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**Authenticity**  
*Truthful and sincere*

**Signs that your child may have the strength of authenticity:**

- You feel that your child can be believed in most cases
- Your child tells the truth even when this means that they will not get what they want
- Your child tells the truth even when they make mistakes

**Steps to celebrate the strength of authenticity in your child:**

1. Pick a name for the strength of authenticity that feels natural to use
2. When you notice authenticity, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of authenticity

**Activities to allow your child to use their strength of authenticity:**

- When your family is together, have a “family feelings check in” where each family member shares the emotions that they are feeling at the moment, whatever those emotions may be.

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## Appreciation of beauty

*Notices and enjoys the wonders around them*

### Signs that your child may have the strength of appreciation of beauty:

- Your child tends to stop and observe beautiful things around them (e.g., flowers, butterflies, scenery)
- Your child enjoys good music or beautiful works of art
- Your child likes to go on walks and is enthusiastic about the beauty of nature

### Steps to celebrate the strength of appreciation of beauty in your child:

1. Pick a name for the strength of appreciation of beauty that feels natural to use
2. When you notice appreciation of beauty, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of appreciation of beauty

### Activities to allow your child to use their strength of appreciation of beauty:

- Ask your child if they can share something with you that your child finds beautiful (e.g., song, picture). Spend time talking about what you each enjoy about the beautiful thing.
- Go on a walk with your child and ask your child what colour they want to look for. Encourage your child to use their strength of appreciation of beauty to find beautiful things that have that colour.

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## Bravery

*Does what's important in spite of fear*

### Signs that your child may have the strength of bravery:

- Even when your child is scared to do something, they will do it if they realize it is the right or worthwhile thing to do
- Your child expresses their opinion or behaves differently from friends when your child thinks this is the right thing to do
- When another child is being harmed unjustly, your child rushes to that child's defense

### Steps to celebrate the strength of bravery in your child:

1. Pick a name for the strength of bravery that feels natural to use
2. When you notice bravery, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of bravery

### Activities to allow your child to use their strength of bravery:

- Host a family activity where each family member makes a list of activities that are important to do but difficult to complete because of feelings of fear. Then have each participant organize their list from scariest to least scary. Discuss as a family how each person could use their strength of bravery to try the least scary activity on their list at some point over the coming week.

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## Creativity

*Solves problems in unique ways*

**Signs that your child may have the strength of creativity:**

- Your child loves to invent and create new things
- Your child frequently has unique ideas
- Your child is full of ideas about things to do or make

**Steps to celebrate the strength of creativity in your child:**

1. Pick a name for the strength of creativity that feels natural to use
2. When you notice creativity, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of creativity

**Activities to allow your child to use their strength of creativity:**

- Allow your child to suggest new ways of completing routine family activities. If possible, give your child's suggestions a try.
- When encountering a problem, ask your child if they can use their strength of creativity to generate several possible solutions. For instance, you might say: "I know you're creative, I wonder if we can come up with some different options here?"
- Schedule a time where your child can create (e.g., painting, drawing, writing, etc.) without being rushed or having to follow someone else's plan.

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## Curiosity

*Seeks new experiences and opportunities to explore*

### Signs that your child may have the strength of curiosity:

- When there is a conversation about a topic that your child is unfamiliar with, they immediately want to know more about it
- Your child asks questions frequently
- Your child loves to explore the world around them and discover new things

### Steps to celebrate the strength of curiosity in your child:

1. Pick a name for the strength of curiosity that feels natural to use
2. When you notice curiosity, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of curiosity

### Activities to allow your child to use their strength of curiosity:

- Invite your child to make a list of things that they don't know about family members. Then, encourage your child to ask their family members the questions.
- Visit a new place or try a new activity with your child. Ask your child to use their strength of curiosity to find out what the new place or activity is like.
- When your family is together, have each family member finish the phrase "I wonder why..." with something that makes them curious.

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## Fairness

*Treats others equally*

### Signs that your child may have the strength of fairness:

- When candies or treats are handed out at school or at home, your child makes sure that everyone gets an equal share
- Even when your child does not like a specific child, they still try to treat that child the same as other children

### Steps to celebrate the strength of fairness in your child:

1. Pick a name for the strength of fairness that feels natural to use
2. When you notice fairness, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of fairness

### Activities to allow your child to use their strength of fairness:

- Play a game that involves taking turns. Ask your child to use their strength of fairness to make sure that each player gets a turn.
- Ask your family a question and encourage your child to use their strength of fairness to ensure that everyone gets a chance to answer.

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## Forgiveness

*Lets go of hurt after being wronged*

### Signs that your child may have the strength of forgiveness:

- When someone apologizes, your child gives them another chance
- Your child forgives quickly and does not seek revenge on children who hurt them
- If a child hurts your child while they are playing, your child forgives the other child and goes back to playing with them quickly

### Steps to celebrate the strength of forgiveness in your child:

1. Pick a name for the strength of forgiveness that feels natural to use
2. When you notice forgiveness, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of forgiveness

### Activities to allow your child to use their strength of forgiveness:

- When your child reports that someone has done something wrong, guide your child through completing the following phrases: When they... I feel... I need... Then, encourage your child to use their strength of forgiveness to communicate these thoughts to the wrongdoer.
- Highlighting features that we share with others can help us be more forgiving towards them. Invite your child to consider someone who irritates them. Have your child practice recognizing what they share in common with the irritating person (e.g., both like having fun, both want friends).

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## Gratitude

*Expresses thankfulness for the good in life*

### Signs that your child may have the strength of gratitude:

- Your child frequently expresses gratitude that you are in their family
- Your child knows how to appreciate and say thank you for food prepared for them or a gift that they receive
- Your child knows how to appreciate the good things that happen in their life

### Steps to celebrate the strength of gratitude in your child:

1. Pick a name for the strength of gratitude that feels natural to use
2. When you notice gratitude, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of gratitude

### Activities to allow your child to use their strength of gratitude:

- Invite your child to create an award for each family member. What special qualities do they want to celebrate in each family member? What will they name each award? Consider creating or decorating a physical object that represents each award.
- When the family is together, invite each family member to express one thing for which they are thankful.



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## Hope

*Expects the best to happen*

### Signs that your child may have the strength of hope:

- When your child faces new situations, they generally assume that good things will happen to them
- Even when things are hard for them, your child believes there will be a happy end
- When your child does not succeed at something, they believe they will do better next time

### Steps to celebrate the strength of hope in your child:

- Pick a name for the strength of hope that feels natural to use
- When you notice hope, describe the behaviour and name the strength
- Create a reminder to look for moments where your child uses the strength of hope

### Activities to allow your child to use their strength of hope:

- Before bed, invite your child to use their strength of hope to imagine what tomorrow will be like, if everything goes well. Spend time describing this "best-case scenario" and enjoying the feelings it evokes.
- When the family is together, invite each family member to share a time when they overcame a problem. Try to spot any strengths that they used.

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## Humour

*Enjoys making people laugh*

### Signs that your child may have the strength of humour:

- Your child is good at making people laugh
- Your child's sense of humour helps them cope with social situations
- Your child frequently tells jokes

### Steps to celebrate the strength of humour in your child:

1. Pick a name for the strength of humour that feels natural to use
2. When you notice humour, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of humour

### Activities to allow your child to use their strength of humour:

- When the family is together, invite the family to an experiment where you all pretend to laugh for one minute. Afterwards, ask if anyone's pretend laughter turned into real laughter and how it felt.
- Create a funny memories collection. When your family laughs about something, write a short description of the event and put it in a designated container. Encourage other family members to use their strength of humour to spot and record other funny moments. After a set amount of time, open up the container to reminisce about the funny events.

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## Kindness

*Helps and cares for others*

### Signs that your child may have the strength of kindness:

- When your child sees another child in distress or encountering a problem, your child tries to help
- Your child does nice things for others without being asked to do so
- Your child often volunteers to help when they see someone in need

### Steps to celebrate the strength of kindness in your child:

1. Pick a name for the strength of kindness that feels natural to use
2. When you notice kindness, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of kindness

### Activities to allow your child to use their strength of kindness:

- Talk to your child about the ways that you help others and how helping others makes you feel. Invite your child to join you in one of the ways that you help others.
- Discuss with your child the signs that a person might need help (e.g., struggling to do something, looks sad). Send your child on a "secret mission" to look for people who might need help during the day, and then to ask them, "can I help you?"

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## Leadership

*Organizes and directs the group*

### Signs that your child may have the strength of leadership:

- Your child tends to be the leader in games or athletic activities with other children
- Your child stands out and has a positive influence on other children at school
- Other children see your child as a leader and trust your child

### Steps to celebrate the strength of leadership in your child:

1. Pick a name for the strength of leadership that feels natural to use
2. When you notice leadership, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of leadership

### Activities to allow your child to use their strength of leadership:

- Split up a family job into smaller tasks that equal the number of people in your family. Ask your child to use their strength of leadership to decide which task is the best match for each family member.
- Help your child to create or find a new game that the family can play. Encourage your child to use their strength of leadership to introduce the new game to the family.

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## Love

*Has close, caring relationships with others*

### Signs that your child may have the strength of love:

- Your child demonstrates a great deal of warmth and love to those around them
- Your child knows there is someone who will listen to them when they have a problem
- Your child frequently tells relatives and friends that they love them

### Steps to celebrate the strength of love in your child:

1. Pick a name for the strength of love that feels natural to use
2. When you notice love, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of love

### Activities to allow your child to use their strength of love:

- Put each family member's name in a container. Have each family member draw someone else's name, and then without telling anyone, make a plan to show love to that person in some way over the next few days (e.g., making something for them, spending time with them, saying nice things to them).
- When your family is together, share common ways that people feel loved (e.g., positive words, physical touch, spending time together, caring acts, gifts). Ask each family member to choose one of the ways that makes them feel most loved.

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## Love of learning

*Passionate about expanding their knowledge*

### Signs that your child may have the strength of love of learning:

- Your child takes advantage of opportunities to learn something new
- Your child enjoys situations in which they are introduced to new information, such as visiting a museum or viewing a movie about science or nature
- Your child enjoys reading or listening to books that provide them new information, such as a children's encyclopedia or books about nature or the world

### Steps to celebrate the strength of love of learning in your child:

1. Pick a name for the strength of love of learning that feels natural to use
2. When you notice love of learning, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of love of learning

### Activities to allow your child to use their strength of love of learning:

- Ask your child if you can join them in looking up information about a topic that they find interesting. Spend time reading, watching, or listening to information about the topic with your child. Take time to discuss what you have learned.
- Invite your child to tell you about what they have been learning. Express interest by summarizing what they say and asking follow up questions.

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## Modesty

*Lets their accomplishments speak for themselves*

### Signs that your child may have the strength of modesty:

- Your child is not considered a show off and does not brag much
- Your child does not think they are better than their friends
- Your child is humble about their achievements

### Steps to celebrate the strength of modesty in your child:

1. Pick a name for the strength of modesty that feels natural to use
2. When you notice modesty, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of modesty

### Activities to allow your child to use their strength of modesty:

- Invite your child to participate in a "secret mission" to do something kind for someone without the person knowing who did the act of kindness.
- When your child's friend or another family member accomplishes something important, invite your child to help the other person shine (for instance by giving a sincere compliment, making a congratulations card). For instance, you might say: "X did a great job with [the accomplishment]. Can you think of any ways we can show X how proud we are of them?"

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## Open-mindedness

*Thinks carefully about new ideas and opinions*

**Signs that your child may have the strength of open-mindedness:**

- Your child is open to opinions other than their own and can be swayed by them
- It is easy to convince your child to do something if the logic behind it is explained to them
- Your child listens to the advice of others before deciding what to do

**Steps to celebrate the strength of open-mindedness in your child:**

1. Pick a name for the strength of open-mindedness that feels natural to use
2. When you notice open-mindedness, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of open-mindedness

**Activities to allow your child to use their strength of open-mindedness:**

- Talk with your child about a food, movie, book, or activity that they dislike. Help your child to think of a person who likes what your child dislikes. Invite your child to use their strength of open-mindedness to guess why that person likes it. For instance, you might say "I know you aren't a fan of X. I know that Y likes X, why do you think they like it?"
- Give your child two options for an activity to do together. Ask your child to use their strength of open-mindedness to identify one thing that they like about each activity. Then, allow your child to select the activity.



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## Persistence

*Keeps working hard even when it is difficult*

### Signs that your child may have the strength of persistence:

- If your child takes on a responsibility, they will do everything to fulfill it
- Your child is able to sit to complete a project they come up with such as an art project, building with Legos, or a complex puzzle
- Even when it is difficult for them, your child does not give up and does not stop in the middle of things that are important to them to achieve

### Steps to celebrate the strength of persistence in your child:

1. Pick a name for the strength of persistence that feels natural to use
2. When you notice persistence, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of persistence

### Activities to allow your child to use their strength of persistence:

- Help your child to break a difficult task into a written or visual list of small steps. Encourage your child to use their strength of persistence to complete each small step, checking off each step as it is completed.
- Before completing a difficult task (e.g., a chore), invite your child to picture themselves turning into a superhero who has the superpowers needed to complete the task.

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## Perspective

*Considers the "big picture"*

### Signs that your child may have the strength of perspective:

- Despite their young age, your child seems to know how to accept decisions in a wise, level-headed manner
- Your child does not respond hastily when asked what they want to do and seems to think and weigh the options
- People say your child is mature compared to other children of the same age

### Steps to celebrate the strength of perspective in your child:

1. Pick a name for the strength of perspective that feels natural to use
2. When you notice perspective, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of perspective

### Activities to allow your child to use their strength of perspective:

- When your child talks with you about a problem, invite them to use their strength of perspective to decide if it is a small, medium, or big problem. Work together to develop a response that matches the size of the problem.
- Ask your child to use their strength of perspective to talk about their dreams for the future. What do they hope to do and become as they grow up?

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## Prudence

*Uses caution and planning to make decisions*

### Signs that your child may have the strength of prudence:

- Your child makes wise decisions in speech and action
- Your child knows how to avoid situations that could endanger them
- Your child distances themselves from situations and children that are liable to get them into trouble

### Steps to celebrate the strength of prudence in your child:

1. Pick a name for the strength of prudence that feels natural to use
2. When you notice prudence, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of prudence

### Activities to allow your child to use their strength of prudence:

- Play a game with your child where your child guesses when one minute has passed without looking at a timer or clock. Encourage your child to use their strength of prudence to wait patiently and to try and keep track of the passing of time.
- During a casual family conversation, introduce a challenge where each member of the conversation completes one deep breath before they speak.

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## Self-regulation

*Controls emotions and actions*

**Signs that your child may have the strength of self-regulation:**

- Your child has a very pleasant temperament and generally does not have tantrums or lose control
- Your child is capable of waiting, even when they very much want to do something right now
- Your child is considered a disciplined child who almost never does things they should not do

**Steps to celebrate the strength of self-regulation in your child:**

1. Pick a name for the strength of self-regulation that feels natural to use
2. When you notice self-regulation, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of self-regulation

**Activities to allow your child to use their strength of self-regulation:**

- Spend time with your child creating and decorating a "calm space" in your home. Encourage your child to use their strength of self-regulation to go to the family "calm space" when they are feeling overwhelmed and need a break.
- Play the five senses game before doing activities that require self-regulation. Ask your child to name five things they can see, four things they can hear, three things they can feel, two things they can smell, and one thing they can taste.

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## Social intelligence

*Recognizes others' emotions and motivations*

### Signs that your child may have the strength of social intelligence:

- Your child fits in well when playing with other children and plays harmoniously with almost no quarrels
- It does not matter what group of children your child is with, they are able to adapt to it
- Your child speaks and behaves appropriately in most social situations

### Steps to celebrate the strength of social intelligence in your child:

1. Pick a name for the strength of social intelligence that feels natural to use
2. When you notice social intelligence, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of social intelligence

### Activities to allow your child to use their strength of social intelligence:

- Take opportunities throughout the day to ask your child if they can use their strength to guess what someone might be feeling. For example, read a story together and guess how the characters might be feeling. After a TV show, talk about how the characters might have felt in different situations. When discussing the day, pause the discussion to guess what a person might have felt.

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## Spirituality

*Has a worldview that provides comfort and purpose*

### Signs that your child may have the strength of spirituality:

- When things that are not good happen to your child, their beliefs help them to feel better
- Your child loves and is drawn to spiritual practices such as praying, doing exercises to develop the imagination, or yoga

### Steps to celebrate the strength of spirituality in your child:

1. Pick a name for the strength of spirituality that feels natural to use
2. When you notice spirituality, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of spirituality

### Activities to allow your child to use their strength of spirituality:

- Work with your child to create a reflection space in your home where anyone in the family can go to be reminded of what's important to them. Encourage your child to use their strength of spirituality to decorate the space in a way that reflects what's important to them (e.g., pictures of family, lists of goals, religious objects) and to use the space when it is helpful to them.

Authenticity
Appreciation of beauty
Bravery
Creativity
Curiosity
Fairness
Forgiveness
Gratitude
Hope
Humour
Kindness
Leadership
Love
Love of learning
Modesty
Open-mindedness
Persistence
Perspective
Prudence
Self-regulation
Social intelligence
Spirituality
<b>Teamwork</b>
Zest

## Teamwork

*Plays and cooperates well in groups*

### Signs that your child may have the strength of teamwork:

- Your child is very cooperative when they are part of a group of children
- Your child considers and respects the opinions of other children when playing in a group
- Your child is very loyal to their group and to their friends

### Steps to celebrate the strength of teamwork in your child:

1. Pick a name for the strength of teamwork that feels natural to use
2. When you notice teamwork, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of teamwork

### Activities to allow your child to use their strength of teamwork:

- Complete a project or game as a family. Consider assigning different roles to the family members, so that your family must rely on each other to complete the task.
- As a family, spend time imagining your family as a team. What would be your family's team name and team motto? What symbols would represent your family? Consider working together to create a family flag or crest.

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Teamwork
<b>Zest</b>

## Zest

*Expresses enthusiasm and energy*

### Signs that your child may have the strength of zest:

- Your child becomes excited by things easily
- Your child wakes up in the morning full of joy and enthusiasm for the new day
- Your child knows how to enjoy and be enthusiastic about the small things in life

### Steps to celebrate the strength of zest in your child:

1. Pick a name for the strength of zest that feels natural to use
2. When you notice zest, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of zest

### Activities to allow your child to use their strength of zest:

- Invite your child to use their strength of zest to turn a boring activity into an exciting one. For example, turn on fun music during family chore time and see if you can incorporate dance moves into the tasks.
- Play a family game. Invite your child to use their strength of zest to cheer on and encourage other family member(s).