



Keep It Clapping

Description

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Students share their personal strengths, weaknesses, and things that make them unique.

Supplies

- No supplies needed

How to Play

1. Have students sit in a circle. Explain to the group everyone has strengths, weaknesses, and things that make them unique.
2. Give the group several minutes to think of their own strengths, weaknesses, and what makes them unique.
3. Show the group a simple clapping pattern. For example: pat knees once, do two claps, repeat.
4. Once students understand the clapping pattern, tell them there are different rounds. For each round, the leader calls out either “strength”, “weakness” or “unique” and the first student says one of theirs for whichever category was called.
5. This continues around the circle, with students adding in theirs on time with the beat until it gets back to the first student.
6. If a student messes up, the game starts over with a different category.
7. This continues until time is up.

Activity Prompts for Reflection

- Did anyone have the same strength as someone else?
- Can someone tell us how they use their strength at home? At school?

- Can anyone think of one way they can work to improve their weakness?
- Is there anyone in our group that can help you with your weakness?

Other Ways to Play

- To make it easier, allow students to repeat each other's words if necessary.
- Challenge students by having them think of multiple for each of the categories and having it go around the circle multiple times.
- Have different students create the beat for different rounds.

Additional Notes

- Step into the students' shoes and realize that sometimes sharing personal facts like strengths and weaknesses can be difficult. Make sure you, as the adult, are encouraging and supportive.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 10-15 minutes

Themes

1. No Supplies Needed