

Character Strength Cards



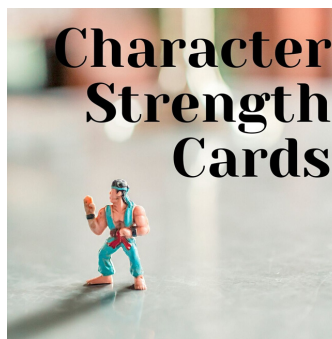
Purpose

Character strengths are parts of our personality that impact how we think and behave. They were devised as a set of the positive traits in human beings. The use of character strengths can improve our ability to solve problems, help in our relationships, understand those around us and improve general wellbeing. The printable character strength cards are a tool to encourage the knowledge, understanding and use of the 24 Character Strengths. There is an activity for parents and teachers in the Parent and Teacher Gate which encourages adults to take the VIA strength classification survey. Here you will find your current top 5 strengths. We do not encourage children to take this survey, as they risk seeing themselves as 'good or bad' in certain character elements, rather than knowing that we all have these traits, just in differing amounts and capacity to apply them.

Resources

The printable set of character strength cards.

It is suggested that you cut and fold each card then either laminate, contact or glue onto cardboard for continued use.



Instructions

Card Organisation Your division of the character strength	Character Strength 3 suggestions on how to build the character strength	Character Strength Card Activity CHARACTER STRENGTH OF THE DAY	Choose one character strength that you'd like to focus on for the day. At the end of the day, discuss how you've used or seen the character strength.
Character Strength Card Activity VISUAL REPRESENTATION OF CHARACTER STRENGTH	Have the set of 24 character cards on display. Do several cards rotate and compliment each other on a strength that holds in their position. Give an example as to why you think they show the strength.	Character Strength Card Activity CHARACTER STRENGTH OF THE WEEK	Scatter out the character strength cards. Pick one strength that you would like to use more often or improve on. Keep the card on display or handy throughout the week. Reflect on how you have used the strength at the end of the week.
Character Strength Card Activity SPOT A TEAM MEMBER'S CHARACTER STRENGTH	Next time you're watching a movie (or your own family) have the cards out on display. As the movie progresses see how many character strengths you can spot in action.	Character Strength Card Activity DIAL UP CHARACTER STRENGTH OF THE WEEK	Think of 5 activities you enjoy doing. Pair each activity up with a character strength you are using while doing that activity. For example, I love reading new books, the character strength of social intelligence is being used here.
Character Strength Card Activity CATCH A CHARACTER STRENGTH IN A MOVIE	Think of 5 activities you don't like doing which strength could be used to help overcome the dislike of the activity. For example, I dislike trying new foods, the character strength of bravery could help.	Character Strength Card Activity 5 THINGS YOU LIKE DOING	Discuss the potential strengths, or shadow side, of strength when they are exercised. For example, when can honesty be used in a harmful way?
Character Strength Card Activity 5 THINGS YOU DON'T LIKE DOING		Character Strength Card Activity SHADOW SIDE OF STRENGTHS	

Once you have prepared your printable character strength cards the application of these is entirely up to you and your family or class. It is recommended that you familiarise yourself with the cards and the organisation of these. The page, pictured to the left, has 7 suggested activities that will help with the engagement of the character strength cards. This is not a once only activity. It is something that you could revisit weekly or fortnightly with a new activity, to ensure continued familiarity and application of character strengths.



Appreciation of beauty and excellence

I appreciate beauty and excellence in nature, art and performance.

Take a 10 minute break outside to sit in nature.

Make your bedroom or workspace beautiful with plants and pictures.

Listen to a beautiful song.



Spirituality

I have beliefs about the meaning of life and a higher purpose

Stop, pause, breath.

Give gratitude in your life.

Connect in nature or with some spiritual reading.



Gratitude

I am thankful for the good things that happen in life and express it.

Keep a gratitude journal.

Write thank you notes.

Avoid complaining, instead look for the positives.



Hope

I expect the best and work towards achieving it.

Look for meaning in challenging moments.

Celebrate the goodness in others.

Focus on the future and how things will change.



H u m o u r

I like to laugh and bring smiles to others. I can see the bright side of most situations.

Look for the light side of situations.

Inject some fun into a dull moment.

Watch some funny videos.



F o r g i v e n e s s

I forgive those who have done wrong and accept their shortcomings.

Acknowledge the growth that occurs in difficult situations.

Think about other peoples point of view.'

Really listen to wrongdoers and open up about your feelings.



H u m i l i t y

I let my achievements speak for themselves.

Spend time listening to others.

Be grateful for what you have and have achieved.

Celebrate other peoples achievements openly.



P r u d e n c e

I am careful about my choices and don't take unnecessary risk.

Use problem solving in challenging situations.

Seek advice from others when making big decisions.

Make long term and short term goals.





Self-regulation

I am controlled over my emotions.

When you're worried/ scared/ upset make an effort to notice how you control your emotions.

Set a goal and long term reward for achieving the goal.



Team work

I work well as a member of a team.

Offer to help a member of your team.

Consider how you and your family or class are a team.

Practice active citizenship in your community.



Leadership

I encourage those that I work with and keep good relationships with them.

Lead an activity or project.

Help others solve conflicts by exploring differing points of view.

Discuss how famous leaders inspire you.



Fairness

I treat all people the same, and don't let my feelings get in the way of how I treat others.

Be mindful of how you treat all those that you come into contact with.

Be actively inclusive and supportive.

Reflect on how it feels to be treated unfairly.



K i n d n e s s

I like doing favours and good deeds for others.

Perform a random act of kindness.

Focus on gentle and kind words in your interactions.

Make an effort to support a friend or family member who needs some kindness.



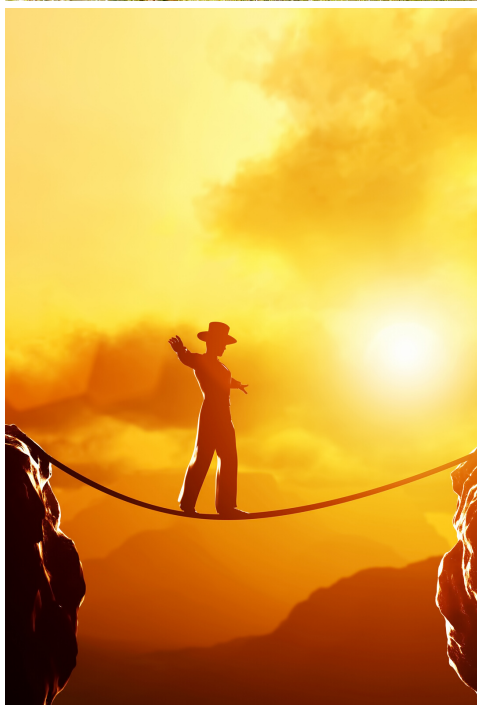
L o v e

I value caring and close relationships with others.

Find out what is important to the people around you.

Do an activity with a loved one.

Think about how you can show love in your class or community.



B r a v e r y

I take on challenge and difficulty. I act on my convictions even if they aren't popular.

Speak out about a topic you feel passionate about.

Choose a challenge to master and set about achieving this.

Make note of bravery role models.



S o c i a l I n t e l l i g e n c e

I am aware of the feelings of others and respond accordingly.

Make note of how others around you are feeling.

Practice labelling your own emotions and responses.

Spot social intelligence in books or movies.



Honesty

I am genuine in my interactions and value telling and hearing the truth.

Give authentic feedback when asked for advice.

Be reliable and follow through on your commitments.

Be honest with yourself, think of a bad habit you've been avoiding.



Persistence

I finish what I start, overcoming obstacles that stand in my way.

Set a goal and think about the steps required to achieve this.

Set a list of things to do.

Focus on the effort required to achieve a goal rather than the final product.



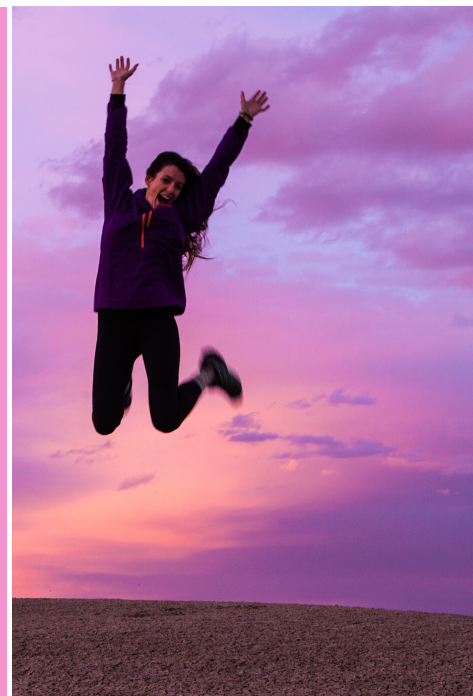
Creativity

I can think of new ways to see and do things.

Take 10 minute break to do some creative writing or drawing.

Think of a new way to use an everyday household item.

Plan a different way or physical space to complete your school tasks in.



Zest

I live life with energy and enthusiasm.

Connect with a friend and have a laugh.

Head outside for some physical activity.

Plan an exciting celebration or adventure to look forward to.



Judgement

I think things through and consider all sides.

Think of a topic or issue you are passionate about and think through both sides of the situation.

Help other people around you to see all the pros and cons when making a decision.



Curiosity

I take an interest in new experiences, exploring and discovering.

Try a new food or cuisine.

When you go for a walk or bike ride take a different path.

Think of how curiosity is different at school, with family and friends.



Perspective

I can see situations from multiple view points and share this with others.

Listen carefully to others then share your thoughts.

Create your own inspirational quotes.

Gently help other people see situations from all perspectives.



Love of Learning

I enjoy learning new skills.

Read a non fiction book.

Take 10 minutes to do some research on a passion topic of choice.

Share your enthusiasm by encouraging others as you learn together at school.

Card organisation

**VISUAL
REPRESENTATION
OF CHARACTER
STRENGTH**

Character Strength

Brief definition of the character strength

3 suggestions on how to enact the character strength

Character Strength Card Activity

**CHARACTER
STRENGTH OF THE
DAY**

Choose one character strength that you'd like to focus on for the day. At the end of the day, discuss how you've used or seen the character strength.

Character Strength Card Activity

**SPOT A TEAM
MEMBERS
CHARACTER
STRENGTH**

Have the set of 24 character cards on display. Go around your team (family or class mates) and compliment each other on a strength you believe they possess. Give an example as to why you think they show the strength.

Character Strength Card Activity

**'DIAL UP'
CHARACTER
STRENGTH OF THE
WEEK**

Scatter out the character strength cards. Find one strength that you would like to use more often or improve on. Keep the card on display or handy throughout the week. Reflect on how you have used the strength at the end of the week.

Character Strength Card Activity

CATCH A CHARACTER STRENGTH IN A MOVIE

Next time you're watching a movie (or reading a book) have the cards out on display. As the movie progresses see how many character strengths you can spot in action.

Character Strength Card Activity

5 THINGS YOU LIKE DOING

Think of 5 activities you enjoy doing. Pair each activity up with a character strength you are using while doing that activity. For example, I love meeting new people, the character strength of social intelligence is being used here.

Character Strength Card Activity

5 THINGS YOU DON'T LIKE DOING

Think of 5 activities you don't like doing. Which strength could be used to help overcome the dislike of the activity. For example, I dislike trying new food, the character strength of bravery could help.

Character Strength Card Activity

SHADOW SIDE OF STRENGTHS

Discuss the potential downsides, or shadow side, of strength when they are overused. For example, when can honesty be used in a harmful way?

**Strengths of
Wisdom and
Knowledge:**

Cognitive
strengths that
entail the
acquisition and
use of
knowledge

C r e a t i v i t y

C u r i o s i t y

J u d g e m e n t

L o v e o f l e a r n i n g

P e r s p e c t i v e

**Strengths of
Courage:**

Emotional
strengths that
involve the
exercise of will
to accomplish
goals in
the face of
opposition

B r a v e r y

Z e s t

H o n e s t y

P e r s i s t e n c e

**Strengths of
Humanity:**

interpersonal
strengths that
involve tending
and befriending
others

L o v e

K i n d n e s s

S o c i a l
I n t e l l i g e n c e

**Strengths of
Justice:**

civic strengths
that underlie
healthy
community life

T e a m w o r k

F a i r n e s s

L e a d e r s h i p

**STRENGTHS OF
TRANSCENDENCE:**

strengths that
forge connections
to the larger
universe and
provide
meaning

Appreciation
of beauty
and nature

Spirituality

Gratitude

Hope

Humour

Strengths of

Temperance:

strengths that
protect against
excess

Forgiveness

Humility

Prudence

Self-
regulation