

Authenticity
Appreciation of beauty
<b>Bravery</b>
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

## 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.