

Character Strengths at Home

We can use all our 24 strengths to thrive! Use these weekly reminders to practice spotting strengths and flexing your unique combination of character strengths!



Top Strengths Plan

Thriving Learning Communities™: Top Strengths Tuesday

1

Plan:

Think about your top 5 strengths. Which one will you intentionally use today? When will you use it? Here are some ideas: curiosity to explore a new topic; forgiveness to give someone another chance, or prudence to do your work before choosing to play or be social.

2

Do:

Make your plan happen! Try to use this top strength at least 5 times during the day. Create a visual reminder (such as a poster or a notecard) to remember to use that strength! Keep track of each time you use your top strength and check it off as you go!

3

Review:

At the end of the day, think about how it went.

- *Did you use the strength? How many times?*
- *How did it feel when you used it?*
- *Did it make a difference or change outcomes for you? How?*

4

Reflect:

Think about a chore or school assignment you need to do tomorrow.

- *How can you use this same top strength to complete that activity?*
- *Which other top strengths could you use as well?*

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For additional social-emotional learning activities through the lens of character strengths, visit:

<http://bit.ly/TLCathome>