

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

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.