

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!



MINDFULNESS MONDAY

Mindfulness means paying attention to the moment and pausing before reacting. Mindfulness is not a strength but a strategy to help us focus. Have tech-free time and enjoy a mindful walk around your neighborhood or home. Calmly notice everything that is green. What shades of green do you see? Is there a lot of green or is it hard to find? You can also try to spot all the colors of the rainbow on your walk.

TOP STRENGTHS TUESDAY

Check out the 24 strengths chart on the back of this page. Remember your top strengths are ones that feel energizing, effortless, and easy to use. What are your top strengths? How do you use your top strengths at home? At school? With friends? Choose a top strength and use it to make a difference in someone else's life today. Use creativity for a picture, love with a phone call, kindness with a gesture. Think outside the box! Share with a friend or family member how it felt to use one of your top strengths.



WHAT DO YOU SEE WEDNESDAY



Stuck at home this week? You might not be out and about, but we bet you'll be checking some people out on your screens! Practice spotting strengths in your favorite Netflix, YouTube, or TikTok videos. Share them with your friends and see who can spot the most!

THINK ABOUT IT THURSDAY

We ALL have ALL 24 strengths! Our top strengths bring us the most joy when we use them while other strengths take more effort. But what if one of the strengths didn't exist? Talk with a family member about what your life might be like if you did NOT have one of your top or lesser strengths. What would life be like? How would that change your view of the world? What other strengths would you need to use more?



FAMILY & FRIENDS FRIDAY



Where do strengths come from? Pull out a photo album or pictures on a phone and look back at your memories. Curl up next to a friend or family member to talk about the strengths used during those moments. Did someone show perseverance to graduate? Did you use your curiosity to try a new food? Talk about which strengths you share and how your unique top strengths enrich the lives of others.

For additional social-emotional learning activities through the lens of character strengths, visit:
<http://bit.ly/TLCathome>

To learn how you can bring *Thriving Learning Communities™* to your school, contact us at: TLC@mayersonacademy.org

24

character strengths

