

LEARNING OBJECTIVES

The purpose of this lesson is for students to celebrate the positive character traits that they see in others and themselves.



LESSON CONTENT

People value good character and seek for it in their friends, peers, teachers, and leaders. Character, or positive traits, includes the personal strengths of each person. Some examples include honesty, kindness, modesty, creativity, zest, curiosity, leadership, hope, humor, self-regulation, etc.

STRATEGIES

- Give compliment on strengths.
- Focus on who you want to be.
- Use strengths during teamwork.

CONVERSATION STARTERS

- Who is someone that you admire? What are some of their character strengths?
- Would someone with good character act differently online vs. in person?
- What are some simple ways to celebrate the character strengths of others?

EXTENDING THE LEARNING

- As a family, work on a project around your home. One idea is to reorganize the garage. Before beginning, discuss the strengths of each family member. Find ways to honor and utilize the strengths in your family as you work together.
- Visit the VIA Institute on Character website.