

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

Love

Has close, caring relationships with others

Signs that your child may have the strength of love:

- Your child demonstrates a great deal of warmth and love to those around them
- Your child knows there is someone who will listen to them when they have a problem
- Your child frequently tells relatives and friends that they love them

Steps to celebrate the strength of love in your child:

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

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

- Put each family member's name in a container. Have each family member draw someone else's name, and then without telling anyone, make a plan to show love to that person in some way over the next few days (e.g., making something for them, spending time with them, saying nice things to them).
- When your family is together, share common ways that people feel loved (e.g., positive words, physical touch, spending time together, caring acts, gifts). Ask each family member to choose one of the ways that makes them feel most loved.