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| 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 |

Open-mindedness

Thinks carefully about new ideas and opinions

Signs that your child may have the strength of open-mindedness:

- Your child is open to opinions other than their own and can be swayed by them
- It is easy to convince your child to do something if the logic behind it is explained to them
- Your child listens to the advice of others before deciding what to do

Steps to celebrate the strength of open-mindedness in your child:

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

Activities to allow your child to use their strength of open-mindedness:

- Talk with your child about a food, movie, book, or activity that they dislike. Help your child to think of a person who likes what your child dislikes. Invite your child to use their strength of open-mindedness to guess why that person likes it. For instance, you might say "I know you aren't a fan of X. I know that Y likes X, why do you think they like it?"
- Give your child two options for an activity to do together. Ask your child to use their strength of open-mindedness to identify one thing that they like about each activity. Then, allow your child to select the activity.