

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

Self-regulation

Controls emotions and actions

Signs that your child may have the strength of self-regulation:

- Your child has a very pleasant temperament and generally does not have tantrums or lose control
- Your child is capable of waiting, even when they very much want to do something right now
- Your child is considered a disciplined child who almost never does things they should not do

Steps to celebrate the strength of self-regulation in your child:

1. Pick a name for the strength of self-regulation that feels natural to use
2. When you notice self-regulation, describe the behaviour and name the strength
3. Create a reminder to look for moments where your child uses the strength of self-regulation

Activities to allow your child to use their strength of self-regulation:

- Spend time with your child creating and decorating a "calm space" in your home. Encourage your child to use their strength of self-regulation to go to the family "calm space" when they are feeling overwhelmed and need a break.
- Play the five senses game before doing activities that require self-regulation. Ask your child to name five things they can see, four things they can hear, three things they can feel, two things they can smell, and one thing they can taste.