

LEARNING OBJECTIVES

The purpose of this lesson is for students to explore various character traits and reflect on the traits that they want to further develop.



LESSON CONTENT

Character can be described as an individual's personality traits or attributes. We often observe the qualities or character of people who surround us, especially those people that we admire. Reflecting on our character and celebrating the character strengths in others can improve our well-being and boost up others as well.

STRATEGIES

- Strive to be your best self.
- Celebrate character traits.

CONVERSATION STARTERS

- Who do you admire? Why?
- How do you feel when other people point out your strengths?
- Which character strengths mean the most to you? Explain.
- How can our family better celebrate and utilize our various strengths?

EXTENDING THE LEARNING

- Think of a neighbor or community member that models a character trait that you admire. Find a fun way to highlight and celebrate their trait (e.g., leave kind sticky notes on their door). Explain why you value/admire their character trait.
- Host a family talent show where everyone exhibits one of their top character strengths.