



CELEBRATE

Activity Guide 3

Pick A Strength

Key stage 1 • Years 1 & 2

ACTIVITY 3: Pick A Strength

Learning objective:

- ▶ Your child gains a deeper understanding of what the different types of character strengths are.
- ▶ Your child can articulate their understanding of strengths and imagine them in action.

Learning approach:

Recap 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.

Refer to the Character Strengths poster that your child coloured in for the 'Select Some Strengths' activity, or simply print out the colour version that we've provided. Pick a strength at random - our favourite way is to place the poster on the floor and drop a coin or counter onto it. The nearest strength to the counter is the one we're using today!

Ask your child to describe the strength to you in their own words. Ask them to think of some examples of how this strength could be demonstrated in the real world: either by themselves, or by someone else.

Have your child design a logo for the chosen strength. Why not share it with us on social media!

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

