

TU DILO: FINDING OURSELVES*

Promote the recognition of individual strengths to keep in mind in everyday challenges.

Instructions

Wellness & Resilience

Time

15 minutes

Difficulty

Easy

Resources

Ball

*This activity was created as a continuation of learning connected to the [Tu Dilo](#) Limitless Project.

Step 1

- The person leading the activity should start with a short introduction, for example: "Hello everyone, in this activity we will reflect on our strengths. The elements that make us unique and set us apart from others. I invite you to close your eyes, connect with your breath and little by little think of the things that you believe make you strong. Sometimes it can be difficult to think of one or several strengths, but it is important to become aware of them in order to reach our potential. When you have already identified them, open your eyes and I want you to keep these strengths in mind throughout this activity."

Step 2

- Once the participants have identified them, the leader will form 2 groups in lines.

Step 3

- One participant from each team at a time will run and reach a ball that is located at a distance from them.
- The first one to take the ball will have to explain how they would apply the strengths they identified to navigate the scenario presented by the activity leader.

Step 4

- If they manage to respond adequately by applying their strengths, they will earn a point and the team with the most points will win the challenge.
- Review the Annex below for additional scenarios.



For more Wellness & Resilience activities, visit www.preparecenter.org/TeenPrepKit

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Annex - Everyday Situations

You are in an important meeting with your schoolmates and they have to propose a project that helps a problem that is happening in a specific community. Based on the strengths you identified, how would you help the group find a solution?

You are going through a difficult time in your life. What strengths would you lean on to try to move forward?

Mention a strength that you discovered in yourself as a result of the pandemic.

Do you know the strengths of your community? Mention how they would help you when carrying out an activity in your community

You see that one of your classmates is feeling a little sad and unmotivated. What strength would you lean on to approach and try to help them?

You have a lot of pressure at work, you know you have to complete the tasks, but you feel that there is not enough time to finish them. What strengths would you rely on to find a solution?

You are doing an important activity and you have a misunderstanding with one of your classmates. Based on your strengths, how could you resolve the situation?

You are upset with your parents because you feel like they control a lot of what you do and you feel that you don't have as much freedom. Based on your strengths, how would you talk to your parents to tell them how you feel and find a middle ground?



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