

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

## Kindness

*Helps and cares for others*

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

- When your child sees another child in distress or encountering a problem, your child tries to help
- Your child does nice things for others without being asked to do so
- Your child often volunteers to help when they see someone in need

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

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

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

- Talk to your child about the ways that you help others and how helping others makes you feel. Invite your child to join you in one of the ways that you help others.
- Discuss with your child the signs that a person might need help (e.g., struggling to do something, looks sad). Send your child on a "secret mission" to look for people who might need help during the day, and then to ask them, "can I help you?"