

120 impulse cards for  
psychotherapeutic and  
educational work with  
children and adolescents

Scholz

# Stark, strong, güçlü

The Strengths Treasure Chest in Arabic, German,  
English, Farsi, Russian, Turkish and Ukrainian



**BELTZ**

## Discover strengths easily and playfully!

With this card set, children and adolescents go on a treasure hunt for their individual strengths together with the game master. In a playful setting, resource-oriented questions and positive impulses encourage them in therapy or counselling to talk about their strengths and to use them to overcome problems.

Working with the cards clarifies positive qualities, inclinations, attitudes and behavioural habits. In this way, self-esteem, self-acceptance and self-responsibility can be promoted as prerequisites for personal growth.

Psychotherapy, counselling and coaching are particularly dependent on successful linguistic communication. It creates trust, promotes openness and facilitates the shaping of relationships. When working with clients and relatives whose mother tongue is not German, this card set can be a suitable tool for conversations supported by the mother tongue. It enables a lifelike access to the world of the clients and at the same time invites people to discover cultural similarities and differences and to develop intercultural competence. This process offers

the opportunity to pay attention not only to what is said but also to non-verbal signals and emotional reactions. All participants can experience themselves as experts and learners and deepen the relationship.

It is important that we understand each other.



The cards are colourfully designed so that the contents are easily memorised and holistic learning is promoted. The texts on the cards are self-explanatory but still leave room for interpretation and consolidation.

The Strengths Treasure Chest serves as an effective playful support for the counselling and therapy process. Text sequences and in-depth questions encourage exchange and can be used to enter into a relationship or to accompany the process.

The strength cards support this process:

- ▶ to explore diagnostic questions,
- ▶ to better understand the experiences, feelings and thoughts of the players,
- ▶ to strengthen well-being and self-esteem and to perceive personal resources,
- ▶ to initiate reflection processes and to promote intensive discussion of a topic.

**Range of application.** The card set is intended for both beginners and experienced staff in all areas of professional guidance and support for children and young people. The set can be used by psychological and medical psychotherapists, child and youth psychotherapists, educators and social workers, coaches, supervisors and participants in psychotherapeutic training. The Strengths Cards have proven to be very effective in both individual and group situations.

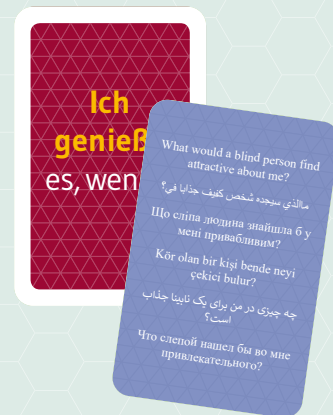
When playing along, the facilitator can take on an offering and accompanying role and bring in his or her

own experiences, without being instructive. Individual impulse cards or copies can be selected and given away to be remembered.

**Flexible use.** The »Strengths Treasure Chest« can be used in games in groups of two to eight players. However, individual cards can also be selected and discussed as an introduction or as an in-process stimulus for search and solution processes.

**Multilingualism.** The strengths are listed on all cards in

- ▶ German
- ▶ English
- ▶ Arabic
- ▶ Ukrainian
- ▶ Turkish
- ▶ Farsi
- ▶ Russian



## Ideas for use in practice

**Practice.** The Strengths Cards have proven their worth,

- ▶ to enter into conversation easily and build a relationship, even in multilingual situations,
- ▶ to explore and experience positive resonance,
- ▶ to connect to the situation of the players,
- ▶ to reduce stress,
- ▶ to give impulses for the further development of self-care,
- ▶ in low-threshold work in the social environment.

**Players.** The Strengths Cards support the players,

- ▶ to change perspectives of perception,
- ▶ experience thoughts and feelings in a positive way,
- ▶ to recognise creativity, problem-solving ability and the many facets of their own personality,
- ▶ build motivation and recognise starting points for change.

**Groups.** The Strengths Cards are particularly suitable in group processes

- ▶ as inspiration and idea generator for brainstorming,
- ▶ to set intercultural impulses,

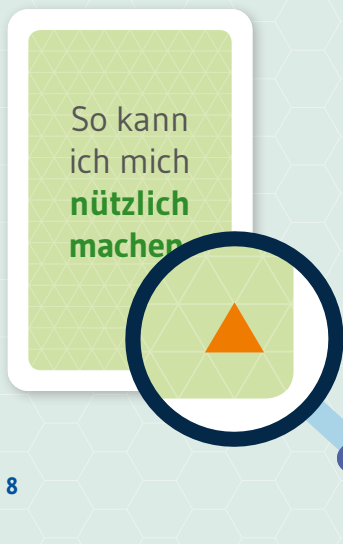
- ▶ to highlight potentials, strengths and abilities of the group participants and to engage in an appreciative exchange,
- ▶ to activate and promote competences for a functioning social coexistence and understanding,
- ▶ in the context of self-awareness and biography work.

**Family discussions, home visits.** The strength cards open up access to the language and culture of the other person.



## Let the game begin! - Game instructions

**Game preparation.** The game can be played with all 120 cards. However, cards can also be selected before the start of the game and put together to form a game set tailored to the child, young person or group participants. The cards of this »Strengths Treasure Chest« are divided into three recommended age ranges. These are indicated by a coloured triangle.



- ▲ white: 7–99 years
- ▲ yellow: 11–99 years
- ▲ orange: 15–99 years

**Start of game.** The selected cards are well shuffled and placed in a pile or freely, e.g. on a table. One player starts and takes a card. He/she reads the card aloud, answers the questions or completes the sentence beginnings. Then it is the next player's turn.

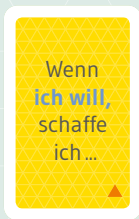
When the last card is turned over, the game is over.

### Game variants

When playing with the cards, the focus is on in-depth discussion. It makes sense to give yourself enough time to let the card impulses take effect. A few cards can shape a conversation.

**Collecting points.** Joker and super cards. For motivation, children and young people can collect points. Collecting the joker and super cards is stimulating. They require thorough thinking, discussion and exchange

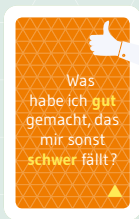
Whoever has the most points wins the game.



Simple card  
= 1 point



Joker card  
= 2 points



Super card  
= 5 points

**Three blank joker cards.** These cards can be individually labelled or they are played as free joker cards. With them, any question is allowed. If you draw the free joker card, you can ask yourself a question or ask a fellow player to do so.



Free joker card  
to write on yourself  
= 2 points

**My buffet.** All the cards are face up. Each player chooses three to five cards on a term or theme that appeals to him/her. The players exchange ideas about this.

**I am you.** If the game leader draws a card, he/she puts him/herself in the role of the other person and answers the questions in his/her place. This is followed by an exchange on the coherence of the answer. In this variation, the facilitator hardly needs to reveal him/herself.

**Subject area.** The facilitator pre-sorts cards to discuss specific topics.

**Group round - three cards face up.** Three cards are placed face up next to the deck. The player draws another card and decides which of the four cards he/she will answer. This game is more dynamic. The waiting players can occupy themselves mentally with the revealed card impulses.

**Invitation:** There are no limits to creativity when playing with the Strengths cards.

## About the author

**Falk Peter Scholz** has been working as a child and youth psychotherapist and as a systemic couple and family therapist in his own teaching practice in Dresden since 2010. Before that, he worked as the head of a youth counselling centre for over ten years.

Since 2012 he has been developing materials for counselling, coaching and therapy.

His publishing house grünerPETER ([www.gruenerpeter.com](http://www.gruenerpeter.com)) has published memo games on the topics of strengths, courage, friends, anger, goal planning, joy of life, as well as materials on emotional awareness.



## Recommendation of the author:

»Take enough time to relate to your clients through the questions and impulses and let a deep process work. They will appreciate the powerful suggestions! On three blank joker cards, your own (favourite) impulses can be integrated into the set.«





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[www.beltz.de](http://www.beltz.de)

Production: Myriam Frericks  
Printing: ParioPrint, Krakow  
Printed in Poland

GTIN 4019172101275