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Creativity
Curiosity
Fairness
Forgiveness
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Leadership
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Love of learning
Modesty
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Authenticity

Truthful and sincere

Signs that your child may have the strength of authenticity:

- You feel that your child can be believed in most cases
- Your child usually tells the truth even when this means that they will not get what they want
- Your child usually tells the truth even when they make mistakes

Steps to celebrate the strength of authenticity in your child:

1. If you like, pick a name for the strength of authenticity that feels natural to use
2. When you notice authenticity, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of authenticity

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

- While facing a challenge with your child (a difficult school assignment, a conflict, etc.), invite your child to take a minute to notice and discuss what kinds of thoughts and feelings they are experiencing. For instance, you might say; "I just wanted to check in with you about this challenge: What's on your mind? How are you feeling about it?"
- Review character strengths with your child and invite them to participate in an honest discussion about their strengths. Some questions you may wish to explore are: "What are your top strengths?"; "Are there personal strengths that you wish were stronger?"; "Are there personal strengths that you would like to use more or less frequently?"

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Appreciation of beauty

Notices and enjoys the wonders around them

Signs that your child may have the strength of appreciation of beauty:

- Your child tends to stop and observe beautiful things around them (e.g., flowers, scenery)
- Your child enjoys good music or beautiful works of art
- Your child appreciates skill or goodness, such as a skillful athlete, an accomplished musician, or a virtuous person

Steps to celebrate the strength of appreciation of beauty in your child:

1. If you like, pick a name for the strength of appreciation of beauty that feels natural to use
2. When you notice appreciation of beauty, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of appreciation of beauty

Activities to allow your child to use their strength of appreciation of beauty:

- Ask your child if they can share something with you that your child finds beautiful (e.g., song, movie). Spend time enjoying what your child shares and discuss what you both like about it.
- If your child looks up to or is inspired by a skillful or virtuous person, invite them to share what they appreciate about that individual and why they are inspiring.

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Bravery

Does what's important in spite of fear

Signs that your child may have the strength of bravery:

- Even when your child is scared to do something, they will usually do it if they realize it is the right or worthwhile thing to do
- Your child expresses different opinions or behaviours from friends when your child thinks this is the right thing to do
- When another child is being picked on, your child comes to that child's defense

Steps to celebrate the strength of bravery in your child:

1. If you like, pick a name for the strength of bravery that feels natural to use
2. When you notice bravery, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of bravery

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

- If your child expresses interest in a new activity but feels hesitant to attempt it, speak with your child about how they've used their strength of bravery to approach other intimidating situations in the past (e.g., "I remember you felt like this when X happened. Do you remember how you used your strength of bravery to get through that?"). Discuss how your child might draw on these past experiences to face the new activity.
- Work with your child to create a poster that visually represents times that your child has shown bravery in their life. Discuss how these displays of courage made your child feel.
- Set a family goal for each family member to notice at least one time when they did something important during the day even though it made them feel nervous or afraid. At the end of the day, invite each family member to discuss what they did, why it was important, and how it felt to do something important even though it caused fear.

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Creativity

Solves problems in unique ways

Signs that your child may have the strength of creativity:

- Your child loves to invent and create new things
- Your child frequently has unique ideas
- Your child often has unique approaches to solving problems

Steps to celebrate the strength of creativity in your child:

1. If you like, pick a name for the strength of creativity that feels natural to use
2. When you notice creativity, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of creativity

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

- When encountering a problem, encourage your child to use their strength of creativity to generate several possible solutions. For instance, you might say: "I know you're creative, I wonder if we can come up with some different options here?"
- Support your child's engagement with creative activities (e.g., painting, dancing, woodworking). Compliment their commitment and effort to help your child hone this strength.

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Curiosity

Seeks new experiences and opportunities to explore

Signs that your child may have the strength of curiosity:

- When your child encounters a topic that they are unfamiliar with, they immediately want to know more about it
- Your child asks questions frequently
- Your child loves to explore the world around them and discover new things

Steps to celebrate the strength of curiosity in your child:

1. If you like, pick a name for the strength of curiosity that feels natural to use
2. When you notice curiosity, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of curiosity

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

- If your child asks a question about the world that you don't know the answer to, invite them to investigate it. You can prompt them to do this on their own and tell you what they find, or look into it together. For instance, you might say "That's a great question that I'm afraid I don't know the answer to. Why don't you google it and let me know what you find?"
- When your child is interested in trying a reasonable new activity or experience, support them in their exploration of the activity. For instance, if they express interest in learning how to dance, help them find instructional videos online or encourage them to join a dance club.

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Fairness

Treats others equally

Signs that your child may have the strength of fairness:

- When your child is sharing food with friends, such as at a pizza party, your child makes sure that everyone gets an equal share
- Even when your child does not like a specific child, they still try to treat that child the same as other children

Steps to celebrate the strength of fairness in your child:

1. If you like, pick a name for the strength of fairness that feels natural to use
2. When you notice fairness, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of fairness

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

- When your child has a pizza (or other shareable food) night with family, encourage them to make sure that everyone gets a fair share.
- The next time your family has a small choice to make (e.g., what movie to watch), invite your child to use their strength of fairness to arrive at a decision that is fair to all family members (e.g., taking a vote, setting up turns to choose, listening to every perspective before deciding, finding a compromise, etc.). For instance, you might say: "There are a lot of good options here. [Child's name], I know you have a strength in fairness – do you have any ideas about how we can make a decision that works for everyone?"

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Forgiveness

Lets go of hurt after being wronged

Signs that your child may have the strength of forgiveness:

- When someone apologizes, your child gives them another chance
- Your child forgives quickly and does not seek revenge on others who hurt them
- If your child has a conflict with a friend or family member, they are willing to forgive and repair the relationship.

Steps to celebrate the strength of forgiveness in your child:

1. If you like, pick a name for the strength of forgiveness that feels natural to use
2. When you notice forgiveness, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of forgiveness

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

- When your child reports that someone has hurt their feelings, guide your child through completing the following phrases: "When they... I feel... I need..." Encourage your child to use forgiveness to communicate these thoughts to the wrongdoer.
 - Highlighting features that we share with others can help us be more forgiving towards them. Invite your child to consider someone who irritates them. Have your child practice recognizing what they have in common with the irritating person (e.g., both are strong leaders, both are artistic). For instance, you might say "I can tell you're not a fan of X. I wonder how different you really are – is there anything you have in common with X?"
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Gratitude

Expresses thankfulness for the good in life

Signs that your child may have the strength of gratitude:

- Your child frequently expresses gratitude for having their friends and family.
- Your child says 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. If you like, pick a name for the strength of gratitude that feels natural to use
2. When you notice gratitude, (1) describe the behaviour and (2) 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 start a gratitude practice where they record and reflect on the things that they are thankful for. This might involve journaling, making a collage, drawing, taking photos, etc.
- When the family is together, invite each family member to express one thing for which they are thankful – make this a regular routine.

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Hope

Expects the best to happen

Signs that your child may have the strength of hope:

- When your child faces new situations, they generally assume that good things will happen to them
- Even when things are hard for them, your child believes there will be a happy end
- When your child does not succeed at something, they believe they will do better next time

Steps to celebrate the strength of hope in your child:

- If you like, pick a name for the strength of hope that feels natural to use
- When you notice hope, (1) describe the behaviour and (2) name the strength
- Create a reminder to look for moments where your child uses the strength of hope

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

- Before your child faces a challenge, invite your child to use their strength of hope to imagine what the outcome would be if everything goes well. Spend time describing this "best-case scenario" and enjoying the feelings it brings.
- Invite your child to use their strength of hope to imagine something they want to do in high school. For instance, they might want to be in the school choir, take part in a drama production, get good grades, etc. Help them come up with ideas about how they might achieve this.

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Humour

Enjoys making people laugh

Signs that your child may have the strength of humour:

- Your child is good at making people laugh
- Your child's sense of humour helps them cope with social situations or life challenges
- Your child frequently tells jokes

Steps to celebrate the strength of humour in your child:

1. If you like, pick a name for the strength of humour that feels natural to use
2. When you notice humour, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of humour

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

- Encourage your child to share funny content (videos, memes, comics) with the family. Afterwards, chat about what made them so funny or how everyone felt watching them.
- Create a funny memories collection. When your family laughs about something, write a short description of the event and put it in a designated container. Encourage other family members to use their strength of humour to spot and record other funny moments. After a set amount of time, open the container to reminisce about the funny events.

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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. If you like, pick a name for the strength of kindness that feels natural to use
2. When you notice kindness, (1) describe the behaviour and (2) 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:

- Invite your child to practice their strength of kindness by going out of their way to do one kind thing for a loved one each day for a week. This might include giving a compliment, helping with a task, or showing affection.
- If your child has a peer who is struggling with something that your child excels in (e.g., a sport, game, or class), encourage your child to offer to help their peer.

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Leadership

Organizes and directs the group

Signs that your child may have the strength of leadership:

- Your child tends to be the leader in games or athletic activities with other children
- Your child stands out and has a positive influence on other children at school
- Other children see your child as a leader and trust your child

Steps to celebrate the strength of leadership in your child:

1. If you like, pick a name for the strength of leadership that feels natural to use
2. When you notice leadership, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of leadership

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

- Invite your child to plan and lead a family activity. For instance, encourage them to organize a family event such as a movie night, game night, or special dinner.
- Work together with your child to come up with one way they can practice their strength of leadership in the coming week. This might involve leading a group activity, sport, project, or something else they are involved in at home or school. For instance, you might ask your child to take the lead for a family discussion about strengths.

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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. If you like, pick a name for the strength of love that feels natural to use
2. When you notice love, (1) describe the behaviour and (2) 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 a 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).
 - Encourage your child to make a point to express warmth and caring to a family member or friend who is going through a difficult time. Suggest behaviours like asking the person how they are doing, expressing care, and offering support.
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Love of learning

Passionate about expanding their knowledge

Signs that your child may have the strength of love of learning:

- Your child takes advantage of opportunities to learn something new.
- Your child enjoys situations in which they are introduced to new information, such as visiting a museum or viewing a movie about science or nature.
- Your child enjoys watching shows, reading, or listening to books that provide them new information, such as documentaries or nonfiction books.

Steps to celebrate the strength of love of learning in your child:

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

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

- Speak with your child about new things they might be interested in learning about, and brainstorm how your child might go about doing so. As possible, help your child carry out this learning (take them to the library, search for relevant documentaries, etc.).
 - Find a topic within your child's learning interests that makes you curious. Ask your child if they would be willing to teach you more about the topic. Invite your child to share the information in whatever way they find most enjoyable (e.g., talking, writing, presentation slides, sharing videos, etc.).
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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. If you like, pick a name for the strength of modesty that feels natural to use
2. When you notice modesty, (1) describe the behaviour and (2) 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 identify someone who has demonstrated modesty in the real world or in a show/movie. Ask them to tell you about the person and how they expressed modesty.
- When your child's friend or another family member accomplishes something important, invite your child to help the other person shine (for instance by helping arrange a celebratory dinner, giving a sincere compliment, making a congratulations card, etc.). 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?"

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Open-mindedness

Thinks carefully about new ideas and opinions

Signs that your child may have the strength of open-mindedness:

- Your child is open to opinions other than their own and can be swayed by them
- It is easy to convince your child to do something if the logic behind it is explained to them
- Your child listens to the advice of others before deciding what to do

Steps to celebrate the strength of open-mindedness in your child:

1. If you like, pick a name for the strength of open-mindedness that feels natural to use
2. When you notice open-mindedness, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of open-mindedness

Activities to allow your child to use their strength of open-mindedness:

- Talk with your child about a food, movie, book, or activity that they dislike. Help your child to think of a person who likes what your child dislikes. Invite your child to use their strength of open-mindedness to guess why that person likes it. For instance, you might say "I know you aren't a fan of X. I know that Y likes X, why do you think they like it?"
- Give your child two options for an activity to do together – such as movies to see together, restaurants to try, etc. Ask your child to use their strength of open-mindedness to identify one thing that they like about each activity. Then, allow your child to select the activity.

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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 care about such as an art project or video game.
- 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. If you like, pick a name for the strength of persistence that feels natural to use
2. When you notice persistence, (1) describe the behaviour and (2) 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:

- Before attempting a difficult goal (such as learning a new skill or acing a test), invite your child to imagine the steps they would take to achieve the goal, and how they would feel afterwards. For instance, you might say: "This is a tough challenge. How do you think you will feel when you accomplish it?"
- Help your child to break a difficult task into a list of small steps. Encourage your child to use their strength of persistence to complete each step, checking off each one as it is completed.

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Perspective

Considers the “big picture”

Signs that your child may have the strength of perspective:

- Despite their age, your child seems to know how to accept decisions in a wise, level-headed manner
- Your child does not respond hastily when asked what they want to do and seems to think and weigh the options
- People say your child is mature compared to other children of the same age

Steps to celebrate the strength of perspective in your child:

1. If you like, pick a name for the strength of perspective that feels natural to use
2. When you notice perspective, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of perspective

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

- When your child talks with you about a problem, invite them to use their strength of perspective to decide if it is a small, medium, or big problem. Work together to develop a response that matches the size of the problem.
- When something doesn't go how your child hoped or anticipated, invite your child to use their strength of perspective to imagine a close friend going through a similar situation. Encourage your child to give themselves the advice and encouragement they would give to this friend. For instance, you might say: “I’m sorry that this didn’t go your way. If your friend X went through something like this, what would you say to help them get through it?”

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Prudence

Uses caution and planning to make decisions

Signs that your child may have the strength of prudence:

- Your child makes wise decisions in speech and action
- Your child knows how to avoid situations that could endanger them
- Your child distances themselves from situations and children that are liable to get them into trouble

Steps to celebrate the strength of prudence in your child:

1. If you like, pick a name for the strength of prudence that feels natural to use
2. When you notice prudence, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of prudence

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

- Invite your child to join you in planning a family outing. Encourage your child to use their strength of prudence to anticipate family members' needs on this outing and how to meet them. For instance, sunscreen, water, and snacks may be needed for a beach day.
- Invite your child to identify someone who has demonstrated prudence or caution in the real world or in a show/movie. Ask them to tell you about the person and how they expressed prudence.

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Self-regulation

Controls emotions and actions

Signs that your child may have the strength of self-regulation:

- Your child has a very pleasant temperament and generally does not have meltdowns or lose control
- Your child is capable of waiting, even when they very much want to do something right now
- Your child is considered a disciplined child who almost never does things they should not do

Steps to celebrate the strength of self-regulation in your child:

1. If you like, pick a name for the strength of self-regulation that feels natural to use
2. When you notice self-regulation, (1) describe the behaviour and (2) name the strength.
3. Create a reminder to look for moments where your child uses the strength of self-regulation

Activities to allow your child to use their strength of self-regulation:

- Spend time with your child creating and decorating a "chill zone" in your home. Encourage your child to use their strength of self-regulation to go to the family "calm space" when they are feeling overwhelmed and need a break.
- Encourage your child to create a playlist, collage, mood board, or photo album of things that bring them peace that they can turn to when needed.

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Social intelligence

Recognizes other emotions and motivations

Signs that your child may have the strength of social intelligence:

- Your child fits in well at school and has a strong friend group
- It does not matter what group of children your child is with, they are able to adapt to it
- Your child speaks and behaves appropriately in most social situations

Steps to celebrate the strength of social intelligence in your child:

1. If you like, pick a name for the strength of social intelligence that feels natural to use
2. When you notice social intelligence, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of social intelligence

Activities to allow your child to use their strength of social intelligence:

- Take opportunities throughout the day to ask your child if they can use their strength of social intelligence to guess what someone might be feeling. For example, after a TV show, talk about how the characters might have felt in different situations. When discussing the events of the day, pause the discussion to guess what a person might have felt.
- At a social event, challenge your child to learn one new thing about each attendee. Afterwards, compliment your child's use of their strength of social intelligence.

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

Spirituality

Has a worldview that provides comfort and purpose

Signs that your child may have the strength of spirituality:

- When your child goes through something difficult, their beliefs help them to feel better
- Your child loves and is drawn to spiritual practices such as praying, doing exercises to develop the imagination, or yoga

Steps to celebrate the strength of spirituality in your child:

1. If you like, pick a name for the strength of spirituality that feels natural to use
2. When you notice spirituality, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of spirituality

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

- Work with your child to create a reflection space in your home where anyone in the family can go to be reminded of what's important to them. Encourage your child to use their strength of spirituality to decorate the space in a way that reflects what's important to them (e.g., pictures of family, lists of goals, religious objects) and to use the space when it is helpful.
- Help your child discover and access resources (online or in-person) that allow them to connect to something bigger than themselves. These might include meditation apps, yoga classes, nature walks, journaling, online communities, and spiritual organizations - whatever best suits your child and family.

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Teamwork

Works and cooperates well in groups

Signs that your child may have the strength of teamwork:

- Your child is very cooperative in groups or teams
- Your child considers and respects the opinions of other children when working together on a project or having a debate
- Your child is very loyal to their group and to their friends

Steps to celebrate the strength of teamwork in your child:

1. If you like, pick a name for the strength of teamwork that feels natural to use
2. When you notice teamwork, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of teamwork

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

- If your child is part of a team (sports, a school club, etc.), encourage your child to come up with opportunities for teambuilding, such as organizing a game night, team hike, or similar.
- Encourage your child to help organize a family fun night while taking everyone's preferences for activities into account. This may include a movie night, game night, beach day, etc.

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Zest

Expresses enthusiasm and energy

Signs that your child may have the strength of zest:

- Your child becomes excited by things easily
- Your child wakes up in the morning full of joy and enthusiasm for the new day
- Your child knows how to enjoy and be enthusiastic about the small things in life

Steps to celebrate the strength of zest in your child:

1. If you like, pick a name for the strength of zest that feels natural to use
2. When you notice zest, (1) describe the behaviour and (2) name the strength
3. Create a reminder to look for moments where your child uses the strength of zest

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

- Invite your child to use their strength of zest to turn a boring activity into an exciting one. For example, turn on fun music during chores or a homework assignment.
- Play a family game. Invite your child to use their strength of zest to cheer on and encourage other family member(s).