



CELEBRATE

Activity Guide 1

Select Some Strengths!

Key stage 1 • Years 1 & 2

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 a printable Character Strengths poster for your child to colour in. Ask your child to select two strengths that they are going to work on today - and at the end of the day, draw a picture of how they used them. Your child can use page 2 of the printable for this.

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

