

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

Creativity

Solves problems in unique ways

Signs that your child may have the strength of creativity:

- Your child loves to invent and create new things
- Your child frequently has unique ideas
- Your child is full of ideas about things to do or make

Steps to celebrate the strength of creativity in your child:

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

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

- Allow your child to suggest new ways of completing routine family activities. If possible, give your child's suggestions a try.
- When encountering a problem, ask your child if they can use their strength of creativity to generate several possible solutions. For instance, you might say: "I know you're creative, I wonder if we can come up with some different options here?"
- Schedule a time where your child can create (e.g., painting, drawing, writing, etc.) without being rushed or having to follow someone else's plan.