



CHARACTER STRENGTHS



What are character strengths?

- Character strengths are universally-valued, positive human qualities that exist in all of us.
- They are the tools that humans have to connect with others, build communities, solve problems, and engage in life.

Where can I find out more about character strengths?

- See <https://viacharacter.org> for more details, research findings, and resources.
- Join the over 15 million people who have taken the free, scientific survey on character strengths.

Why does SSIS focus on developing the character strengths of educators and students?

- Research shows that understanding and applying your strengths can help:
 - Boost Confidence
 - Increase Happiness
 - Strengthen Relationships
 - Manage Problems
 - Reduce Stress
 - Accomplish Goals
 - Build Meaning and Purpose
 - Improve Work Performance



Are some character strengths more important than others?

- No. They are all important tools to help us successfully navigate life.
- Character strengths are not inherently 'good'. They can be misused, overused, or underused. Humor, for example, can bring joy but it can also be used to cause harm.
- The better we understand character strengths, the more intelligently we can apply them to appropriate contexts.
- Each human has a unique strengths profile. There are approximately one trillion, trillion possible combinations of the 24 VIA character strengths.

What are some ways I can apply these ideas at home?

- Engage in a strengths-based conversation when your child makes a mistake. Which strengths did they misuse or overuse? Which strengths could they harness better next time? Be specific - use this mistake as a chance to help them grow their character.
- Share stories of personal and family success through the lens of strengths. What are some of your 'signature' strengths? How have they helped you succeed in life?
- After reading a book or watching a film, ask your child what strengths they noticed the characters using. Did some characters misuse, overuse, or underuse strengths?
- Do a family / friends 'strengths-spotting' activity. What 'signature' strengths do we notice in grandma or the next-door neighbour or...?
- Choose a specific day on the weekend to practice using gratitude or leadership or....
- Write character strengths birthday cards. Tell the person what strengths you admire in them.