



CELEBRATE

Activity Guide 1

We're Going On A Strengths Hunt!

ACTIVITY 1: We're Going On A Strengths Hunt!

Learning objective:

- ▶ This is an activity designed to help children see character strengths playing out in the real world.
- ▶ It is also an opportunity for them to notice themselves using strengths.

Learning approach:

Firstly, we're going to make your child some strengths spotting glasses to really focus their minds!

Using the template provided print out as many pairs of glasses as you need, ideally using slightly thicker paper so they are nice and sturdy.

Sit your child down and explain that they'll be designing their own glasses to use for their strengths spotting adventure.

As they start to colour their glasses in, set up the activity as follows:

- ▶ We'll be exploring what strengths we can spot today/this morning (decide how long you want the activity to last).
- ▶ We'll do this by watching other people and noticing our own strengths.
- ▶ Print out and show them their special character strength spotting checklist that they'll use.
- ▶ Have your child walk around the house / outside areas and notice which strengths they can see being used. They'll use their character strengths checklist with them to tick things off as they see them.

You may need to support them here and some examples may include:

- ▶ Someone playing or being creative - Love of learning
- ▶ Someone helping with something - Kindness

- ▶ Each time you notice a new strength take some time to explain it and ask your child for other examples of this strength. This is all about embedding their understanding of the strengths.
- ▶ After you've found 1 or 2 examples of each strength ask your child to share what strengths they saw again.

Hold on to those glasses - you'll be using them again! Why not make a few pairs, all decorated differently?

Resources needed:

- ▶ Strengths glasses template
- ▶ Strengths spotting checklist
- ▶ Coloured crayons

Top tips:

- ▶ The setup for this activity is very important, so please make sure you spend enough time explaining what your child is looking for, by using real examples.
- ▶ Encourage your child to be really creative with decorating their glasses.
- ▶ Don't worry if it takes a while for your child to get into the habit of spotting strengths. The more you do this with them, the better they'll get.

We'd love to see photos of the activities in action! Why not share your pictures at:



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