

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

## 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.