



CELEBRATE

Activity Guide 2

Spotting Strengths In Stories

ACTIVITY 2: Spotting Strengths In Stories

Learning objective:

- ▶ To further embed your child's understanding of character strengths.
- ▶ To help your child to spot and then appreciate strengths in others.

Learning approach:

Choose a book which has some interesting characters in it, such as 'The Gruffalo' or 'Giraffes Can't Dance'.

Ask your child to go and put their strengths glasses on and come and sit down for the story.

Explain that every time they spot a strength in a character they are to put their hand up.

It is useful for them to have a copy of their strengths checklist with them too.

As you go through the story let them share their observations and then summarise them at the end of the story as well.

Resources needed:

- ▶ Strengths spotting checklist
- ▶ Strengths glasses
- ▶ Story book

Top tips:

- ▶ You may need to support your child in identifying different character strengths at the beginning. However, the more you repeat this activity, the easier it will become.
- ▶ We encourage you to make links between the strengths that the characters in the book are demonstrating and ways that your child has used this same strength.
- ▶ We recommend that you take some time at the end of the story to recap on the main character strengths seen, to further embed your child's understanding.

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



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