



CELEBRATE

Parent Introduction

Key stage 2 • Years 3 - 6

WHAT THIS MODULE IS ALL ABOUT

Did you know that the number one thing that builds a child's (and adult's!) self-esteem is rewarding them for their character strengths: the things that make them special or unique (e.g. humour or bravery). Constantly praising them for their achievements, such as writing or reading, does not have the same effect.

So this module is totally focused on helping you to introduce this language of character strengths into the everyday.

When we start to notice our children's character strengths we start to see them feeling better about who they are and this builds their self-esteem, or how they feel about themselves.

The activities we're providing you with will help them (and you) to start noticing and talking about character strengths much more often. We hope that this becomes part of your regular conversation with your children and helps them see just how wonderful they are.



What we're giving you:

1. Learning Activities

We have provided activities to reinforce the key points of the module. You can go over these activities again and again. A detailed guide to each activity is provided in the learning activity guides and a brief summary is provided below.

1. Character Strengths Checklist

Your child becomes familiar with the various character strengths, and practises them.

2. Strengths Spotting

Your child identifies strengths in action around the home, in stories, and on TV.

3. Pick a Strength!

Your child articulates what the various strengths mean.

What we're giving you:

2. Habits At Home

Habits At Home is a handy checklist that you can print off and stick on the fridge to remind you to practise every day!



Visit www.myhappyMind.org/shop
to buy myHappyMind conversation cards,
storybooks and our famous teddy sets!

