

## Character Strengths Activity (KS2-3)

In the table below are character strengths that have been developed through positive psychology (Seligman, 2011). When we (adults and children alike) identify and use our character strengths to approach challenges we are more likely to be confident in our approach and have success.

Helping your students identify their own character strengths can help them build their confidence and self-esteem. It may even be useful to have students tell others what they believe that individuals' character strengths are.

Ideas for younger students (age range/key stage):

- Discussing character strengths during circle time.
- Cutting/ sticking activity where they choose their top three and stick them to a picture of themselves (hand-drawn or printed depending on timeframe).
- Have them consider how that character strength might help them with something they find difficult e.g. "I find maths hard, but I can use my character strength of creativity to find interesting ways of visualising the sums that will help me get the right answer".




















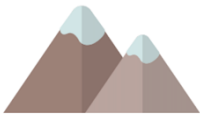


Ideas for older students (age range/key stage):

- Discussing the character strengths as a class/ in small groups.
- Choosing their top three and then applying them to a challenge they might face in the future, e.g. "In Year 11 I will need to take my GCSE exams, I can use my character strength of hope, to stay positive and confident that I will do as well as I can"
- Consider how their character strengths have helped them in the past e.g. "Last year I fell out with my parents because of choices they were making for me, I was able to use my character strengths of forgiveness and love to let go of our argument and restore our close relationship"

## The Character Strengths

Here you will find the descriptors and visual representations of the character strengths, which you can use to facilitate conversations and to put together activities around character strengths for your class.

<p><b>Kindness</b></p> <p><i>I am helpful and nice to others.</i></p>	<p><b>Fairness</b></p> <p><i>I believe everyone should have the same opportunities.</i></p>	<p><b>Creativity</b></p> <p><i>I can think of lots of ways to solve problems and use my imagination.</i></p>	<p><b>Bravery</b></p> <p><i>I take on challenges and speak up for what is right.</i></p>	<p><b>Love of Learning</b></p> <p><i>I get excited discovering new things.</i></p>
<p><b>Enthusiasm</b></p> <p><i>I take on each day with energy and excitement.</i></p>	<p><b>Teamwork</b></p> <p><i>I like being part of a team and doing my share.</i></p>	<p><b>Hope</b></p> <p><i>I feel positive when I think about the future.</i></p>	<p><b>Leadership</b></p> <p><i>I can be the conductor! People look to me for direction.</i></p>	<p><b>Prudence</b></p> <p><i>I carefully consider my options when making a decision.</i></p>
<p><b>Forgiveness</b></p> <p><i>I believe that everyone deserves a second chance. I am able to let things go.</i></p>	<p><b>Humility</b></p> <p><i>I let my accomplishments speak for themselves.</i></p>	<p><b>Gratitude</b></p> <p><i>I appreciate the good things that happen to me.</i></p>	<p><b>Appreciation of Beauty</b></p> <p><i>I appreciate the beauty in the world around me.</i></p>	<p><b>Curiosity</b></p> <p><i>I explore the world around me and have fun learning.</i></p>
<p><b>Honesty</b></p> <p><i>I am open and truthful.</i></p>	<p><b>Self-regulation</b></p> <p><i>I can stop, wait and manage my emotions.</i></p>	<p><b>Judgement</b></p> <p><i>I am open-minded and think through my decisions.</i></p>	<p><b>Love</b></p> <p><i>I value my close relationships with others.</i></p>	<p><b>Humour</b></p> <p><i>I like bringing a smile to others.</i></p>
<p><b>Perseverance</b></p> <p><i>I work hard to achieve my goals and don't give up.</i></p>	<p><b>Sense of Meaning</b></p> <p><i>I am discovering my purpose and place in the world.</i></p>	<p><b>Perspective</b></p> <p><i>I can 'put myself in others shoes' and help give good advice.</i></p>	<p><b>Friendship</b></p> <p><i>I get along well with others and my friends can count on me.</i></p>	

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