



Welcome to Strength Cards.

Today we are using the Discussion Cards  
There are 30 cards in the set,  
there are no wrong answers!

You can make notes on this handout, pop things down as you're discussing  
the statement, things you want to remember later, or as a reminder of  
your strengths, feelings and things you might want to discuss further another time.

If you could  
have one  
superpower,  
what would  
it be?  
Why?

Ok, this is an interesting one, so many superpowers to choose from, I wonder what yours would be and why?

A fun one, I wonder what  
food you'd choose?



Oh! A curious one! What  
age is best, 5? 10? 15?  
Older or younger? What do  
you think?



Ok, this is an interesting one, what do you look for in a friend? What would make you a good friend ?



Is there something you  
would like to be better  
at? Why is that  
important to you?





What would  
you  
do on  
your  
“perfect”  
day?

Hmm, if you could  
do anything , what  
would you choose  
to do and why?

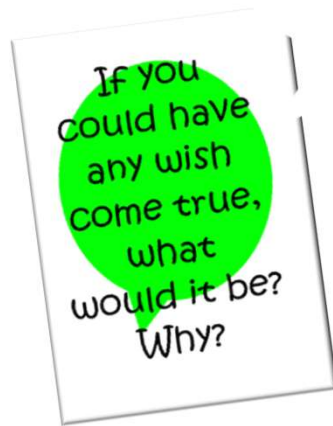
This a fun one! Who would you eat your lunch with, can be someone famous, alive or dead, or a family member or friend?





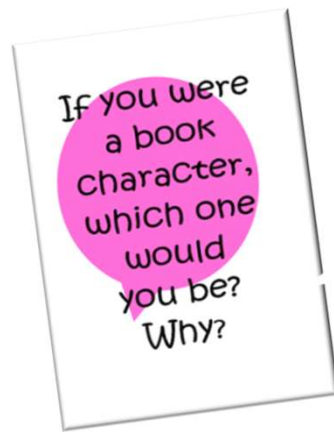
Ok, this is an interesting one, what would you do?

Oh a fun one, if you could be granted a wish, I wonder what yours would be and why?



Ok, is there something  
that scares you ? Why  
does it scare you?





Oh, a fun one, who would you like to be?

An interesting one, what  
special talent would you  
choose ?

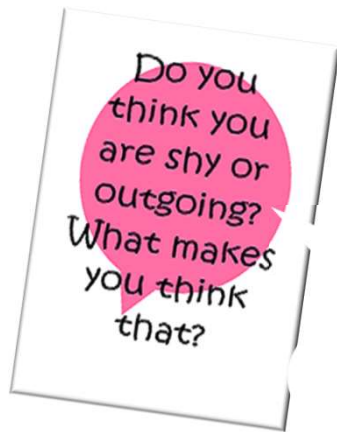


I like this one, think of  
something nice someone  
has done for you ?



Sometimes worries can be small but seem big, talking about them can help us see how we can work them out.





Are you shy? Maybe just sometimes? Like maybe when you meet new people, Why do you think that is?

Click to go back go back & choose another card

Click to finish for today



Oh I like this one, what would you invent ?

Click to go back go back  
& choose another card

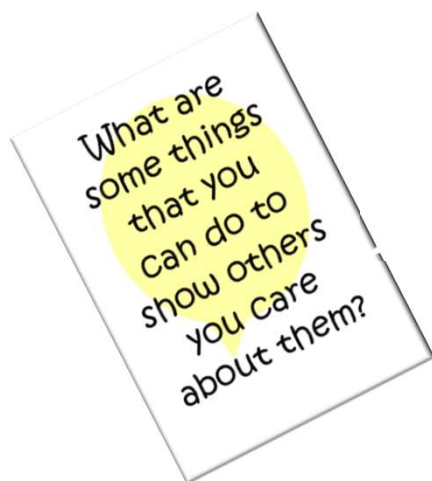
Click to finish for today

Oh, this is an interesting  
one, would it be for  
something you made, or  
something you did or said?



Click to go back go back  
& choose another card

Click to finish for today



I can think of lots of things  
people do for me that shows  
me that they care, what can  
you do for others ?

Click to go back go back  
& choose another card

Click to finish for today



A fun one! If no one could see you what would you do?

Click to go back go back & choose another card

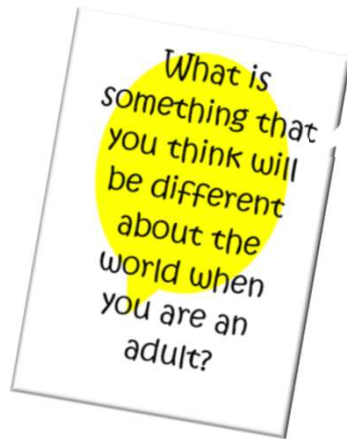
Click to finish for today

What is  
something  
that you  
think you  
need to  
work on?  
Why?

Is there something you'd  
like to improve on? What is  
it and how could you help  
yourself to improve ?

Click to go back go back  
& choose another card

Click to finish for today



When I was a child I didn't  
think the world would  
change much, but it has!  
What things might change  
when you are older?

Click to go back go back  
& choose another card

Click to finish for today

So many people are in our  
lives, but who is the most  
important to you? And why?



Click to go back go back  
& choose another card

Click to finish for today

This is an interesting one,  
its not nice to hurt  
someone's feelings, they  
may not even tell you they  
were hurt by something you  
said or did.



Click to go back go back  
& choose another card

Click to finish for today

Sometimes its easy to get frustrated or annoyed with things or people, or be worried about something, what bothers you and why?



Click to go back go back  
& choose another card

Click to finish for today



Oh a nice one, I can't wait  
to hear what makes you  
happy.

Click to go back go back  
& choose another card

Click to finish for today



10 years might seem a long time away now, do you think you will change much? What will change?

Click to go back go back & choose another card

Click to finish for today



Sometimes little things can make us sad, sometimes they are big things, what makes you sad?

Click to go back go back & choose another card

Click to finish for today

I like talking to someone, or  
listening to music, what  
cheers you up?



Click to go back go back  
& choose another card

Click to finish for today



Oh, this is an interesting one.

Click to go back go back & choose another card

Click to finish for today

How would your friends know  
you're having a good day by just  
looking at you?  
What would your face be like?  
What would your mood be like?



Click to go back go back  
& choose another card

Click to finish for today



Thank you for using the Discussion cards today,  
See you again soon!

Not finished ?you can go  
back & choose another card

Leave