

CHARACTER STRENGTHS + CREATIVITY

your character strengths

The activity today is based around developing your character strengths.

If you haven't done so already, we highly recommend that you take the the VIA character strength survey.

It's FREE- your parent/ caregiver just has to register first.

Type the web address below into your search bar or google VIA survey.

Make sure to PRINT YOUR RESULTS for your records.

You can still do the activity today, it's just that it won't be as relevant.

<https://www.viacharacter.org/survey/account/register#youth>

The TAKE SURVEY button is at the top right of the page.

the 24 character strengths

These strengths are **UNIVERSAL**, which means we all have them- no matter our age, our sex, where we live, or how well we do in school.

These 24 character strengths are the building blocks of your identity, it is your unique blend of these strengths that helps to make you, YOU.

VIA Institute: the 24 character strengths

- Creativity
- Curiosity
- Judgement
- Love of learning
- Perspective
- Bravery
- Honesty
- Perseverance
- Zest
- Kindness
- Love
- Social Intelligence
- Fairness
- Leadership
- Teamwork
- Forgiveness
- Humility
- Prudence
- Self-regulation
- Appreciation of beauty
- Gratitude
- Hope
- Humour
- Spirituality

today

What we love about character strength is that it doesn't matter how smart you are, how good your grades are, what school you go to, or where you come from: anybody can learn to develop their strengths- as long as you are prepared to put in the work.

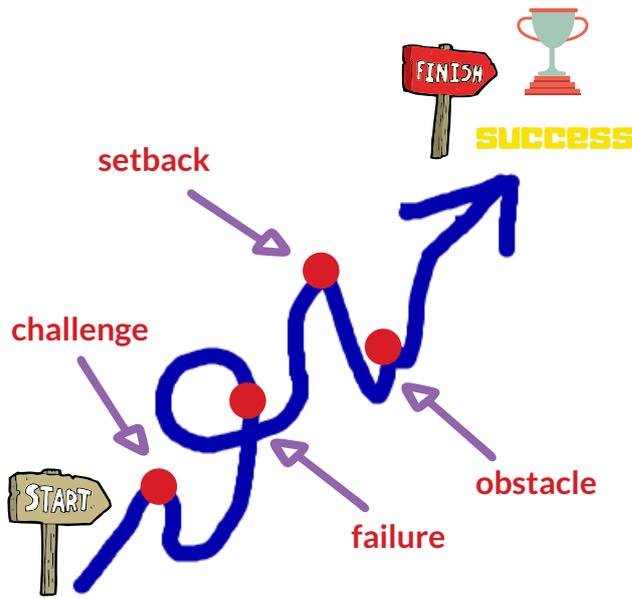
Today you are going to focus on 6 strengths.

Strengths that are important for success in life... whatever it is that you want to do.

important

It doesn't matter where these 6 strengths are in your list, by working on them and developing them you can learn to use these strengths when you need to use them.

the path of life



Life rarely moves in a straight line from start to success. Instead it's full of twists and turns, loop the loops, and of course, ups and downs. Which means that it's never boring. Oscar Wilde said, "To live is the rarest thing in the world. Most people exist, that is all." We agree, life should be more than just existing, and in order to live it, you need to experience the ups and the downs so you can grow and develop as a person. The key is to make sure that you equip yourself with the right skills and resources to thrive.

the 6 key strengths

Without looking at the previous page, see if you can work out the 6 key strengths below. We've jumbled up the words to make it a bit trickier.

This STRENGTH will help you start your journey and continue it with energy and enthusiasm:

TZSE = _____

You'll need lots of this when you face tricky challenges:

EOPH = _____

You'll need this STRENGTH be in control of YOU and the decisions you make

FSLE-LETIUQAGNR = _____

You'll need this to come up with solutions to challenges and setbacks:

TIYCVRETIA = _____

You'll need this STRENGTH when you need to try again after you got so far and failed:

REARBVY = _____

You'll need this STRENGTH to keep going when all looks lost:

ESERPEARVECN = _____

activities

We have 3 activities for you to explore your strengths this week... ENJOY!

activity 1: your strengths story (page 4)

Choose one of the 6 KEY STRENGTHS and respond to the questions we have written.

This will help you to write your own personal story around a particular strength so that you:

- get a better understanding of the strength that you choose
- see that you already have used this strength in your life
- learn why this strength is important to you
- think about what it would be like if you didn't have this strength.

So, choose one of the 6 strengths and write your own story of how it fits in with your life.

activity 2: brainstorm a strength (page 5)

Choose a different strength from the previous activity and fill the BRAINSTORMING activity on PAGE 5.

Brainstorming a strength will help you to:

- get a better understanding of this strength
- think about how you can use this strength more in the future
- explore how the strength you choose can be useful to you
- exercise the creative thinking aspect of your brain

activity 3: design a poster

People love quotes. People like quotes because they are an eloquent often beautiful way to perfectly encapsulate how you think and feel about something.

Your mission in activity 3 is to create a poster using quotes about the 6 strengths. You can see our poster on page 6.

STEP 1: Find a quote that encapsulates how you think and feel about each of the 6 strengths, something that **INSPIRES** you and write them down below.

STEP 2: Design a poster - by hand (the next page is blank for this purpose) or using our favourite online design tool **CANVA**- and put it on your wall.

Our two favourite online quote sources are: **BRAINY QUOTE** and **GOODREADS**.

your 6 strengths quotes

ZEST:

HOPE:

SELF-REGULATION:

CREATIVITY:

BRAVERY:

PERSEVERANCE:

The **STRENGTH** I am going to work on is:

The time in my life when I showed this **STRENGTH** the best was...

One thing I learnt about myself from this experience was...

3 words that sum up this **STRENGTH** for me are...

- 1.
- 2.
- 3.

This **STRENGTH** is important to me because...

Without this **STRENGTH** I...

I am a person who uses this **STRENGTH** because...

The CHARACTER STRENGTH I
am BRAINSTORMING is:

A cool quote to sum up this strength:



Other words to describe
this CHARACTER STRENGTH:

A personal story: when you (or someone you know
used this CHARACTER STRENGTH.

When can you use this CHARACTER STRENGTH?



Who embodies
this strength to
you and how?

ZEST

"If life wanted to hand me lemons I was not only going to make lemonade, but I'd use the zest for cookies, plant seeds for future fruit and turn the rind into compost to grow flowers, all the while giving thanks for lemons."
— Bridgette Mongeon

"Hope can be a powerful force. Maybe there's no actual magic in it, but when you know what you hope for most and hold it like a light within you, you can make things happen, almost like magic."
— Laini Taylor

HOPE

SELF-REGULATION

Always do your best.
What you plant now you will harvest later.
— Og Mandino

CREATIVITY

"Creativity is intelligence having fun."
— Albert Einstein

BRAVERY "Success is not final, failure is not fatal: is the courage to continue that counts."
— Winston S. Churchill

PERSEVERANCE

No matter how hard life pushes you down... you can always bounce back.
— Sheryl Swoopes