


Smartboard Users

This slide deck features interactive activities for you and your students. To enable interactive features (sliders, word matching, etc.), please [make a copy](#) of this deck to your personal or school google account.

Activity 01.

Identification of Signature Character Strengths

A Polaroid photograph of a microscope is the central focus. The microscope is white and black, with a prominent red circular detail on its top. It sits on a dark wooden surface. The Polaroid print has a white border and contains text on a dark background.

The Science of
Character

A CLOUD FILM

What are Your Top Character Strengths?

- | | | |
|--|---|--|
| <input type="checkbox"/> Appreciation of Beauty & Excellence | <input type="checkbox"/> Hope | <input type="checkbox"/> Perseverance |
| <input type="checkbox"/> Bravery | <input type="checkbox"/> Humility | <input type="checkbox"/> Perspective |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Humor | <input type="checkbox"/> Prudence |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Judgment | <input type="checkbox"/> Self-Regulation |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Kindness | <input type="checkbox"/> Social Intelligence |
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Leadership | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Gratitude | <input type="checkbox"/> Love | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Love of Learning | <input type="checkbox"/> Zest |

Signature Strengths = You at Your Best

1. Flow naturally from you
2. Are intrinsically motivating
3. Energize you, rather than deplete you
4. Enable you to overcome challenges

Take the VIA Survey

1. www.viacharacter.org
2. Complete the free survey
3. Print your results
4. Post them where you will see them everyday



Shine a Light on YOUR Signature Strengths!

List your 5 Signature Strengths below and then answer the reflection questions.

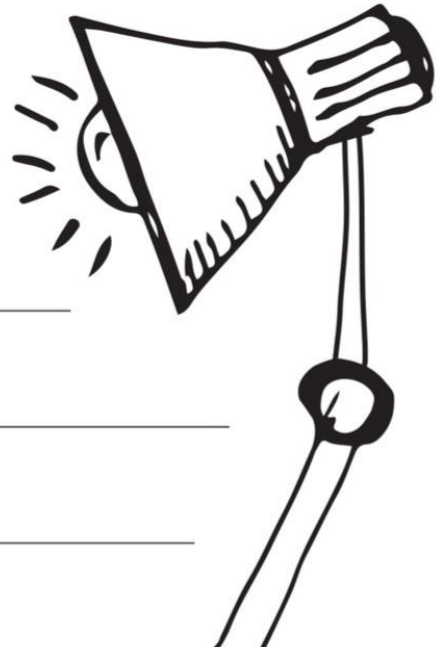
1.

2.

3.

4.

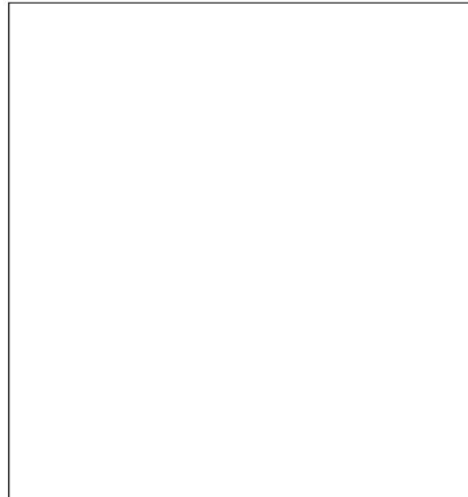
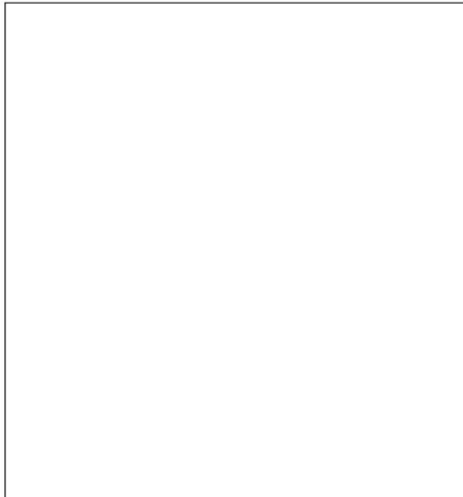
5.



YOUR Signature Strengths

Name: _____

Now you know your strengths. Cut out each strength. Glue or tape your top five to the YOUR Signature Strengths Sheet. Does this strength sound like you? Circle what you think.



THE 24 CHARACTER STRENGTHS



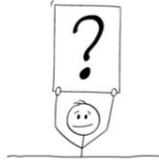
APPRECIATION OF BEAUTY
AND EXCELLENCE



BRAVERY



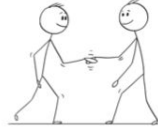
CREATIVITY



CURIOSITY



FAIRNESS



FORGIVENESS



GRATITUDE



HONESTY



HOPE



HUMILITY



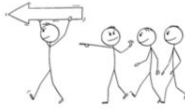
HUMOR



JUDGMENT



KINDNESS



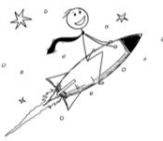
LEADERSHIP



LOVE



LOVE OF LEARNING



PERSEVERANCE



PERSPECTIVE



PRUDENCE



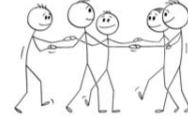
SELF-REGULATION



SOCIAL INTELLIGENCE



SPIRITUALITY



TEAMWORK



ZEST