

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
Teamwork
Zest

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).