



HUMOUR

fun * playfulness * wit * laughter * cheerfulness * amusement

OUR
CONNECTING
TO THE WORLD
STRENGTHS



ABOUT THIS STRENGTH

Humour is enjoying life through laughter and play. Bringing smiles to others in a way that's kind to everyone.



HUMOUR IN ACTION

Helen's group came last in the class tallest tower building challenge after they made a mistake and the tower collapsed. Helen tells a silly joke to help cheer them up.



I WONDER...

- Why do you think giggling is contagious?
- How does a good laugh help us relax when things feel tricky?



STRENGTH SPOTTING

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

“A day without laughter is a day wasted.”
Charlie Chaplin



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GRATITUDE

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STRENGTHS

thankfulness * appreciation * recognition * gratefulness * valuing * pleased

What do you notice?



ABOUT THIS STRENGTH

Gratitude is being aware of, and thankful for, the good things (however small) in our lives.



GRATITUDE IN ACTION

Greg remembers that Grace stayed and helped him when he knocked a pencil pot on the floor just as break was starting. He reminds himself to say 'thank you' properly before the end of the school day.



STRENGTH SPOTTING

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



I WONDER...

- What small thing has made a difference to you today?
- Who would you say thank you to today, and why?
- How does a genuine 'thank you' make you feel?

“Today was good. Today was fun.
Tomorrow is another one.”
Dr Seuss



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APPRECIATION OF BEAUTY

wonder * awe * admiration * noticing * appreciation * delight * captivation

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What do you notice?



ABOUT THIS STRENGTH

Appreciating Beauty is noticing and enjoying things in the world around us. Like nature, music, art or people's skills and talents.



APPRECIATING BEAUTY IN ACTION

At playtime pupils stop playing to notice a beautiful rainbow. Back in class Alison admires Alfie's picture of rainbow he painted in art.



STRENGTH SPOTTING

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



I WONDER...

- What have you noticed recently that made you stop and think, "Wow"?
- What beautiful thing have you noticed that someone else might have walked past?

“The future belongs to those who believe in the beauty of their dreams.”
Eleanor Roosevelt



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HOPE

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STRENGTHS

optimism * possibility * belief * encouragement * aspiration * looking forward

What do you notice?



ABOUT THIS STRENGTH

Hope is expecting good things to happen in the future and working hard to help them happen



HOPE IN ACTION

Harry feels confident that with practice he'll get better at football and get picked for the school team. He practices often and tries not to miss training sessions.



STRENGTH SPOTTING

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



I WONDER...

- What is something you look forward to achieving?
- What helps you keep going when things feel difficult?

“Hope is contagious.”
Greta Thunberg



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SPIRITUALITY

meaning * purpose * connection * faith * reflection * transcendence

OUR
CONNECTING
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What do you notice?



ABOUT THIS STRENGTH

Spirituality is thinking about meaning, purpose, connection and the things that feel bigger than ourselves. This can be different for everyone.



SPIRITUALITY IN ACTION

Sam has a strong religious faith. Shannon doesn't have a faith. They both believe it is important to care for the environment and they are both part of the school eco-club. They enjoy spending time volunteering on beach cleans. They both feel a sense of wonder in the landscape and are proud to help care for it.



STRENGTH SPOTTING

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



I WONDER...

- When do you feel most connected to the world around you?
- What gives you a feeling of peace or meaning inside?

“In all things of nature there is some of the marvellous”
Aristotle



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