

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

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.