



## EXPLORING PASSION AND PURPOSE

*Family members play a game that will entertain as well as deepen thinking about your child or teen's passion and purpose.*

### TIME

15-20 minutes

### PARTICIPANTS

Grades 5 and up, Parents, Family Members

### MATERIALS

Traditional Playing Card Deck

### DIRECTIONS

1. Shuffle the cards and set the deck in the center of a table. Youngest picks one card first.
2. If you pick, \_\_\_\_\_ then you \_\_\_\_\_

**King:** The oldest male in the family offers their biggest, best strength (if there are no males, skip this card and pick again).

**Queen:** The oldest female in the family offers their biggest, best strength (skip if there are no females).

**Jack:** Oldest child or teen offers their biggest/best strength.

**Joker:** Youngest child tells their best joke.

**Ace:** Youngest child tells their biggest strength.

**#s 1-5:** Go around clockwise and tell the person to the left what you believe their superpower is.

**#s 6-12:** Go around counterclockwise and tell the people to your other side what you believe their superpower is.

3. End the game when everyone has had at least three turns.





# HEALTHY LIFESTYLES



## REFLECTION

- How did what others told you relate to how you feel about yourself? Do you feel those are true strengths of yours? Were there any surprises?
- What are you passionate about? How do these strengths and superpowers relate to your passions?
- How could your strengths and passions contribute to your community or even the larger world?
- Adults/Caregivers: What do you see as your unique purpose in the world? (hint: it can be really simple!).
- Children/Teens: What do you think might be your unique purpose in the world?

## SOCIAL AND EMOTIONAL SKILLS

- **Self-awareness:** children and teens begin to explore their passions, agency and purpose as they discover how they want to contribute and that they are able to contribute to others.
- **Social awareness:** children and teens have the chance to take other's perspectives and empathize with family members on who they are and what their strengths are.
- **Self-management:** children and teens can learn to manage themselves appropriately in a game taking turns focusing on different family members.
- **Relationship skills:** children and teens can learn listening skills and also, ways to communicate effectively and collaborate with others.
- **Responsible decision-making:** children and teens can begin to think about their passions and purpose and how they might contribute themselves to the larger world.