



of Greater Indianapolis

## **STRONG, SMART, AND BOLD CARD GAME**

**Ages:** 6-8

**Description:**

The Strong, Smart and Bold Card Game challenges participants to be strong through exercise, use their minds to question what true beauty really is, and dares them to be bold through silly challenges! The Strong, Smart, and Bold Card Game is a fun and interactive way for you and your family to keep the emboldening and empowering spirit of Girls Inc. alive while at home! The questions and challenges are inspired by the Girls Inc. program Redefining Beauty, ages 6-8.

**Time:**

20-30 minutes

**Materials Needed:**

- Scissors, Access to printer
- OR Scissors, Pen, Paper (Can copy words from template, and create own cards)
- \*\*For more of a challenge, try the Modified Version!
  - Materials Needed for Modified Version: Deck of cards

**How do I play?**

The goal of the game is to be the player to correctly answer and complete the most challenges and questions. Whoever correctly completes the most challenges and answers the most questions wins the game! Maybe the winner gets to pick the next movie on family movie night or gets to pick what's for dinner. Have fun with it and be creative! The game is best played with 2-3 players, the youngest player goes first.

The questions are based off the Girls Inc. Program Redefining Beauty ages 6-8, so if you've participated in that program at your school with a Girls Inc. Facilitator then this game should be easy-peasy-lemon-squeezy! And if you haven't gone through that program don't worry, the game is meant for the whole family to play!

**Instructions for standard play:**

Step 1:

Print and cut out Strong, Smart and Bold Card game questions and challenges (if a printer is not available handwrite the challenges and create your own cards with pen and paper).

Step 2:

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Arrange the cards so that each challenge is underneath the correct and matching category, with the challenge description or question facing down. Each player will select the category they would like to choose from, either Strong, Smart, or Bold. The player must complete the challenge or answer the question in order to get a point.

Step 3:

Make sure you have enough space to move around as some of the challenges require physical activity.

Step 4:

Begin playing! Remember, youngest player goes first.

**\*\*Instructions for modification play:**

Step 1:

Take a deck of cards and find all of the ace's, 2's, and 3's, those are the only cards you will need. You should have 12 cards total.

- Ace = Strong Challenge
- 2 = Smart Challenge
- 3 = Bold Challenge

Step 2:

Shuffle the cards and place them somewhere everyone can reach. Set up the Strong, Smart, and Bold challenge cards the same as described in step 2 of the instructions for standard play.

Steps 3-4 are the same for both sets of instructions.

*\*Cards to cut out are on the next page below.*

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<p style="text-align: center;"><b>STRONG</b></p> <p><b>Modification:</b> (If you draw an Ace you must complete a STRONG challenge)</p>	<p style="text-align: center;"><b>SMART</b></p> <p><b>Modification:</b> (If you draw a 2 you must complete a SMART challenge)</p>	<p style="text-align: center;"><b>BOLD</b></p> <p><b>Modification:</b> (If you draw a 3 you must complete a BOLD challenge)</p>
<p style="text-align: center;"><b>STRONG</b></p> <p>Complete Ten Push-ups.</p>	<p style="text-align: center;"><b>SMART</b></p> <p>In Girls Inc. where do we believe true beauty comes from?</p>	<p style="text-align: center;"><b>BOLD</b></p> <p>Part of being bold means not being afraid to be silly. Stand up and say "I'm a bold beautiful lioness, hear me ROAR!" Three times in a row.</p>
<p style="text-align: center;"><b>STRONG</b></p> <p>Dance to your favorite song (if you stop dancing before the song is over you lose the challenge).</p>	<p style="text-align: center;"><b>SMART</b></p> <p>Name five things that you are thankful your body can do for you.</p>	<p style="text-align: center;"><b>BOLD</b></p> <p>Confidence is key when it comes to being bold. Name three things you love about your personality. For example, "I like that I'm funny," or "I am a really good listener."</p>
<p style="text-align: center;"><b>STRONG</b></p> <p>Complete twenty jumping jacks.</p>	<p style="text-align: center;"><b>SMART</b></p> <p>What is self-esteem?</p>	<p style="text-align: center;"><b>BOLD</b></p> <p>Boldly start a Girls Inc. chant, and encourage your fellow players to join in "Give me a G, give me an R, give me an I, give me an L, give me an I, give me an N, give me a C, what does that spell?" "GIRLS INC!"</p>
<p style="text-align: center;"><b>STRONG</b></p> <p>Complete Ten Sit-ups</p>	<p style="text-align: center;"><b>SMART</b></p> <p>What does it mean to show empathy?</p>	<p style="text-align: center;"><b>BOLD</b></p> <p>Being bold also involves helping others see the good in themselves, for this challenge you must give a compliment to each of your fellow players. For example, "you are kind," or "you are smart"</p>

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## ACTIVITY RECAP

### Discovery Questions:

- Did you learn anything new from playing the Strong, Smart, and Bold card game? What did you already know about being Strong, Smart and Bold before playing the game?
- What did you like most about the Strong, Smart, and Bold card game? Was there anything about the game that you did not like, or found challenging?
- Why is it important to think about and practice what makes you Strong, Smart, and Bold? How can you help others become Strong, Smart, and Bold?
- With a parent/guardian's permission, share with us what you think of the Strong, Smart, and Bold Card game on our Instagram page with the tag @girlsincindy.

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