

Identifying and developing strengths has been linked to many positive outcomes, including well-being, engagement, academic confidence, and goal achievement.²

Recognizing the resources and strengths students already have can help build class cohesion and reduce friction³ and also capitalize on research findings that strength-based interventions work best not in isolation, but when the whole class is involved in identifying and elevating each other's strengths.²

Learning Objective

Students will begin to identify their own strengths and learn to appreciate their classmates' diverse strengths.

When you're ready to preview, launch the activity.

Learn **Practice** Reflect and Refine

Overview

In this activity, students will reflect on what their academic and nonacademic strengths are. Once they've identified some of their own strengths, they'll share them with their classmates so they can gain an appreciation for others' strengths.



Before

Distribute a medium or large sticky note to each student and ensure each student has a writing utensil, or set up an online white board where students can create anonymous sticky notes.

During

Have students consider the learning objective. Give them time to think before the Warm-Up.

Have students warm up by responding to the questions individually, in groups, or as a whole class.

Self-Inventory

Have students reflect quietly on the question, "What are your strengths?" Remind them to consider the academic and nonacademic areas discussed in the Warm-Up. Once students have had a chance to reflect, have them write down three to five of their strengths on their sticky note. They should each write their whole list on one sticky. If you're using the online white board, have students type their lists in a single anonymous sticky on the board.

Share and Guess

Have students place their sticky notes somewhere on the board if you're using paper stickies. Have students read the posted paper or online sticky notes and try to guess who each note belongs to based on the strengths listed. Encourage students to try their best to guess, but remind them also to notice others' strengths.

Reflection Wrap-Up

Give students time to answer the Reflection Wrap-Up questions individually at the end of the activity. Have them write their reflections, share with a partner, or share with the whole class.

After

Consider extending this activity to another class period. Have groups of three students discuss how they can benefit from each other's strengths. Then you might have students complete a task or assignment in those groups, challenging them to capitalize on the individual strengths of each team member.

When you're ready to begin, launch the activity.



Learn Practice Reflect and Refine

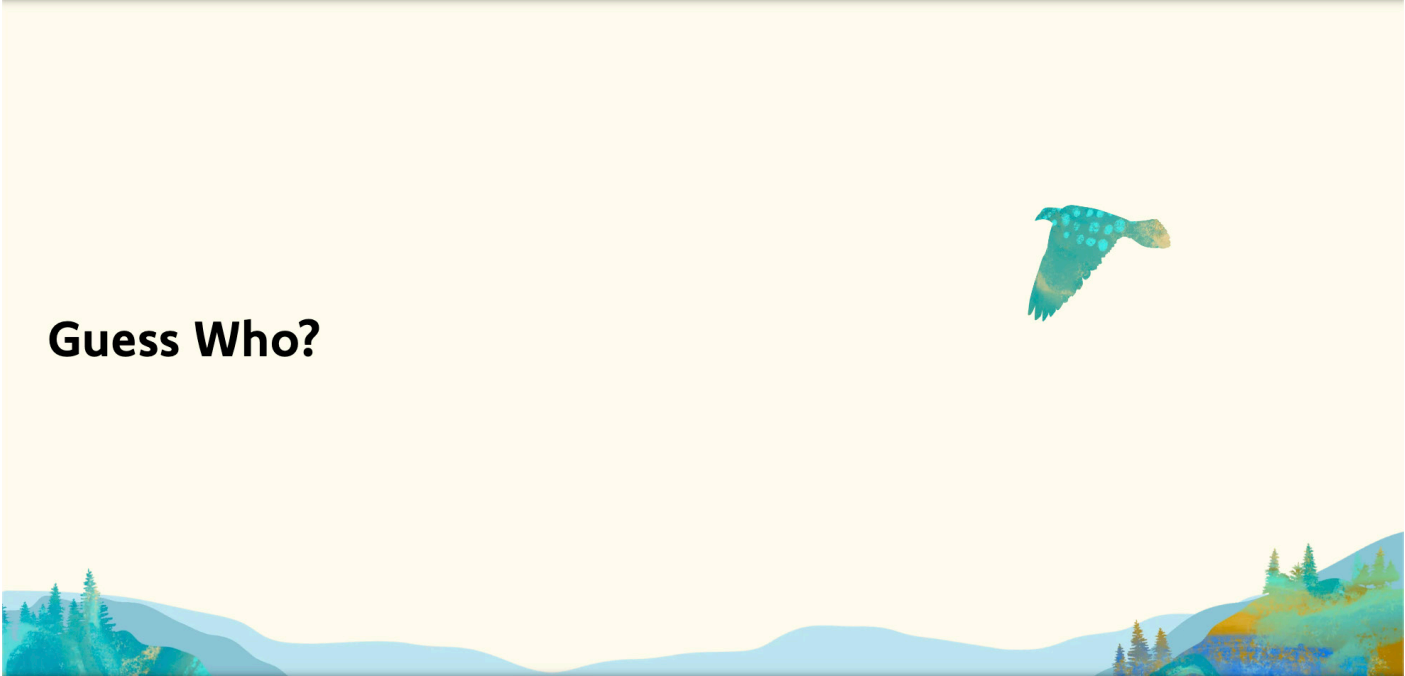
Guiding Questions

Use these questions to focus your reflection after you've led students through this activity.

1. What challenges did you notice students facing while trying to identify their strengths?
2. Were there any strengths students listed that surprised you?
3. Did you notice any patterns emerge when students talked about how they developed their strengths? What can you do to help encourage them to get "stronger"?

References



 Guess Who? 



Guess Who?


LEARN PRACTICE REFLECT

BACK NEXT

 Guess Who? 

Learning Objective

You'll think about your strengths and learn about the diverse strengths of those around you.



LEARN PRACTICE REFLECT

BACK NEXT



Warm-Up

1. What does "strength" mean to you?
2. What are some academic and nonacademic areas you can have strength in?



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NEXT



Self-Inventory

What are your strengths?

- Quietly reflect on your academic and nonacademic strengths.
- Write three to five strengths on your sticky note.



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REFLECT

BACK

NEXT

Guess Who?

Share and Guess

- Place your sticky note on the board.
- Walk around and read the other sticky notes.
- Try to guess who wrote them based on the strengths listed.

Creative Brave Helpful	Thoughtful Hard-working Curious	Humble Kind Logical
Athletic Musical Grateful	Funny Positive Responsible	Analytical Open-minded Motivated
Independent Giving Ambitious	Good listener Collaborative Friendly	Reflective Resilient Caring

LEARN PRACTICE REFLECT BACK NEXT

Guess Who?

Whole-Group Discussion

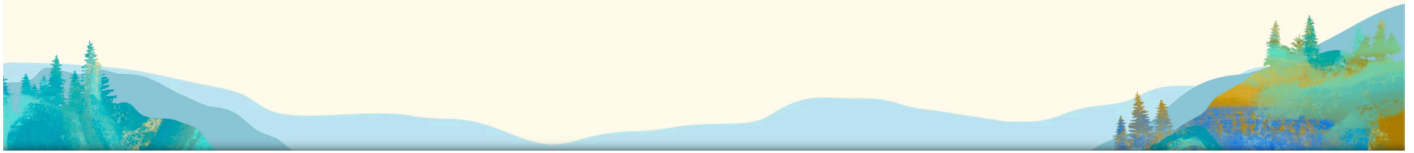
- Reveal your strengths sticky.
- Describe how your strengths help you and how you developed them.

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Reflection Wrap-Up

1. What was challenging about identifying your strengths?
2. Did you discover any surprising strengths among your classmates?
3. How can your classmates' strengths balance yours?



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REFLECT

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NEXT