

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

Forgiveness

Lets go of hurt after being wronged

Signs that your child may have the strength of forgiveness:

- When someone apologizes, your child gives them another chance
- Your child forgives quickly and does not seek revenge on children who hurt them
- If a child hurts your child while they are playing, your child forgives the other child and goes back to playing with them quickly

Steps to celebrate the strength of forgiveness in your child:

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

Activities to allow your child to use their strength of forgiveness:

- When your child reports that someone has done something wrong, guide your child through completing the following phrases: When they... I feel... I need... Then, encourage your child to use their strength of forgiveness to communicate these thoughts to the wrongdoer.
- Highlighting features that we share with others can help us be more forgiving towards them. Invite your child to consider someone who irritates them. Have your child practice recognizing what they share in common with the irritating person (e.g., both like having fun, both want friends).