



HONESTY

truthfulness * integrity * openness * sincerity * trustworthiness * genuine

OUR
BEING BRAVE
AND HONEST
STRENGTHS



What do you notice?



ABOUT THIS STRENGTH

Honesty is telling the truth, taking responsibility for our feelings and actions, even when it is hard



HONESTY IN ACTION

Hana tripped and accidentally knocked her teacher's favourite coffee mug off his desk and broke it. She was worried that she would be in big trouble. Nobody saw her do it but she knew it was best if she owned up straight away. When she did the teacher praised her honesty even though he was sad to lose it.



STRENGTH SPOTTING

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



I WONDER...

- Why is telling the truth sometimes the bravest choice?
- How does being honest help build trust between friends?

“Wrong is wrong, even if everyone is doing it.
Right is right, even if no one is doing it.”



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BRAVERY

courage * boldness * speaking up * daring * confidence * valour

OUR
BEING BRAVE
AND HONEST
STRENGTHS



ABOUT THIS STRENGTH

Bravery is standing up for what is right or trying new things even when we feel scared.



BRAVERY IN ACTION

Bradley reads his poem in assembly even though he felt really nervous beforehand.

Becca puts her hand up to answer a tricky problem in maths even though she isn't 100% sure of the answer.



STRENGTH SPOTTING

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



I WONDER...

- When have you done something even though you felt nervous?
- Can you feel brave and scared at the same time?

““Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'”

Mary Anne Radmacher



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PERSISTENCE

perseverance * determination * effort * tenacity * commitment * sticking at it

OUR
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ABOUT THIS STRENGTH

Persistent people keep going when things are hard. They don't give up easily, and they keep working towards what matters to them.



PERSISTENCE IN ACTION

Petra kept getting stuck at the next to last level in her computer game. It took ages and ages, and she was getting fed up. Her friend said she knew a 'cheat' to get through a tricky challenge, but she wanted to do it properly. She finally managed it on her own and was really proud of sticking with it.



STRENGTH SPOTTING

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



I WONDER...

- What is something you achieved because you didn't give up?
- What can you say to yourself if something is hard and you feel like giving up?
- Is it sometimes OK to stop being persistent?

“Fall seven times, stand up eight”
Japanese Proverb



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ENTHUSIASM

zest * energy * eagerness * excitement * liveliness * positivity * drive * adventure

OUR
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What do you notice?



ABOUT THIS STRENGTH

Enthusiasm is taking part in activities with interest and energy



ENTHUSIASM IN ACTION

Ellie joins a new activity eagerly, encourages her classmates and helps the energy spread through the group.



STRENGTH SPOTTING

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



I WONDER...

- What activity makes you feel full of energy and excitement?
- If we could capture the energy of a puppy's wagging tail how many lightbulbs could it power?

“Today is a good day to try.”

Dr. Seuss



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