

|                        |
|------------------------|
| Authenticity           |
| Appreciation of beauty |
| Bravery                |
| Creativity             |
| Curiosity              |
| Fairness               |
| Forgiveness            |
| Gratitude              |
| <b>Hope</b>            |
| Humour                 |
| Kindness               |
| Leadership             |
| Love                   |
| Love of learning       |
| Modesty                |
| Open-mindedness        |
| Persistence            |
| Perspective            |
| Prudence               |
| Self-regulation        |
| Social intelligence    |
| Spirituality           |
| Teamwork               |
| Zest                   |

## Hope

*Expects the best to happen*

### Signs that your child may have the strength of hope:

- When your child faces new situations, they generally assume that good things will happen to them
- Even when things are hard for them, your child believes there will be a happy end
- When your child does not succeed at something, they believe they will do better next time

### Steps to celebrate the strength of hope in your child:

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

### Activities to allow your child to use their strength of hope:

- Before bed, invite your child to use their strength of hope to imagine what tomorrow will be like, if everything goes well. Spend time describing this "best-case scenario" and enjoying the feelings it evokes.
- When the family is together, invite each family member to share a time when they overcame a problem. Try to spot any strengths that they used.