

Strengths Snap

Respectful Relationships

To help students recognise, celebrate, and share their own and others' character strengths, supporting empathy, appreciation, and respectful relationship-building.



Learning Intentions

Students learn to be able to recognise strengths in themselves and in others.

This helps students build self-awareness and appreciate what makes people unique and capable.

Students can relate to the world around them and give real-life examples of how strengths are used.

This encourages respectful peer reflection and supports stronger group connections.

Students aim to explore how strengths help us in relationships and teamwork.

This promotes collaboration and values everyone's contributions.



Success Criteria

Self & Peer Awareness:

Students can name at least one strength they possess and one they've noticed in a classmate.

Real-World Connection:

Students can describe a specific time when they or someone else used a strength in a helpful or kind way.

Relationship Building:

Students can explain how different strengths support friendship, teamwork, and respectful behaviours.



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Objective:

To help students recognise, celebrate, and share their own and others' character strengths, supporting empathy, appreciation, and respectful relationship-building.

Players:

Groups of 3–6 students (can be whole class with rotating teams)

Materials:

Strength cards, printed out and cut out into individual cards, one deck per group (found in the PDF resource tab).

Optional and encouraged!: You could ask the students to make their own set of strength cards in their teams prior to playing, it serves as a great intro activity. Simply ask each group to brainstorm 10 different character strengths, each student creates 4-5 different strength cards each, ensure the students nominate or assign the different strengths evenly so that all 10 strengths are covered twice (20 cards in each group). They can then use their own strength cards to play the game.

Setup:

Shuffle the deck and divide evenly among players. Students sit in a circle or small group with their pile facedown.

Activity:

1. Play Snap with a Twist:

Players take turns flipping a card into the centre. When a player sees a card that names a strength they've seen in someone else in the group, they shout "SNAP!"

2. Celebrate the Strength:

Whoever called "Snap" shares a real example of when the person showed that strength. For example:

 "I saw Paul show *kindness* last week when he helped me clean up the sports gear."

3. Group Reflection:

The group gives a clap or cheer to celebrate the strength. Others can add more examples if they've seen the same strength in that person or in another person playing with them.

4. Keep Going:

Keep flipping cards and celebrating each other's strengths until the deck is finished. There are no winners, just a group full of legends!



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Reflection Prompts:

- What strength do you feel proud of in yourself?
- What strength do you admire most in others?
- How do strengths help us when we're working in a team or solving a problem?

Winning the Game:

This is a non-competitive, celebration-based game. The real win is in learning how to spot and speak up about the strengths that make us awesome.

Additional Notes:

Strengths Snap builds confidence, empathy, and teamwork. It supports respectful relationships by helping students see what makes each person valuable, while encouraging meaningful recognition and peer affirmation.



STRENGTH CARDS

PRINT TWICE AND CUT OUT THE CARDS. THERE SHOULD BE A TOTAL OF 20 CARDS. SHUFFLE AND PLAY. STUDENTS FLIP CARDS, CALL OUT STRENGTHS, AND CELEBRATE EXAMPLES THEY'VE SEEN IN EACH OTHER.



HONESTY

the secret of
PLAY



KINDNESS

the secret of
PLAY



CARING

the secret of
PLAY



BRAVE

the secret of
PLAY



STRENGTH CARDS



SUPPORTIVE



ADVENTUROUS

THE SCIENCE OF
PLAY

THE SCIENCE OF
PLAY



CREATIVE

THE SCIENCE OF
PLAY



RESPECTFUL

THE SCIENCE OF
PLAY



STRENGTH CARDS



FAIR

THE SCIENCE OF
PLAY



RESPONSIBLE

THE SCIENCE OF
PLAY

