



STRENGTHS BINGO



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STRENGTHS BINGO

SETTING UP STRENGTHS BINGO

1. Print out the Caller's Cards and cut out each of the 24 strengths. Fold up the slips of paper and put them in a hat/bowl/bag/box to randomly pull out, unfold, and read. If you want, you can also print a second copy of the Caller's Cards to keep track of which strengths have been called.
2. Print out a set of Strengths Bingo cards, cut them out, and distribute them to a small group. There are 12 unique cards included in this kit. Or, print out a single large Strengths Bingo card to play cooperatively! (There are 3 unique Cooperative Strengths Bingo cards.)
3. Collect a number of items to use as markers while playing, such as coins, candies, or buttons. If you're not planning on re-using the Strengths Bingo cards, you can also just mark off squares directly on the cards with a pen, pencil, or marker.

PLAYING STRENGTHS BINGO

1. Pull out a random strength, and whomever raises their hand can give an honest example of how they used that strength recently.
2. Once someone has shared their example, everyone can mark that strength down on their card. (If no one is able to give an answer, you can set that strength aside or return it to the pile and pull out a new strength.)
3. Continue pulling out and sharing stories about using each strength until someone is able to mark a row, column, or diagonal of 5 strengths on their card.

Variation #1: Player take turns pulling strengths. Whoever pulls out the strength should try to share their story. Only the person who shares can mark their card.

Variation #2: Instead of sharing examples of how you've used a specific strength recently, you can choose a different theme for your game. For instance, describing a historic or fictional character who exemplifies the strength, or describing how someone could practice the strength in everyday life.

COOPERATIVE STRENGTHS BINGO

In Cooperative Strengths Bingo, a group shares a single card. You can hang the card up where everyone can see and mark each strength with sticky notes written by whoever shares their story.

This is a great way to encourage practicing and recognizing strengths over time, as a group (family, classroom) can continue to add on to the same game card over a day, week, month, or however long you want to keep playing!

STRENGTHS BINGO CALLER'S CARD PAGE #1

Print out both Caller's Card pages and cut out each of the individual strengths. Fold up each of these strengths and put them in a hat/bowl/bag/box to randomly pull out, unfold, and read.












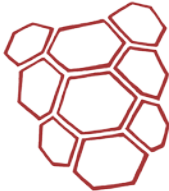











APPRECIATION OF BEAUTY & EXCELLENCE [Awe, wonder, elevation]: Noticing awesomeness in all things, from nature, to art, to math, to science, to everyday life.	BRAVERY [Valor]: Not backing down from a threat, challenge, or difficulty. You do what is right even if others disagree, and stick to your beliefs even if it makes you unpopular.
CREATIVITY [Originality, ingenuity]: Having new ideas. Thinking of new ways to do things. Sure, these could be artistic creations, but they don't need to be.	CURIOSITY [Interest, novelty-seeking, openness to experience]: Trying new things just to try them. Finding new subjects and topics fascinating. This includes exploring and discovering.
FAIRNESS Treating all people the same no matter who they are or where they come from. You give everyone an equal chance.	FORGIVENESS Forgiving those who have done wrong. You accept the shortcomings of others, and you're willing to give people second (maybe even third) chances. Revenge is not in your vocabulary.
GRATITUDE Being aware of and thankful for the good things that happen. You take time to say thank you.	HONESTY [Authenticity, integrity]: Speaking the truth, always. You talk and act like you, and you don't try to be anything else. You take responsibility for your feelings and actions.
HOPE [Optimism, future-mindedness]: Expecting the best in the future and working to get there. Believing that a good future is something you can make happen.	HUMILITY Letting your accomplishments speak for themselves. You don't need to talk about yourself, or think about yourself, in exaggerated ways.
HUMOR [Playfulness]: Liking to laugh and make others laugh. Your gift is bringing smiles to other people. You see the light side of things, you make jokes, and generally cause happiness.	JUDGMENT [Critical thinking]: Thinking things through from all sides. You're very fair and don't jump to conclusions. Plus you're able to change your mind if you get new information.

STRENGTHS BINGO CALLER'S CARD PAGE #2










Print out both Caller's Card pages and cut out each of the individual strengths. Fold up each of these strengths and put them in a hat/bowl/bag/box to randomly pull out, unfold, and read.

KINDNESS [Generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others. You like helping people and taking care of them.	LEADERSHIP Encouraging a group you're a part of to get things done. You try to keep good relationships with everyone in the group. You're good at organizing efforts and seeing them through.
LOVE Valuing close relations with others, especially when your feelings are returned. You're good at being close to people.	LOVE OF LEARNING Getting as much information as you can about topics you love. This can also involve mastering as many skills as you can. You keep adding, and adding, and adding to what you know.
PERSEVERANCE [Persistence, industriousness]: Finishing what you start, even if there are obstacles. You get things done, and it makes you feel good.	PERSPECTIVE [Wisdom]: Giving good advice to others. You have ways of looking at the world that make sense to yourself and to other people. You understand the big picture.
PRUDENCE Being careful about your choices. not taking unnecessary risks. You don't say or do things that you'll regret.	SELF-REGULATION [Self-control]: Controlling what you feel and do. You have great discipline and control over your appetite and emotions.
SOCIAL INTELLIGENCE [Emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people, and yourself. You know how to fit into different social situations.	SPIRITUALITY [Faith, purpose]: Having beliefs about the higher purpose and meaning of life. You know where you fit in the world, and you have beliefs that shape what you do.
TEAMWORK [Citizenship, social responsibility, loyalty]: Working well as a member of a group or team. You're loyal to the group and you always do your fair share.	ZEST [Vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy. Nothing is half hearted for you. Life is an adventure, and it makes you feel alive.




COOPERATIVE STRENGTHS BINGO

 LOVE OF LEARNING	 TEAMWORK	 HOPE	 LOVE	 JUDGMENT
 SOCIAL INTELLIGENCE	 GRATITUDE	 CREATIVITY	 HONESTY	 FAIRNESS
 PERSEVERANCE	 HUMOR	FREE PLAY	 BRAVERY	 KINDNESS
 SELF-REGULATION	 HUMILITY	 PERSPECTIVE	 PRUDENCE	 FORGIVENESS
 ZEST	 APPRECIATION OF BEAUTY	 SPIRITUALITY	 CURIOSITY	 LEADERSHIP

COOPERATIVE STRENGTHS BINGO

 <p>BRAVERY</p>	 <p>SOCIAL INTELLIGENCE</p>	 <p>PERSPECTIVE</p>	 <p>APPRECIATION OF BEAUTY</p>	 <p>FAIRNESS</p>
 <p>LEADERSHIP</p>	 <p>HONESTY</p>	 <p>JUDGMENT</p>	 <p>KINDNESS</p>	 <p>PRUDENCE</p>
 <p>GRATITUDE</p>	 <p>TEAMWORK</p>	<p>FREE PLAY</p>	 <p>LOVE</p>	 <p>ZEST</p>
 <p>HUMOR</p>	 <p>LOVE OF LEARNING</p>	 <p>PERSEVERANCE</p>	 <p>SELF-REGULATION</p>	 <p>CREATIVITY</p>
 <p>SPIRITUALITY</p>	 <p>HOPE</p>	 <p>FORGIVENESS</p>	 <p>CURIOSITY</p>	 <p>HUMILITY</p>

COOPERATIVE STRENGTHS BINGO

 <p>PRUDENCE</p>	 <p>ZEST</p>	 <p>CURIOSITY</p>	 <p>HONESTY</p>	 <p>HOPE</p>
 <p>KINDNESS</p>	 <p>CREATIVITY</p>	 <p>FAIRNESS</p>	 <p>TEAMWORK</p>	 <p>LEADERSHIP</p>
 <p>LOVE OF LEARNING</p>	 <p>SELF-REGULATION</p>	<p>FREE PLAY</p>	 <p>PERSPECTIVE</p>	 <p>FORGIVENESS</p>
 <p>GRATITUDE</p>	 <p>PERSEVERANCE</p>	 <p>LOVE</p>	 <p>APPRECIATION OF BEAUTY</p>	 <p>HUMILITY</p>
 <p>SPIRITUALITY</p>	 <p>BRAVERY</p>	 <p>HUMOR</p>	 <p>JUDGMENT</p>	 <p>SOCIAL INTELLIGENCE</p>

STRENGTHS BINGO

PERSPECTIVE	BRAVERY	JUDGMENT	FAIRNESS	LOVE
HUMILITY	LOVE OF LEARNING	PRUDENCE	LEADERSHIP	CURIOSITY
SELF-REGULATION	FORGIVENESS	FREE PLAY	SPIRITUALITY	APPRECIATION OF BEAUTY
TEAMWORK	HONESTY	SOCIAL INTELLIGENCE	HUMOR	ZEST
HOPE	GRATITUDE	CREATIVITY	PERSEVERANCE	KINDNESS

STRENGTHS BINGO

PRUDENCE	KINDNESS	LOVE OF LEARNING	PERSPECTIVE	HONESTY
HUMILITY	FORGIVENESS	PERSEVERANCE	SELF-REGULATION	FAIRNESS
TEAMWORK	HOPE	FREE PLAY	CREATIVITY	APPRECIATION OF BEAUTY
HUMOR	CURIOSITY	BRAVERY	SPIRITUALITY	ZEST
JUDGMENT	LOVE	GRATITUDE	SOCIAL INTELLIGENCE	LEADERSHIP

STRENGTHS BINGO

PERSEVERANCE	LEADERSHIP	PRUDENCE	HOPE	HUMOR
SOCIAL INTELLIGENCE	FAIRNESS	ZEST	BRAVERY	SPIRITUALITY
FORGIVENESS	KINDNESS	FREE PLAY	PERSPECTIVE	APPRECIATION OF BEAUTY
LOVE OF LEARNING	GRATITUDE	SELF-REGULATION	CREATIVITY	HONESTY
TEAMWORK	LOVE	JUDGMENT	HUMILITY	CURIOSITY

STRENGTHS BINGO

SPIRITUALITY	JUDGMENT	SELF-REGULATION	CURIOSITY	KINDNESS
APPRECIATION OF BEAUTY	LEADERSHIP	LOVE	TEAMWORK	PRUDENCE
PERSPECTIVE	PERSEVERANCE	FREE PLAY	ZEST	FORGIVENESS
CREATIVITY	HOPE	HONESTY	FAIRNESS	SOCIAL INTELLIGENCE
HUMILITY	LOVE OF LEARNING	BRAVERY	HUMOR	GRATITUDE

STRENGTHS BINGO

JUDGMENT	CURIOSITY	SPIRITUALITY	FORGIVENESS	LOVE
HONESTY	PRUDENCE	LOVE OF LEARNING	APPRECIATION OF BEAUTY	SOCIAL INTELLIGENCE
ZEST	BRAVERY	FREE PLAY	TEAMWORK	HUMILITY
HUMOR	FAIRNESS	CREATIVITY	LEADERSHIP	HOPE
PERSPECTIVE	GRATITUDE	SELF-REGULATION	PERSEVERANCE	KINDNESS

STRENGTHS BINGO

JUDGMENT	BRAVERY	PERSPECTIVE	FAIRNESS	ZEST
CREATIVITY	LOVE OF LEARNING	FORGIVENESS	KINDNESS	PRUDENCE
LEADERSHIP	GRATITUDE	FREE PLAY	PERSEVERANCE	LOVE
HUMOR	HONESTY	SELF-REGULATION	SPIRITUALITY	TEAMWORK
HUMILITY	HOPE	SOCIAL INTELLIGENCE	CURIOSITY	APPRECIATION OF BEAUTY

STRENGTHS BINGO

TEAMWORK	CREATIVITY	LOVE	SELF-REGULATION	ZEST
GRATITUDE	PRUDENCE	LOVE OF LEARNING	FAIRNESS	HUMOR
FORGIVENESS	PERSEVERANCE	FREE PLAY	HUMILITY	APPRECIATION OF BEAUTY
LEADERSHIP	JUDGMENT	KINDNESS	HOPE	BRAVERY
SPIRITUALITY	PERSPECTIVE	HONESTY	CURIOSITY	SOCIAL INTELLIGENCE

STRENGTHS BINGO

TEAMWORK	PERSPECTIVE	HONESTY	HUMILITY	SELF-REGULATION
CREATIVITY	SPIRITUALITY	APPRECIATION OF BEAUTY	JUDGMENT	CURIOSITY
PRUDENCE	PERSEVERANCE	FREE PLAY	LEADERSHIP	FORGIVENESS
FAIRNESS	SOCIAL INTELLIGENCE	BRAVERY	ZEST	HUMOR
LOVE	HOPE	GRATITUDE	LOVE OF LEARNING	KINDNESS

STRENGTHS BINGO

HONESTY	HOPE	KINDNESS	SELF-REGULATION	APPRECIATION OF BEAUTY
JUDGMENT	CURIOSITY	FAIRNESS	HUMOR	PERSPECTIVE
PERSEVERANCE	LEADERSHIP	FREE PLAY	TEAMWORK	FORGIVENESS
LOVE OF LEARNING	SOCIAL INTELLIGENCE	GRATITUDE	LOVE	CREATIVITY
HUMILITY	SPIRITUALITY	PRUDENCE	BRAVERY	ZEST

STRENGTHS BINGO

SPIRITUALITY	SELF-REGULATION	LOVE	BRAVERY	CREATIVITY
LOVE OF LEARNING	GRATITUDE	FORGIVENESS	APPRECIATION OF BEAUTY	LEADERSHIP
KINDNESS	ZEST	FREE PLAY	PERSPECTIVE	HOPE
PRUDENCE	HUMOR	TEAMWORK	JUDGMENT	SOCIAL INTELLIGENCE
CURIOSITY	HUMILITY	PERSEVERANCE	HONESTY	FAIRNESS

STRENGTHS BINGO

BRAVERY	SOCIAL INTELLIGENCE	PERSPECTIVE	APPRECIATION OF BEAUTY	FAIRNESS
LEADERSHIP	HONESTY	JUDGMENT	KINDNESS	PRUDENCE
GRATITUDE	TEAMWORK	FREE PLAY	LOVE	ZEST
HUMOR	LOVE OF LEARNING	PERSEVERANCE	SELF-REGULATION	CREATIVITY
SPIRITUALITY	HOPE	FORGIVENESS	CURIOSITY	HUMILITY

STRENGTHS BINGO

LOVE OF LEARNING	GRATITUDE	LEADERSHIP	BRAVERY	FORGIVENESS
HOPE	KINDNESS	HUMILITY	SOCIAL INTELLIGENCE	FAIRNESS
HUMOR	PRUDENCE	FREE PLAY	APPRECIATION OF BEAUTY	ZEST
TEAMWORK	JUDGMENT	SPIRITUALITY	PERSPECTIVE	HONESTY
CREATIVITY	CURIOSITY	PERSEVERANCE	LOVE	SELF-REGULATION

ALL ABOUT STRENGTHS

The VIA classification of strengths came from a multiyear project in which 55 top social scientists asked the following question: What is best about humans? Over three years, these scientists researched the world's major writings on religion, philosophy, organizational studies, youth development, psychiatry, and psychology, among others, to seek out the virtues and strengths valued across cultures and time. The goal was for this group to leave no stone unturned in order to produce an exhaustive list of character strengths. In order to avoid redundancies and narrow the list, the group made sure each strength followed certain criteria:

Each character strength...

- is ubiquitous or widely recognized across cultures
- is fulfilling or contributes to individual fulfillment, satisfaction, and happiness
- is morally valued or valued on its own and not for any outcome it may produce
- does not diminish others or elevates others who see it in action
- has an opposite or has obvious antonyms that are negative
- is trait-like or exhibits patterns that are generally stable over time
- is measurable or has been successfully measured by researchers
- is distinct or is not redundant with other strengths
- has paragons or individuals who are exemplars of the strength
- has prodigies or is shown precociously in some youth
- can be selectively absent or missing in some individuals altogether
- has enabling institutions or is a deliberate goal of society

The result of all of this work is the VIA classification, or the list of 6 core virtues and the 24 character strengths categorized within them.

WISDOM

Creativity
Curiosity
Judgment
Love of Learning
Perspective

COURAGE

Bravery
Honesty
Perseverance
Zest

HUMANITY

Kindness
Love
Social Intelligence

JUSTICE

Fairness
Leadership
Teamwork

TEMPERANCE

Forgiveness
Humility
Prudence
Self-Regulation

TRANSCENDENCE

Appreciation of Beauty
& Excellence
Gratitude
Hope
Humor
Spirituality

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