

Celebrate Habits At Home

Your child will soon get used to looking out for the character strengths that they have used each day. Using the age-appropriate checklist from the 'Pick A Strength' printable in this pack, we encourage you to start to use this language and approach at home.

At the end of each day, try asking them which strengths they have used today and how.

Top tip: Talk about which strengths you have used and when you see them using a strength, tell them!

DAY 1: Did we talk about strengths today?

YES

NO

How did we use our strengths today?

DAY 2: Did we talk about strengths today?

YES

NO

How did we use our strengths today?

DAY 3: Did we talk about strengths today?

YES

NO

How did we use our strengths today?

DAY 4: Did we talk about strengths today?

YES

NO

How did we use our strengths today?

DAY 5: Did we talk about strengths today?

YES

NO

How did we use our strengths today?

DAY 6: Did we talk about strengths today?

YES

NO

How did we use our strengths today?

DAY 7: Did we talk about strengths today?

YES

NO

How did we use our strengths today?

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

