

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!



Flipping the Script

Thriving Learning Communities™: Think About It Thursday

Often when we think about certain strengths, we think about using them in specific ways. Challenge yourself to think about how you might use the strength in a different way today!

CREATIVITY

"I like to use my imagination."

Often we think about using creativity to draw or paint! How can you use creativity when you are:

- Cooking dinner?
- Telling a story?
- Completing a math problem?
- Taking a walk?

HUMOR

"I like to make others smile and laugh."

Humor is not just about telling jokes! How can you use humor when you are:

- Playing a game?
- Singing a song?
- Watching a television show?

LOVE

"I tell people I love them. I miss them when they are not around."

Love can look lots of different ways and it is more than just for our family! How do you show love for:

- Your teachers?
- Your friends?
- Yourself?

LOVE OF LEARNING

"I like learning new things wherever I go."

We can use our love of learning for both inside and outside school subjects. What is something new you want to learn about:

- Your family?
- Your community?
- Your hobbies?

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

<http://bit.ly/TLCathome>