

# Character Strengths at Home

We can use all our 24 strengths to thrive! Use these weekly reminders to practice spotting strengths and flexing your unique combination of character strengths!



## Secret Strengths Spotting

*Thriving Learning Communities™: What Do You See Wednesday*

1

Find a partner for this activity – this could be a family member, close friend, neighbor or someone else! Anyone is fine as long as it's someone you will interact with throughout the day.

2

In the morning, secretly pick 2 strengths from the chart. Don't tell your partner what strengths you chose!

3

As you go throughout your day, notice all the small and big ways that your partner is using the secret strengths you chose. How do they use the strengths with you? With others? With themselves?

4

At the end of the day, agree on a time when you are going to share what you saw. Make sure your partner can hear multiple examples of how you saw them using the secret strengths – they will definitely appreciate it!

We can use all our 24 strengths to thrive! Use these weekly reminders to practice spotting strengths and flexing your unique combination of character strengths!

For additional social-emotional learning activities through the lens of character strengths, visit:

<http://bit.ly/TLCathome>