

Strengths Bingo Game

*Best for ages 9 and up. **The goal of this game is to help children increase their self-awareness, as well as obtain an appreciation for their individualized strengths.***

While it is important for one to have awareness of his areas of struggle, it is more important to be aware of his areas of strength, as these are what will assist him as he works through his struggles.

- Print the blank bingo boards available in the downloads section of the Elul/Tishrei page (there are two versions: 9 squares or 16 squares).
- Print the attached list of thirty positive character traits and have each person use the nine or sixteen that best describe them to fill in their board.
- Print the attached bingo scenarios and read them out loud in a random order. Each scenario describes a different positive character trait. When someone has the trait described in the scenario, they put a bingo chip (checker, glass stone, cut up paper, or something else) on the box with the trait
- When someone gets a bingo (three or four in a row in any direction), they need to choose one of the strengths in their row and talk about how they actualize that strength.

For example:

Someone gets a bingo from the strengths patience, supportive and caring. They could say any one of the following:

- "I use my quality of patience by staying calm when Shoshie takes too long in the shower."
- "I use my quality of being supportive by helping my mother make Shabbos when she has to work a double shift on Friday."
- "I use my quality of caring by helping my friend do her science homework."

