

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

Gratitude

Expresses thankfulness for the good in life

Signs that your child may have the strength of gratitude:

- Your child frequently expresses gratitude that you are in their family
- Your child knows how to appreciate and say thank you for food prepared for them or a gift that they receive
- Your child knows how to appreciate the good things that happen in their life

Steps to celebrate the strength of gratitude in your child:

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

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

- Invite your child to create an award for each family member. What special qualities do they want to celebrate in each family member? What will they name each award? Consider creating or decorating a physical object that represents each award.
- When the family is together, invite each family member to express one thing for which they are thankful.