#NCSconnects Summer Camp Activity

**Activity:** Family Strengths Activity

**Category:** Arts & Crafts

**Suggested Grade Level:** Grades 7-12

**Description:** To celebrate our home community and our strengths, take part in a creative way to bring your family together. This family activity requires just a few art supplies and words that describe the strengths of each family member.

**Supplies:**
- Paper (one sheet per family member)
- Markers, paint, colored pencils etc.
- Tape, string, or frame to display (optional)

**Instructions:**
1. Give each family member a sheet of paper and have them write their first name vertically down the left side. That family member will then pass their sheet of paper to the person to their right.
2. Once each paper has been passed to the right, they will come up with a strength that starts with the first letter of that family member’s name. For instance, Joyful for the letter “J.” Joyful is a word and strength that describes Jasmine. Once each family member has completed one word on the sheet in front of them, they will rotate again to the right.
3. During this rotation, each family member will complete the second strength for that family member. Once complete, they will rotate to the right again.
4. The family will continue to add one strength to each family member’s paper until all letters have been completed by all different family members.

**Takeaways:** The purpose of this activity is for each family to acknowledge the positive strengths that represent each family member. After the activity, each family member can keep their name strengths to remind them of the positive characteristics they carry. This is also a great conversation starter to have with your family as each of you can share why you chose that strength for your family member. You could also make one for your last name and frame your family character strengths.