

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

## Modesty

*Lets their accomplishments speak for themselves*

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

- Your child is not considered a show off and does not brag much
- Your child does not think they are better than their friends
- Your child is humble about their achievements

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

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

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

- Invite your child to participate in a "secret mission" to do something kind for someone without the person knowing who did the act of kindness.
- When your child's friend or another family member accomplishes something important, invite your child to help the other person shine (for instance by giving a sincere compliment, making a congratulations card). For instance, you might say: "X did a great job with [the accomplishment]. Can you think of any ways we can show X how proud we are of them?"