

Character Strengths

Kindergarten - Fifth Grade

Compiled by A. Nicoliadis and M. Naylor

Goals for the Year

- To create a school environment where students start to know themselves as learners and people
- To help students see the strengths in themselves and each other
- To build relationships and create a context for problem solving and celebrations

WISDOM	CREATIVITY <ul style="list-style-type: none"> • Originality • Adaptive • Ingenuity 	CURIOSITY <ul style="list-style-type: none"> • Interest • Novelty-Seeking • Exploration • Openness 	JUDGMENT <ul style="list-style-type: none"> • Critical Thinking • Thinking Things Through • Open-mindedness 	LOVE OF LEARNING <ul style="list-style-type: none"> • Mastering New Skills & Topics • Systematically Adding to Knowledge 	PERSPECTIVE <ul style="list-style-type: none"> • Wisdom • Providing Wise Counsel • Taking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none"> • Valor • Not Shrinking from Fear • Speaking Up for What's Right 	PERSEVERANCE <ul style="list-style-type: none"> • Persistence • Industry • Finishing What One Starts 	HONESTY <ul style="list-style-type: none"> • Authenticity • Integrity 	ZEST <ul style="list-style-type: none"> • Vitality • Enthusiasm • Vigor • Energy • Feeling Alive 	
HUMANITY	LOVE <ul style="list-style-type: none"> • Both Loving and Being Loved • Valuing Close Relations with Others 	KINDNESS <ul style="list-style-type: none"> • Generosity • Nurturance • Care & Compassion • Altruism • "Niceness" 			SOCIAL INTELLIGENCE <ul style="list-style-type: none"> • Aware of the Motives/Feelings of Self/Others • Knowing what Makes Other People Tick
JUSTICE	TEAMWORK <ul style="list-style-type: none"> • Citizenship • Social Responsibility • Loyalty 			FAIRNESS <ul style="list-style-type: none"> • Just • Not Letting Feelings Bias Decisions About Others 	LEADERSHIP <ul style="list-style-type: none"> • Organizing Group Activities • Encouraging a Group to Get Things Done
TEMPERANCE		FORGIVENESS <ul style="list-style-type: none"> • Mercy • Accepting Others' Shortcomings • Giving People a Second Chance 	HUMILITY <ul style="list-style-type: none"> • Modesty • Letting One's Accomplishments Speak for Themselves 	PRUDENCE <ul style="list-style-type: none"> • Careful • Cautious • Not Taking Undue Risks 	SELF-REGULATION <ul style="list-style-type: none"> • Self-Control • Disciplined • Managing Impulses & Emotions
TRANSCENDENCE	APPRECIATION OF BEAUTY & EXCELLENCE <ul style="list-style-type: none"> • Awe • Wonder • Elevation 	GRATITUDE <ul style="list-style-type: none"> • Thankful for the Good • Expressing Thanks • Feeling Blessed 	HOPE <ul style="list-style-type: none"> • Optimism • Future-Mindedness • Future Orientation 	HUMOR <ul style="list-style-type: none"> • Playfulness • Bringing Smiles to Others • Lighthearted 	SPIRITUALITY <ul style="list-style-type: none"> • Religiousness • Faith • Purpose • Meaning

How to Tap Into Your Character Strengths to Change Your Life

Created by **happify**

Science-based activities & games for a happier, healthier life at Happify.com

CHARACTER STRENGTHS

Character strengths—our capacity for thinking, feeling, willing and behaving—reflect what's best in us. They're part of how we positively identify ourselves.

HOW IT WORKS

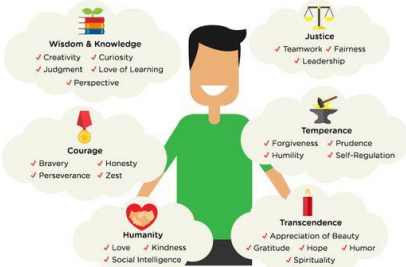


Over 10 years ago, some of the world's leading psychologists like **Martin Seligman** and **Christopher Peterson** came together to compile character strengths that people of all ages, cultures and nations exhibit.

The **VIA Institute on Character** created scientifically valid assessments to help people determine their unique strengths profile.



There are 24 VIA character strengths that fall under 6 broad categories:



Each one of us possesses all 24 strengths, but in different amounts. Your "signature strengths" are your top strengths—the ones that are most essential to who you are.

The most prevalent character strengths in human beings are:

1. Kindness
2. Fairness
3. Judgment
4. Honesty
5. Gratitude

The least common?



1. Prudence
2. Modesty
3. Self-regulation

Not only do our character strengths make us feel good about ourselves, but science shows that using and developing them also makes us happier and healthier.

THE KEY? ACTUALLY USING YOUR STRENGTHS!

One study found that those who use their character strengths experience greater physical and mental well-being than those who don't.



That's because tapping into our strengths helps us make progress on our goals, boosting our feelings of independence and competence.

TO USE ONE OF YOUR STRENGTHS TODAY ...

- Pique your curiosity** by eating at a restaurant you've never tried before.
- Stoke your creativity** by rearranging a room in your home.
- Encourage your love of learning** by memorizing five new vocabulary words.
- Practice perseverance** by chipping away at a tough project at work.
- Renew your zest** by trying a new, physically challenging activity.

USING YOUR STRENGTHS BOOSTS YOUR HEALTH

If you're sick, tapping into your strengths—especially **bravery, kindness, and humor**—can help:

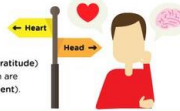
Research shows that physical disorders take less of a toll on life satisfaction if someone is high on these character strengths.



There's good reason to have an attitude of gratitude: Counting your blessings is linked to fewer physical symptoms, optimism, more time spent exercising and improved well-being.

Do you use your heart or your head?

Turns out strengths of the "heart" (like love and gratitude) are more strongly associated with well-being than are strengths of the "head" (like creativity and judgment).



USING YOUR STRENGTHS AT THE OFFICE

In one study...



Looking to Lean In?

Research shows that women who use their signature strengths in the workplace create a "virtuous circle" in which they're able to overcome obstacles that had impeded them from using their strengths in the past.



4 is the magic number

Use 4 or more of your signature strengths at the office and you'll have a more positive work experience.



Feeling Swamped?

Strengths that were determined to be a "high match" with work demands are honesty, judgment, perspective, fairness and zest.

MEN VS. WOMEN

In a study of gender differences and character strengths:



Did You Know?

Women tend to be higher on gratitude than men, even though this trait ranks fourth for both sexes.



TAP INTO YOUR STRENGTHS, BOOST YOUR MOOD

The 5 strengths that are most connected with happiness are:



If you're high on **zest**, you're more likely to view your work as a "calling" rather than as a means for money or career advancement.

Using your signature strengths—those strengths most essential to who you are—in a new way each day has been shown to increase happiness and decrease depression for 6 months.



NEED SOME INSPIRATION? TRY ...

- Showing **kindness** by visiting an elderly relative or neighbor in a nursing home.
- Showing **loyalty** by cooking a favorite meal for a friend this weekend.
- Expressing **honesty** by owning up to one little white lie you told this month—even if it's just to yourself!
- Remembering **optimism** by naming one positive outcome of a recent negative event.
- Being **grateful** by writing a note to someone who influenced you as a kid.
- Exploring **leadership** by organizing a team-building activity with your co-workers.
- Feeling **love** by requesting a special date with your partner one night this week.
- Tapping into your **humor** by learning—and telling—one new joke today.

Want to give your happiness the biggest boost?

Send a nice, quick email to a loved one. One study showed that this amplified the mood-boosting effects of using your strengths.

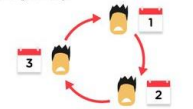


Use a strength today, reap the rewards tomorrow

One study found a relationship between using signature strengths the previous day and positive mood the following day.

If you're feeling a little down, it's even more important to use one of your strengths today:

Research shows a connection between decreased mood and not using a strength the next day, creating a negative cycle.



So, what are your top strengths? Get to know yourself better by taking the VIA assessment on Happify! Visit Happify.com/strengths



Brought to you by **happify**™ Build skills for a happier life with fun, science-based activities and games at www.happify.com

Character Strengths Resources

(Links can be accessed in presentation mode)

- For educators: viacharacter.org
- Graphics: [viacharacter.org/ Classification](http://viacharacter.org/Classification)
- classdojo.com
- edutopia.org
- perts.net (growth mindset)
- [Character Education Books](http://www.santeesd.net/cms/lib/ca01000468/centricity/domain/26/character_ed_bibliography.pdf)
http://www.santeesd.net/cms/lib/ca01000468/centricity/domain/26/character_ed_bibliography.pdf
- [youtube](https://www.youtube.com)

More Character Strength Resources

(Links can be accessed in presentation mode)

- Character Lab characterlab.org
- [Science of Character](https://www.youtube.com/watch?v=U3nT2KDAGOc) <https://www.youtube.com/watch?v=U3nT2KDAGOc>
- [Pinterest](#)
- Teachers Pay Teachers teacherspayteacher.com
- sunshine-parenting.com
- khanacademy.org
- [Scholastic](#)