

24 character strengths

1) Appreciation of beauty and excellence

You notice and appreciate the world's beauty and people's skills.

2) Bravery

You are mentally, morally, or physically strong even when you know things are difficult or scary.

3) Creativity

You come up with new and original ways to think about and do things.

4) Curiosity

You like to discover new things. You ask lots of questions because you want to learn more about anything and everything.

5) Enthusiasm/Zest

You live life with energy and excitement. You give people around you energy.

6) Fairness

You believe that all people have value. You treat people with respect.

7) Forgiveness

You forgive those who have done wrong. You accept that people make mistakes.

8) Gratitude

You recognize and are thankful for good things that happen.

9) Humility

You do not try to get attention. You let your actions speak for themselves.

10) Humour

You like to laugh and make other people smile.

11) Honesty

You are honest and speak the truth.

12) Kindness

You are kind to others and are never too busy to help out. You enjoy helping other people.



13) Leadership

You value and appreciate each member of your group. You inspire people to do their best.

14) Love

You value and appreciate close relationships with others and being close to people.

15) Love of learning

You learn new skills and topics on your own or in school.

16) Judgement

You like to consider new ideas and try new things. You look at things from all sides and don't make quick decisions.

17) Optimism/Hope

You expect the best from the future and work to achieve this.

18) Perseverance

You complete what you start even if it is difficult. You never give up.

19) Perspective

You understand and appreciate that people see things in different ways. You understand the world from different points of view.

20) Prudence

You plan for the future and achieve your goals by making careful everyday choices.

21) Meaning and purpose

You have beliefs about the meaning of life and your life's purpose. You try to be part of something greater than yourself.

22) Self-control

You can control your emotions and behaviours. You think before you act.

23) Social intelligence

You recognize other people's thoughts and feelings. You understand why they do things.

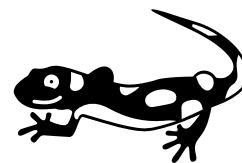
24) Teamwork

You work well as a member of a group or team. You are loyal and give up what you want for the greater good.



My signature strengths

Think about your top **three signature strengths**. Write them down and give an example of when you've used each strength.



1) Name of strength _____

When have you used this strength?

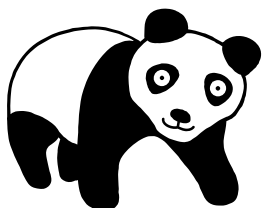
2) Name of strength _____

When have you used this strength?

3) Name of strength _____

When have you used this strength?

My superhero strengths



Our signature strengths are a bit like our superhero powers. Draw and write a short comic strip story about a character who uses **three superhero strengths** to help others.

A large, empty rectangular box with a thin red border, intended for drawing a character or scene for a comic strip.

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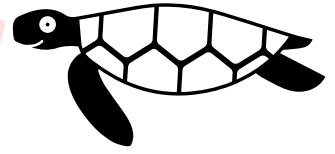
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Using my strengths

Think about your top **three signature strengths**. Write them down and give an example of how you could use each strength in a new and different way.



1) Name of strength _____

How can you use this strength differently?

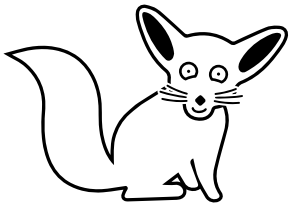
2) Name of strength _____

How can you use this strength differently?

3) Name of strength _____

How can you use this strength differently?

Growing strengths



Think of **three strengths** you would like to grow. Write them down and give an example of how you could practise each strength in the future.

1) Name of strength _____

How can you practise this strength?

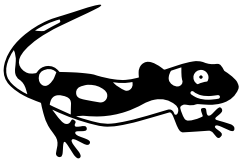
2) Name of strength _____

How can you practise this strength?

3) Name of strength _____

How can you practise this strength?

Check what you know



This is a short quiz about character strengths. Tick **two answers** for each question.

- 1) What are character strengths?
 - a. Core parts of our personality
 - b. They are linked to our muscles
 - c. They make us who we are
- 2) What are signature strengths?
 - a. How we write our name on forms
 - b. Strengths we use most often
 - c. Our top strengths that are like super powers
- 3) Why are character strengths important?
 - a. When we use them we feel happier
 - b. Our strengths help us be at our best and achieve our goals
 - c. Strengths make things easy for us



4) Which of these are character strengths?

- a. anger, fear, worry**
- b. leadership, honesty, humour**
- c. gratitude, forgiveness, fairness**



5) What is curiosity?

- a. Being interested in things**
- b. Being hopeful about the future**
- c. Enjoying exploring things and asking questions**

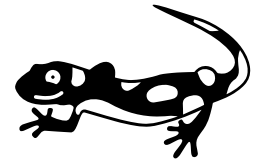
6) Which strengths would help you most to be a good friend?

- a. love of learning and self-control**
- b. kindness and love**
- c. fairness and forgiveness**

Check what you know

Answers

This is a short quiz about character strengths. The correct answers are in **bold**.



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 - c. **They make us who we are**
- 2) What are signature strengths?
 - a. How we write our name on forms
 - b. **Strengths we use most often**
 - c. **Our top strengths that are like super powers**



- 3) Why are character strengths important?
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 - b. **Our strengths help us be at our best and achieve our goals**
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6) Which strengths would help you most to be a good friend?

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