



CELEBRATE

Activity Guide 1

Select Some Strengths!

Key stage 2 • Years 3 - 6

ACTIVITY 1: Select Some Strengths!

Learning objective:

- ▶ Your child understands what the different types of character strengths are.
- ▶ Your child can learn to spot different strengths in themselves and others.
- ▶ Your child understands which character strengths they identify with.

Learning approach:

Introduce character strengths with the following explanation:

- ▶ Character strengths are those things about us that make us unique.
- ▶ We all have different characters and this is something to celebrate!
- ▶ This is not about what we are 'good' at - such as football or maths. It is about who we are, and understanding our own character.

We have provided you with two printable Character Strengths posters in a printable PDF for your child to colour in. The simpler poster is for Year 3 children. The more complex one is for Year 4 and above.

Ask your child to select two strengths that they are going to work on today - and at the end of the day, ask them to write down three things that they did that illustrate each strength.

Have them talk you through what they have written, and their thought process around it. It's very rewarding to have your strengths recognised!

We'd love to see photos of the activities in action! Why not share your pictures at:

