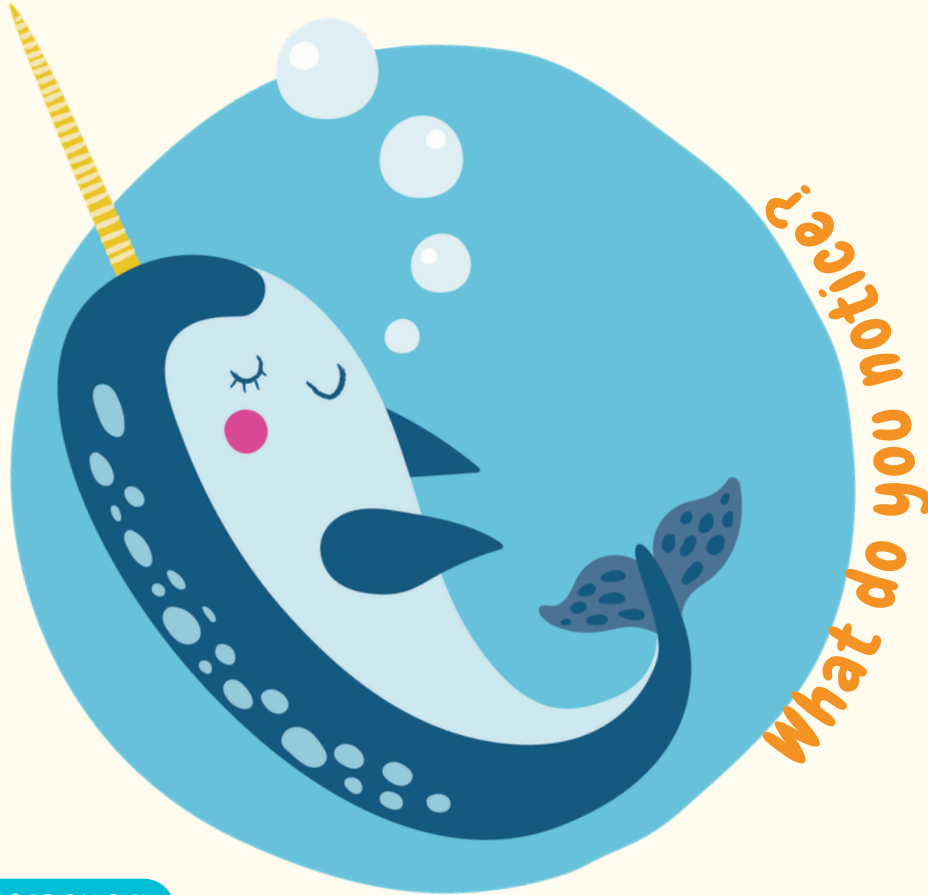




SELF-REGULATION

regulation * managing yourself * balance * restraint * calming

OUR
STAYING
BALANCED
STRENGTHS



ABOUT THIS STRENGTH

Self-regulation is noticing what is happening inside us and using coping strategies to help us manage our feelings and actions.



SELF-REGULATION IN ACTION

Sally noticed she was getting a bit tense and panicky before going on stage for her solo performance in the school content. She took some deep breaths (as her teacher had shown her) to help her stay calm as she waited for her cue. She went on and performed really well.



I WONDER...

- What helps you feel calm and in control when your feelings are very strong?
- How does self-regulation help you make better decisions or choices?



STRENGTH SPOTTING

Can you spot someone using this strength today?
How could you try this strength today?

“Pause. Breathe. Choose.”
Unknown



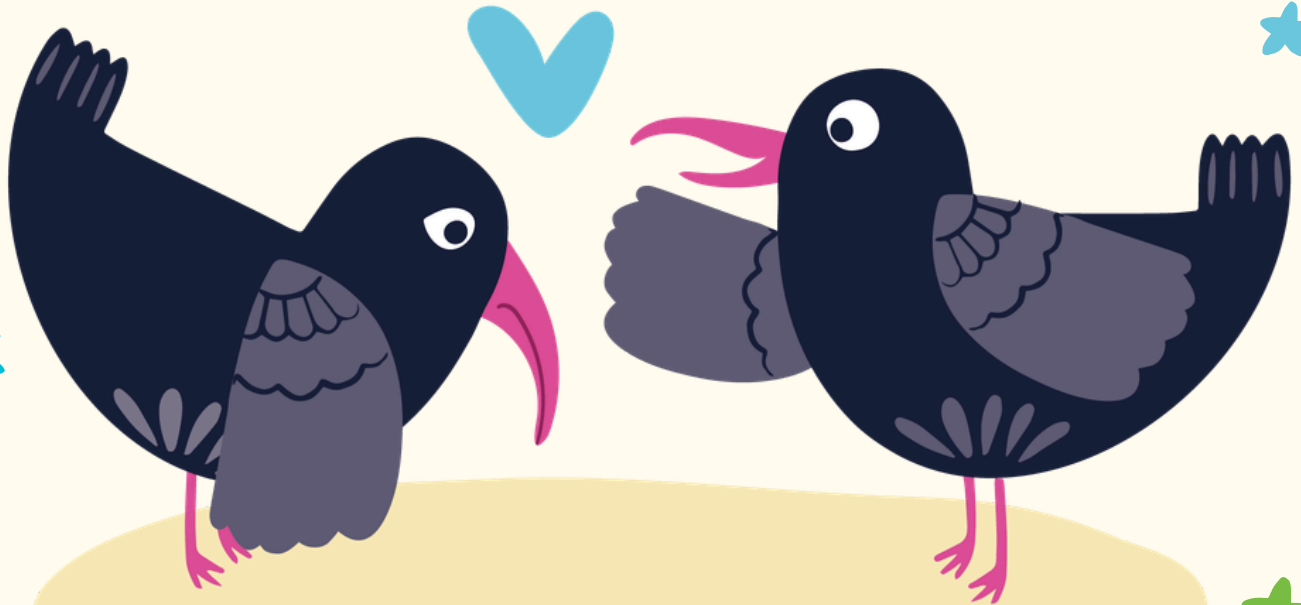
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FORGIVENESS

OUR
STAYING
BALANCED
STRENGTHS

letting go * moving on * understanding * mercy * repair * second chance



What do you notice?



ABOUT THIS STRENGTH

Forgiveness helps us let go of anger or hurt after something has gone wrong and forgive others when they make mistakes.



FORGIVENESS IN ACTION

Frank bumps into Freya in the dining hall and spills her drink. He immediately says sorry and Freya says "It's OK, accidents happen. Can you help me clear up?"



STRENGTH SPOTTING

Can you spot someone using this strength today?
How could you try this strength today?



I WONDER...

- How does giving someone a second chance help keep friendships strong?
- Why does letting go of angry feelings feel like taking a heavy backpack off your shoulders?

“Forgiveness is the attribute of the strong.”
Mahatma Gandhi



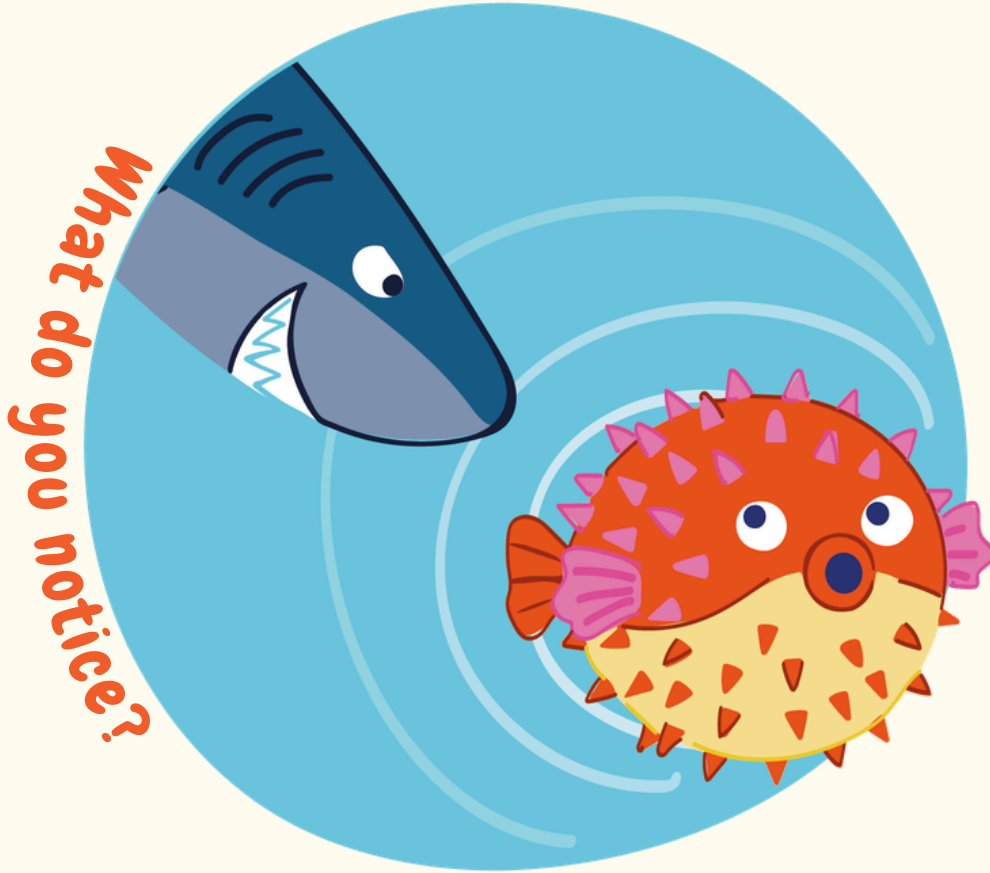
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PRUDENCE

care * caution * forethought * planning * wisdom * thinking ahead * safety

OUR
STAYING
BALANCED
STRENGTHS



ABOUT THIS STRENGTH

Prudence reminds us to think ahead so that we can choose carefully, avoid taking a risk or getting a decision wrong.



PRUDENCE IN ACTION

Pierre cycled to the beach to go for a swim with his friends. He made sure he wore his cycle helmet and cycled carefully. When he got to the beach the red flags were out. His friends wanted to swim anyway and to ignore the flags, but Pierre knew it would be dangerous and persuaded them not to take the risk.



I WONDER...

- How might our body help us know when it's better to stop and think before acting?
- How does thinking ahead help keep us safe?

“Look before you leap”
Proverb



STRENGTH SPOTTING

Can you spot someone using this strength today?
How could you try this strength today?



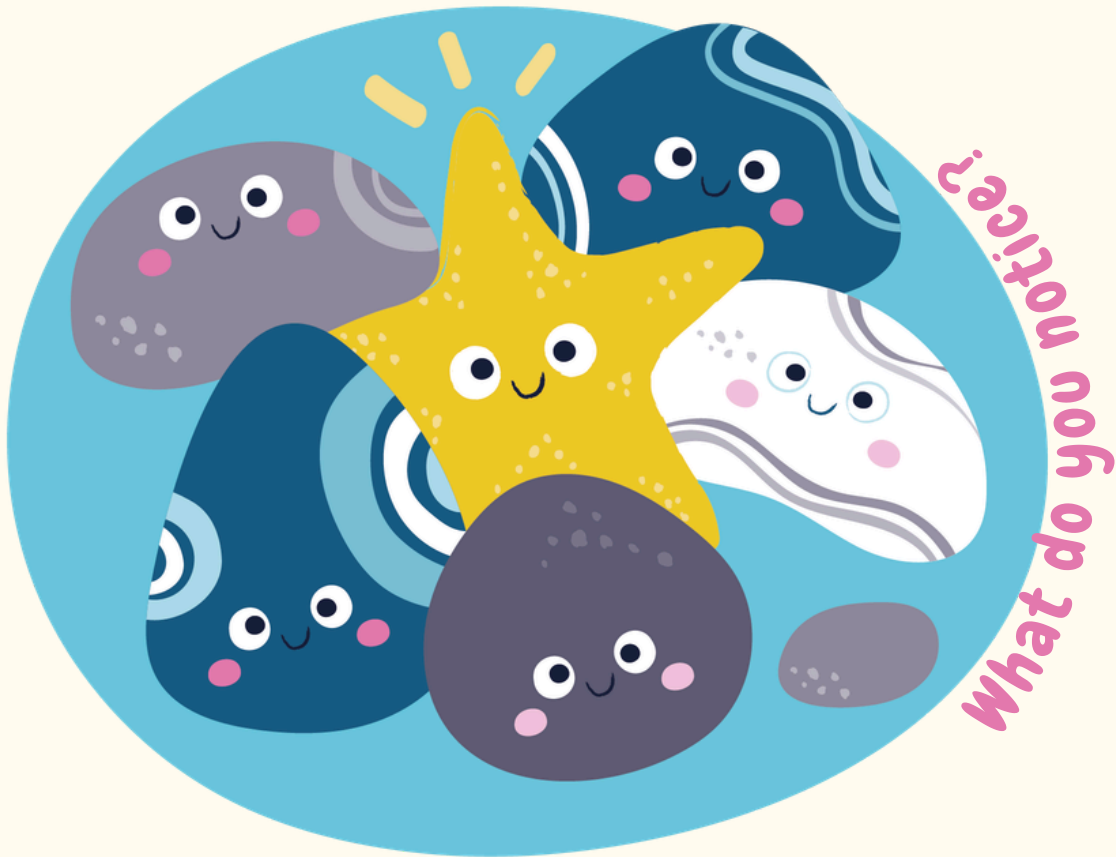
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MODESTY

humility * groundedness * quiet confidence * respectfulness * balance

OUR
STAYING
BALANCED
STRENGTHS



ABOUT THIS STRENGTH

Modesty is recognising what you do well without needing to prove that you are better than other people.



MODESTY IN ACTION

Max was really proud of his project on volcanoes, but he didn't say it was the best ever. He also made sure he complimented the work of others in the class too.



STRENGTH SPOTTING

Can you spot someone using this strength today?
How could you try this strength today?



I WONDER...

- Can you be proud of your achievements and modest at the same time?
- What can we learn when we recognise or celebrate others' people's successes?

“On the field, your talent wins games, but your humility wins teammates.” — Unknown



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