

Family Engagement **ACTIVITY CARDS**

Thriving Learning Communities™
Ages 3 - 12

Catalyzing Strengths. Transforming Cultures.

thriving
learning
communities 



THE 24 VIA CHARACTER STRENGTHS

The 24 VIA Character Strengths are the positive parts of our personality that impact how we think, feel and behave, and are the keys to being our best selves. Every individual possesses all 24 character strengths in different degrees, giving each of us a unique character profile.

Thriving Learning Communities™ *Family Engagement Activity Cards* deepen understanding and application of the VIA character strengths, encouraging each family member to celebrate what is strong in themselves and each other (instead of what's wrong!).

The cards that follow are part of a larger collection of family resources designed to build social and emotional learning skills as well as deepen understanding and application of character strengths.

For additional family resources, please visit us at:
<https://bit.ly/3Bf19ew>





I believe good things will happen.
I set lots of goals.

Children who exhibit the strength of **hope** stay optimistic about the future even through hard times.

Does your child have big dreams for the future and stay motivated to reach those goals?

Does your child face their challenges with confidence and the belief that good things will happen? When they do, they are using their **hope** strength!



STRENGTHS @ HOME

- One way to support development of this strength in your child is to help them create a weekly schedule with small goals.
- Ask your child about their hopes and dreams and set achievable goals. Discuss different ways your child can accomplish these goals.
- Remind your child that there are many ways to reach their dreams. This will help foster and grow the strength of **hope**.



I like to do nice things for others.

Does your child love to help others and share with them? This is a demonstration of the strength of **kindness!** Encourage your child to perform one act of **kindness** a day.

Look for this strength in action. Did your child take the trash out, share the last treat, or use kind words? Take a minute to spot their **kindness** with a note or a quick conversation. Affirmation builds strengths habits!



STRENGTHS @ HOME

- Brainstorm acts of **kindness** with your child. Let them lead the conversation. If they are struggling to think up ideas, help them come up with some!
- During dinner, talk with your child about something kind that someone did for them and how it felt. When you match feelings with these acts of **kindness**, you help your child realize that doing kind things is not about yourself, but about connecting with others.



I tell people that I love them.

Teach your child about **love** through demonstration! Fill their day with lots of hugs and kisses. Value the close relationship you have with your child.

How does your child like to receive **love**? Hugs or holding hands? What about thoughtful notes or quality time together? Think about how you like to show **love** and how the people in your life want to receive it.



STRENGTHS @ HOME

Look through old pictures of family members and close friends and talk about all of the loving and supportive people in your child's life!



I like learning new things
wherever I go.

Does your child get absorbed with reading or wandering through a museum? Do they like to gather information on something that interests them?

Sounds like your child is exhibiting the strength of **love of learning!** When you notice your child exhibiting these behaviors, take advantage! Pay attention to your child's interests and schedule free time around those interests. This will increase excitement for more learning!



STRENGTHS @ HOME

Today...

showed **love of learning** by
