

Research-Based Activities To Activate Strengths In Youth

Every child has a unique set of character strengths. Knowing their top strengths is a key part of understanding their personality and identity. Research shows that when children apply their highest strengths, they have better social skills, more resilience, and greater engagement in school.

Help the kids you work with reach their full potential by providing a personalized [VIA Youth Report](#) based on their strengths results from the VIA Youth Survey (for ages 8-17). Each Youth Report includes tips to explore their unique strengths, plus a complimentary Teacher Guide to help you understand and explain the reports. Once you have reviewed the report together, help youth put their strengths into action with these simple, research-based activities.

Secret Strengths-Spotting

This activity involves recognizing strengths in others.

- Assign each child a 'secret partner' to observe secretly for 1 week.
- The child should record the strengths their partner uses, including positive outcomes.
- At the end of the week, invite each child to reveal their findings to their partner.
- Reflect on the experience as a group with exploratory questions.

Strengths 360

This activity involves recognizing one's own strengths.

- Give each child a printout of the [VIA Classification of Character Strengths](#).
- Suggest they conduct 5 short interviews with different people in their life. They should ask each interviewee to identify 3 strengths from the Classification that they see in the child, including an explanation for each strength.
- Propose each child creates a report or project that reflects the strengths identified in them.

Interested in multiple VIA Youth Reports?

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