

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

Persistence

Keeps working hard even when it is difficult

Signs that your child may have the strength of persistence:

- If your child takes on a responsibility, they will do everything to fulfill it
- Your child is able to sit to complete a project they come up with such as an art project, building with Legos, or a complex puzzle
- Even when it is difficult for them, your child does not give up and does not stop in the middle of things that are important to them to achieve

Steps to celebrate the strength of persistence in your child:

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

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

- Help your child to break a difficult task into a written or visual list of small steps. Encourage your child to use their strength of persistence to complete each small step, checking off each step as it is completed.
- Before completing a difficult task (e.g., a chore), invite your child to picture themselves turning into a superhero who has the superpowers needed to complete the task.