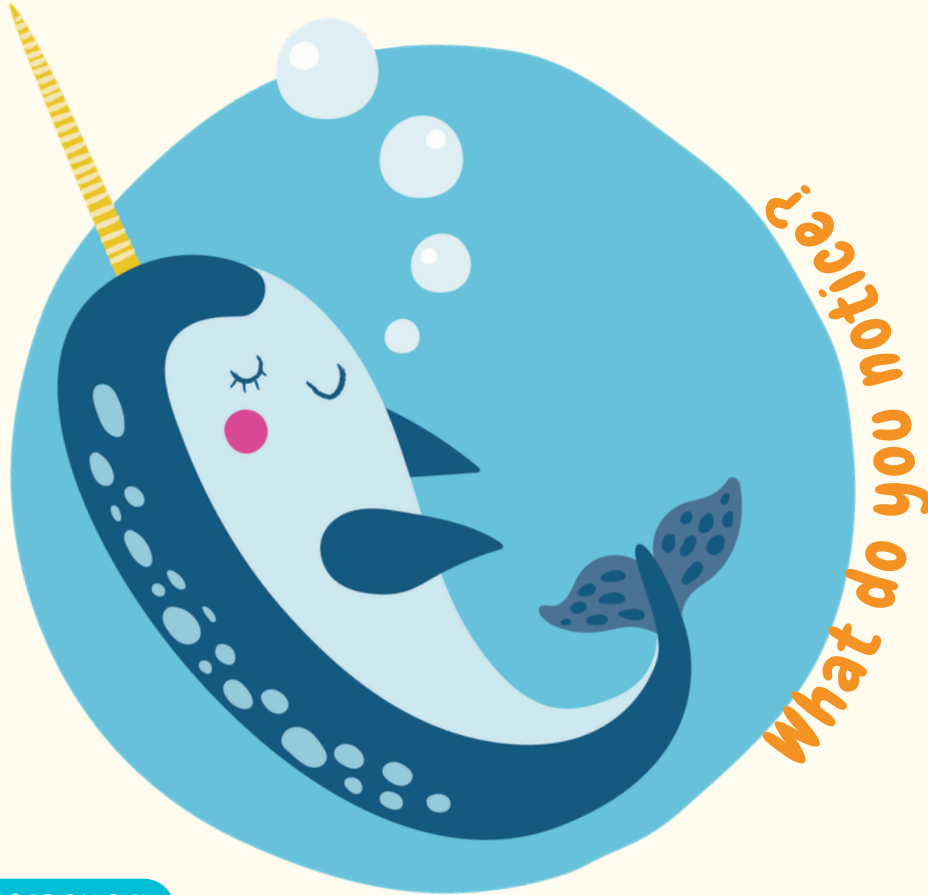




SELF-REGULATION

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?

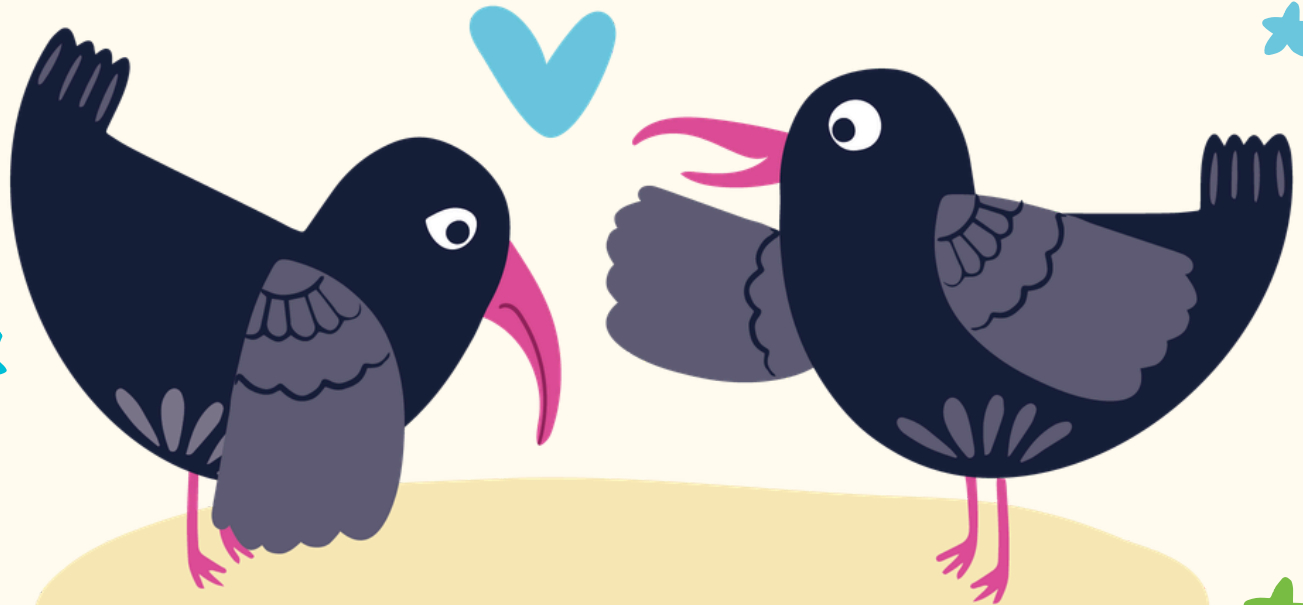
“Pause. Breathe. Choose.”
Unknown



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



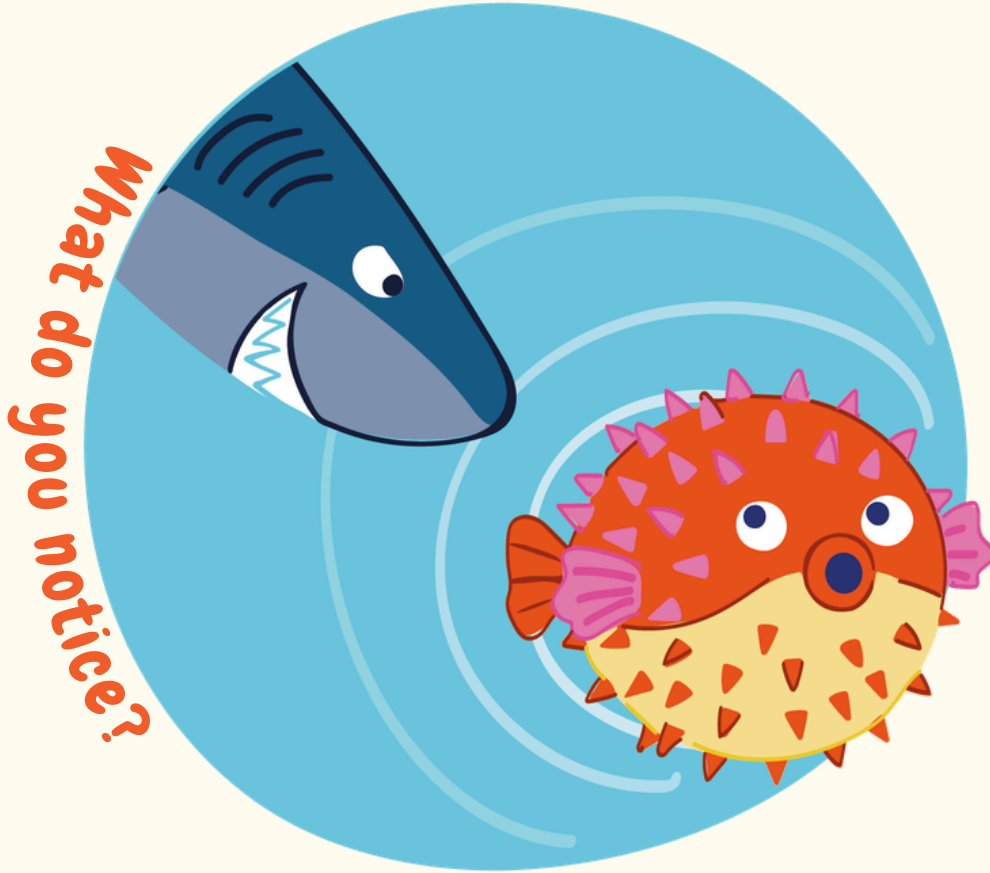
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PRUDENCE

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?



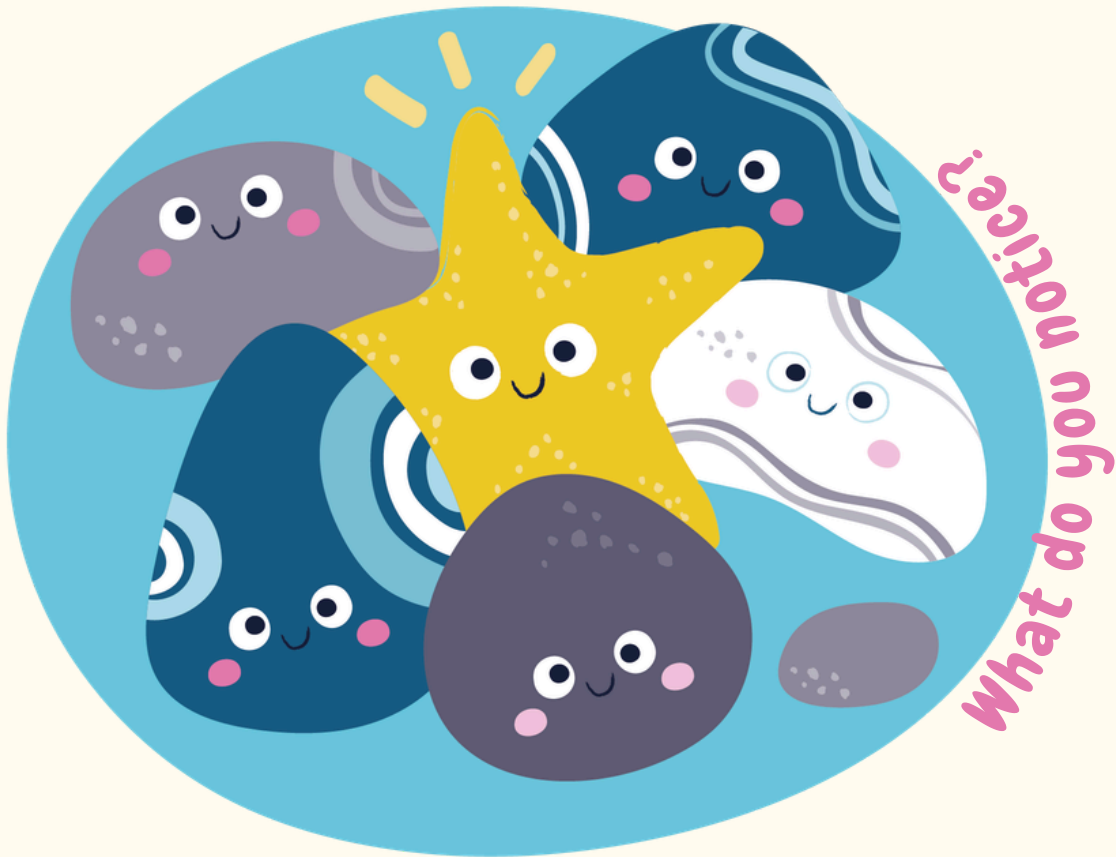
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MODESTY

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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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
BEING BRAVE
AND HONEST
STRENGTHS



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
BEING BRAVE
AND HONEST
STRENGTHS

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



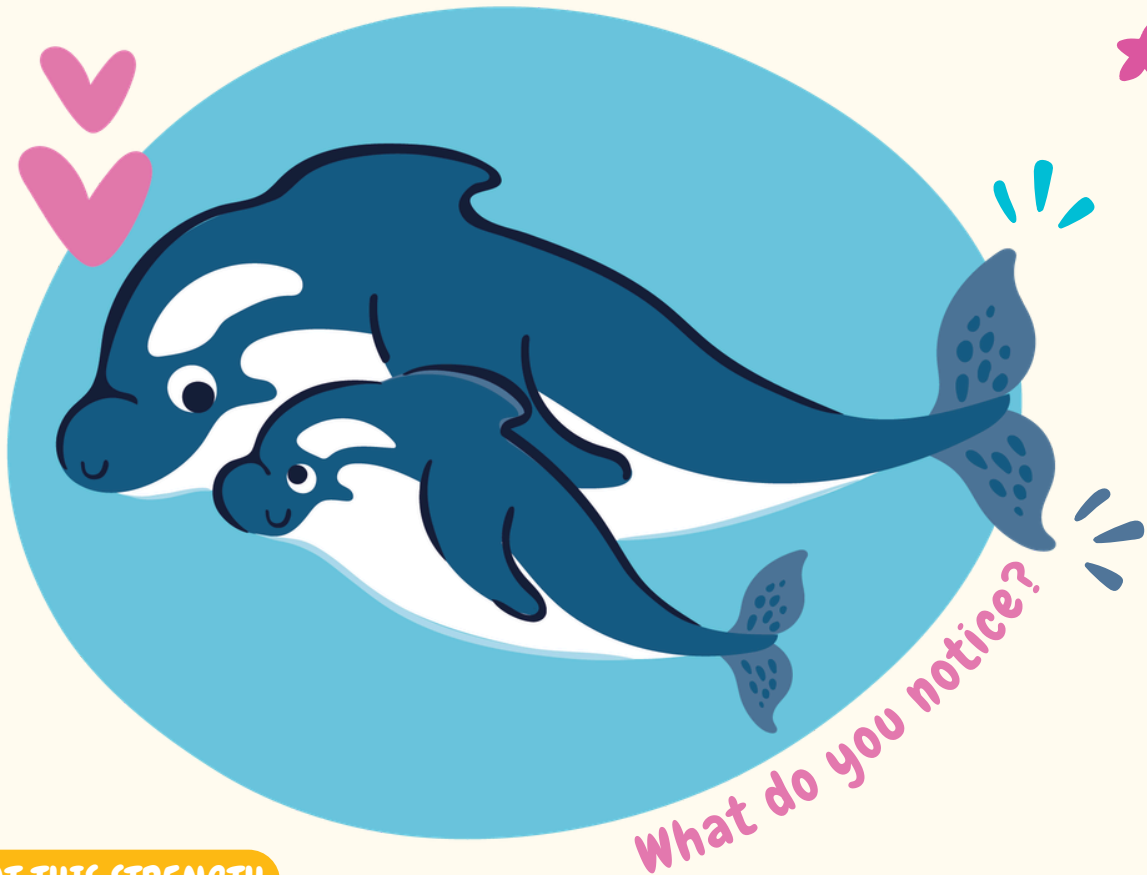
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LOVE & FRIENDSHIP

affection * care * closeness * warmth * connection * devotion

OUR
CARING FOR
OTHERS
STRENGTHS



ABOUT THIS STRENGTH

Love and friendship are caring deeply about family and friends



CARING DEEPLY IN ACTION

Luke makes a 'get well soon' card and writes a note to his grandma when she comes home from hospital after an operation.



STRENGTH SPOTTING

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



I WONDER...

- How does it feel when you know that someone is looking out for you?
- How can people show they care without using words?

“If you have only one smile in you, give it to the people you love” Maya Angelou”



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KINDNESS

caring * helpfulness * generosity * compassion * thoughtfulness * warmth

OUR
CARING FOR
OTHERS
STRENGTHS



ABOUT THIS STRENGTH

Kindness is choosing our words or actions to help or care for others.



KINDNESS IN ACTION

Kai notices that the new pupil, Kezia is sitting alone at playtime. He goes to ask her to join the game he and the others are playing.



STRENGTH SPOTTING

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



I WONDER...

- Can a very small act of kindness make a big difference?
- How does it feel when someone does something kind for you?

“You can always, always give something, even if it is only kindness.”
Anne Frank



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EMPATHY

OUR
CARING FOR
OTHERS
STRENGTHS

understanding * compassion * sensitivity * caring * consideration * thoughtfulness



What do you notice?



ABOUT THIS STRENGTH

Understanding how another person may be feeling and showing that we care about them.



EMPATHY IN ACTION

Ethan notices that a classmate quiet and looks sad. He gently checks whether they would like company or help.



STRENGTH SPOTTING

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



I WONDER...

- How can we tell when someone might need a friend today?
- I wonder how you can tell when a friend needs a hug versus when they need space?

“Empathy is the ability to walk a mile in someone else's shoes, even if the path is unfamiliar.”
Unknown



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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

OUR
CONNECTING
TO THE WORLD
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

OUR
CONNECTING
TO THE WORLD
STRENGTHS



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

OUR
CONNECTING
TO THE WORLD
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
TO THE WORLD
STRENGTHS



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.



I WONDER...

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



STRENGTH SPOTTING

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

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



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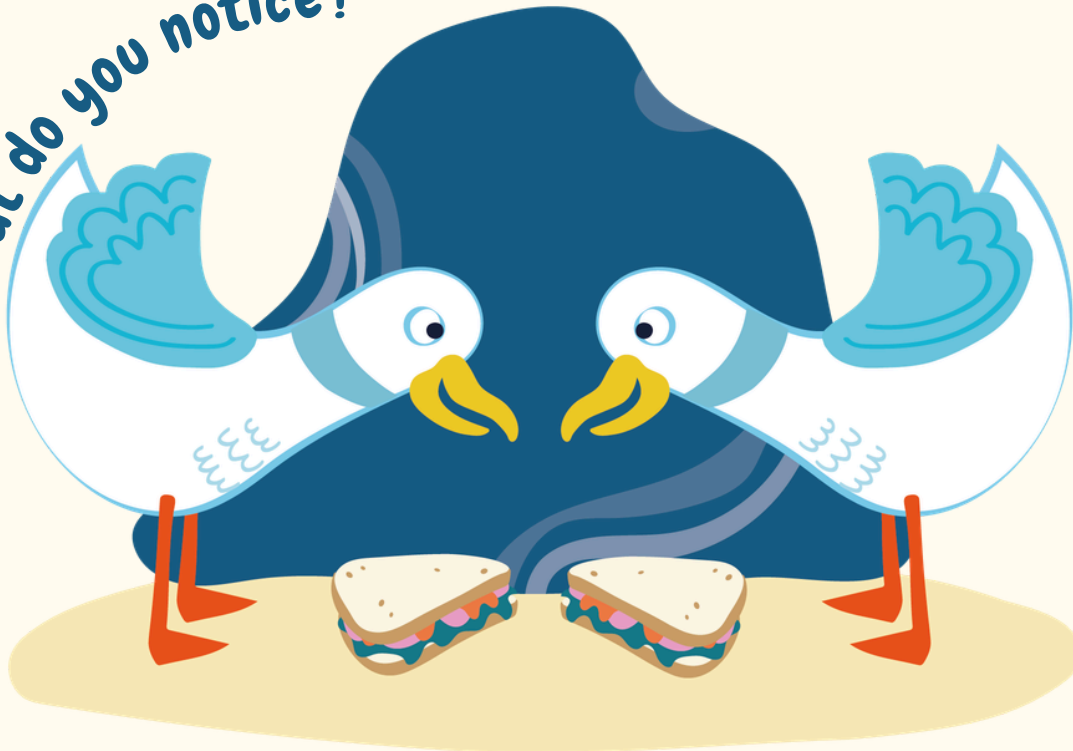


FAIRNESS

OUR
BEING FAIR
STRENGTHS

justice * equality * equity * impartiality * sharing * inclusion * respect

What do you notice?



ABOUT THIS STRENGTH

Fairness is respecting and looking out for all people and giving everyone a fair chance



FAIRNESS IN ACTION

Frank is a playground buddy at his school. Together with the other buddies, he makes sure everyone gets a fair turn on the most popular equipment. They also teach everyone the rules for playground games and ensure that everyone plays fairly.



STRENGTH SPOTTING

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



I WONDER...

- Is fair always the same as everybody getting exactly the same?
- Why are rules important when we're playing board games?
- What can you do if notice something at school that isn't fair?

“Fairness is not giving everyone the same thing. Fairness is giving each person what they need to succeed”



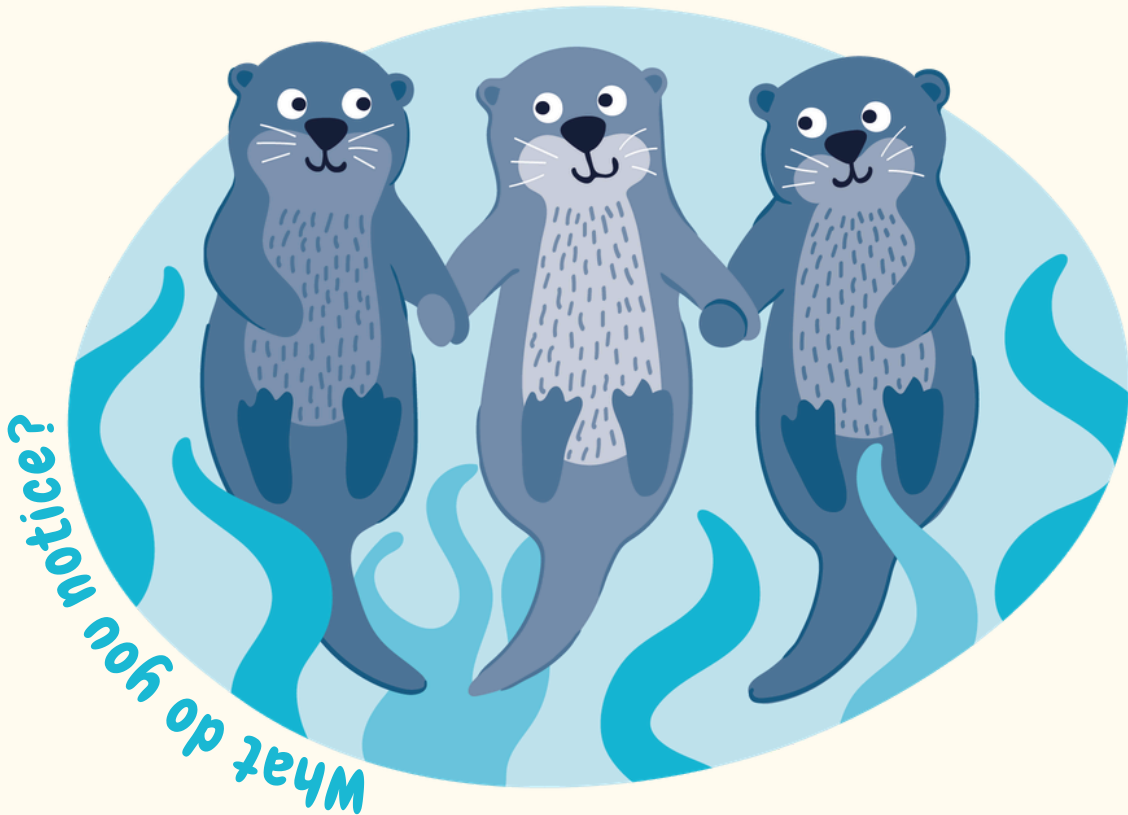
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TEAMWORK

OUR
BEING FAIR
STRENGTHS

co-operation * collaboration * contribution * partnership * participation * unity



ABOUT THIS STRENGTH

Working together with others sharing ideas and helping the group do their best.



TEAMWORK IN ACTION

Tom, Tamsin and some of their classmates have been chosen to represent their school at the County Lego League. When they are given their task, they take time to listen to everyone's ideas, divide the roles fairly and adjust their plans when things aren't going so well. They have a great time, come second in this round and are really looking forward to the next challenge.



I WONDER...

- Why can working together as a team make a hard job feel easier and more fun?
- Where have you spotted good team work in action recently?



STRENGTH SPOTTING

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

“Just look at what we can do
when we work together”
Marcus Rashford



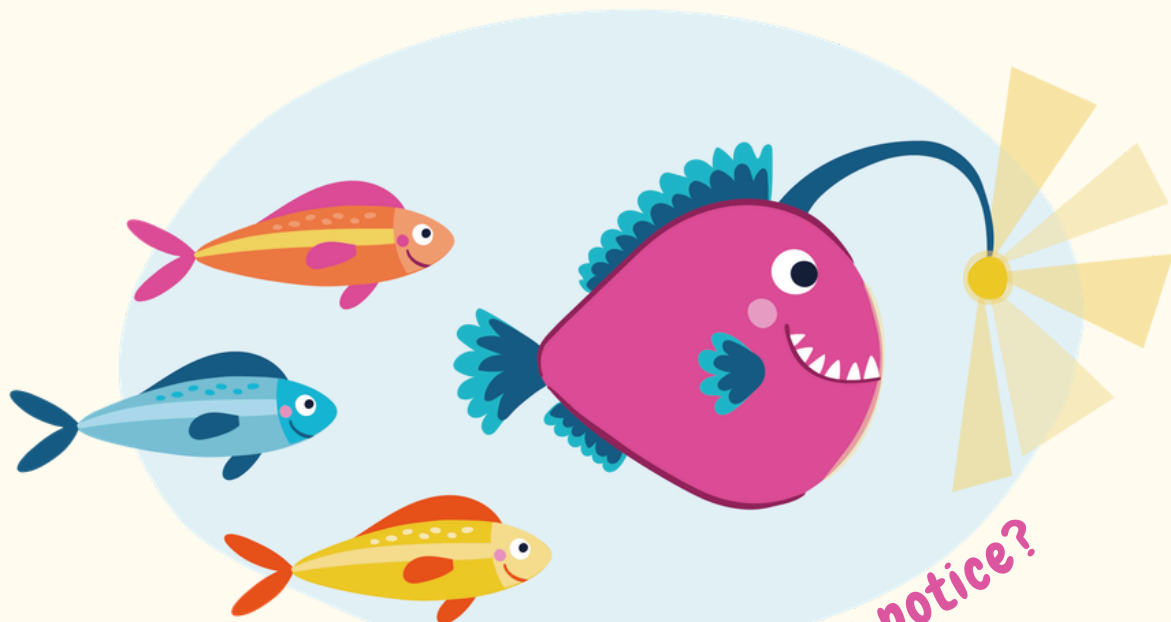
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LEADERSHIP

OUR
BEING FAIR
STRENGTHS

guidance * responsibility * encouragement * influence * organisation * direction



What do you notice?



ABOUT THIS STRENGTH

Working together with others sharing ideas and helping the group do their best.



LEADERSHIP IN ACTION

Lyra and Liam are playground buddies. They suggest fun games to play and help everyone agree on what to choose. They also make sure that nobody is left out and that everyone gets a turn.



STRENGTH SPOTTING

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



I WONDER...

- What makes a good leader different from someone who is bossy?
- How can a leader bring out the best strengths in other people?

“Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not”

Dr Seuss



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CREATIVITY

OUR
THINKING
AND LEARNING
STRENGTHS

Imagination Originality Inventiveness Ideas Inspiration Inspiration



ABOUT THIS STRENGTH

Creativity is coming up with new and helpful ideas and ways of doing things.



CREATIVITY IN ACTION

Charlie finds a box full of old board games. Some pieces are missing, but Charlie has a brilliant idea. He uses the pieces he has to make up a brand-new game.



I WONDER...

- How can we use our imaginations to solve a tricky problem?
- When do your best ideas come to you?



STRENGTH SPOTTING

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

“Don’t be afraid of silly ideas!”



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CURIOSITY

OUR
THINKING
AND LEARNING
STRENGTHS

wonder interest questioning exploration discovery inquisitiveness open-minded



ABOUT THIS STRENGTH

Curiosity is taking an interest, asking questions and exploring to find out more about the world around us.



CURIOSITY IN ACTION

Chris enjoys learning about space travel. He wonders, "Could people really go to Mars?" Chris decides to find out more.



I WONDER...

- How does asking questions help us learn?
- What would you like to be more curious about?



STRENGTH SPOTTING

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

“Millions saw the apple fall, but Newton was the only one who asked ‘why?’”
B Baruch



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JUDGEMENT

OUR
THINKING
AND LEARNING
STRENGTHS

critical thinking * reasoning * weighing-up * evaluating * open-mindedness * impartial



What do you notice?



ABOUT THIS STRENGTH

Judgement is thinking things through, considering different points of view before choosing what to do.



JUDGEMENT IN ACTION

Jack listens to both his friend's versions of a playground argument before helping them decide what's fair.



I WONDER...

- What questions should we ask ourselves before making an important decision?
- Why is helpful to stop, pause and think before reacting when you hear something surprising?



STRENGTH SPOTTING

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

“Do not judge a book by its cover.”
English Proverb



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LOVE OF LEARNING

discovery * mastery * knowledge * fascination * engagement * absorbed

OUR
THINKING
AND LEARNING
STRENGTHS



What do you notice?



ABOUT THIS STRENGTH

Love of Learning is being enthusiastic about learning new skills and understanding new things. deeply about family and friends.



LOVE OF LEARNING IN ACTION

Lottie went to the library to try different craft activities. She really enjoyed learning about *Manga drawing*. She decided to find out more about it.



STRENGTH SPOTTING

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



I WONDER...

- What new skill would you love to learn if there were no limits (like time or money)?
- Do our brains get heavier or bigger on the inside when we learn new things?

“The more that you read, the more things you will know.
The more that you learn, the more places you'll go”
Dr Seuss



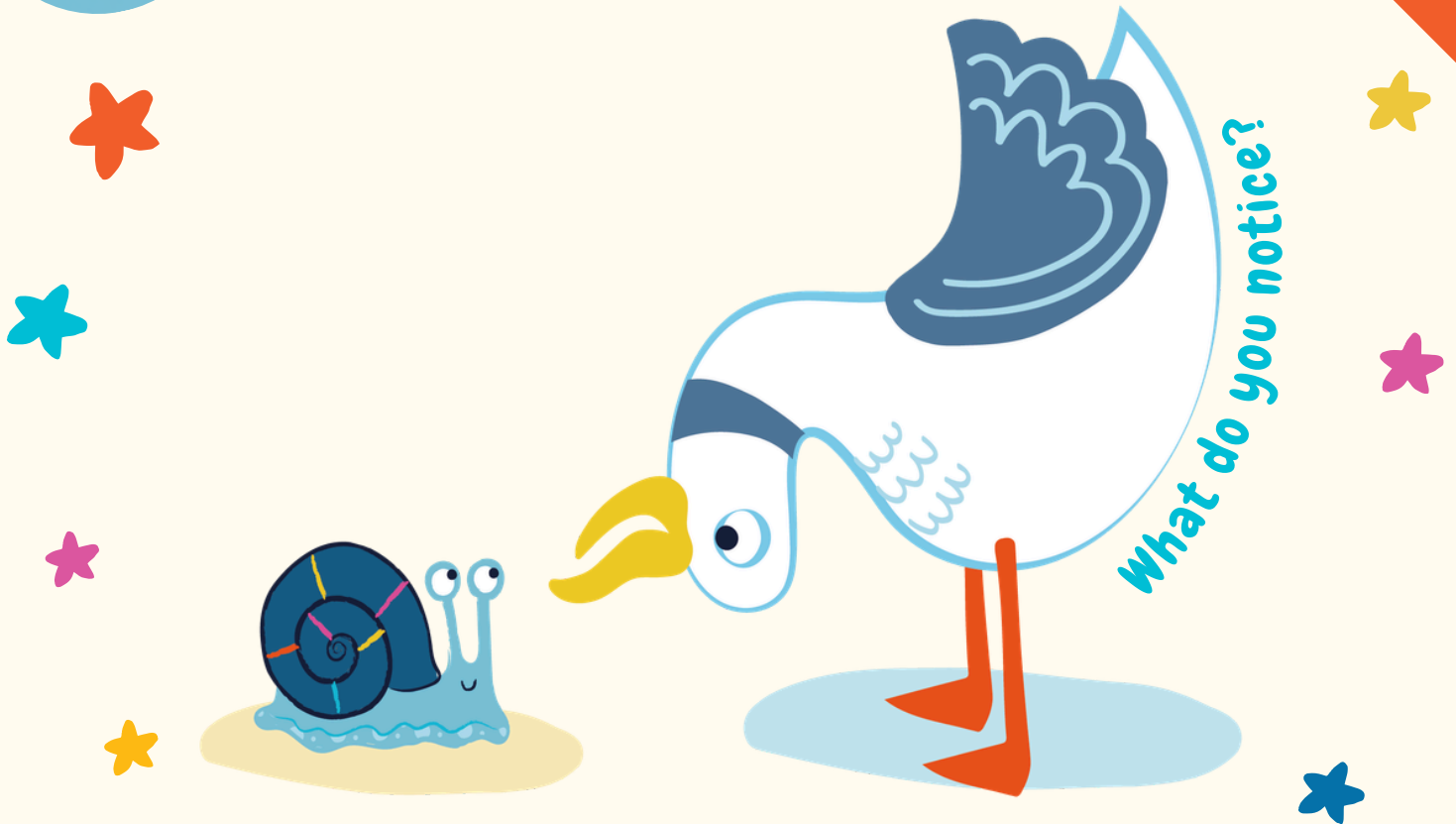
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PERSPECTIVE

wisdom * viewpoint * insight * seeing the bigger picture * open-minded

OUR
THINKING
AND LEARNING
STRENGTHS



ABOUT THIS STRENGTH

Perspective means stepping back to see the big picture and understanding how other people see things differently than you.



PERSPECTIVE IN ACTION

Pip notices two of her friends talking. Suddenly one of them snaps at the other and walks away. Pip sees, Pat, the friend left behind looking hurt and upset. Pip explains to Pat that their friend's dog is ill, so he is probably just really worried and sad, and he didn't mean to snap.



STRENGTH SPOTTING

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



I WONDER...

- How can looking at a situation from someone else's perspective change how you think and feel about it?
- If you and your friend look at the exact same cloud, why might you both see completely different shapes?

“Every truth has two sides; it is as well to look at both, before we commit ourselves to either.”
Aesop (The Man and the Lion fable)



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