

Character Strengths

Identity and Perspective,
Module 1



AGENDA



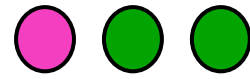
1. Discuss the difference between strengths and interests.



2. Individual activity on identifying strengths, weaknesses, and abilities.



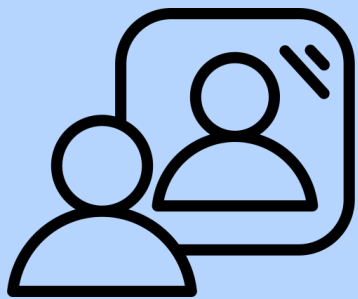
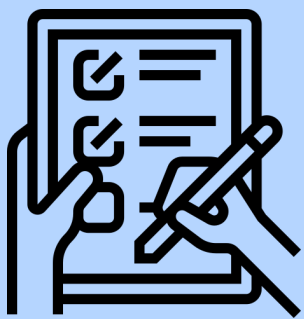
3. Reflect on your findings.



BRAINSTORM

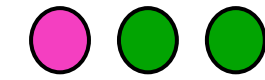


List at least 3-5 things you are good at.

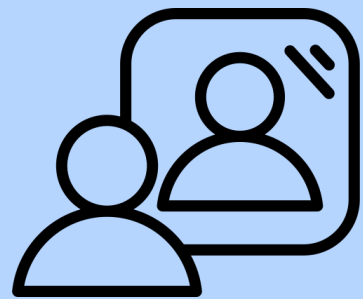
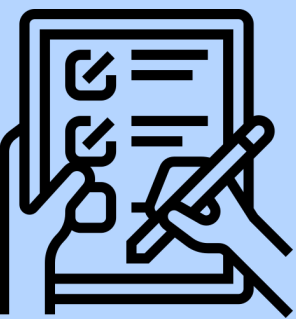
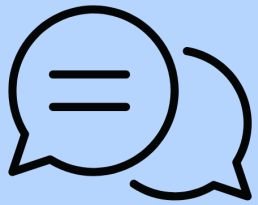


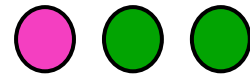
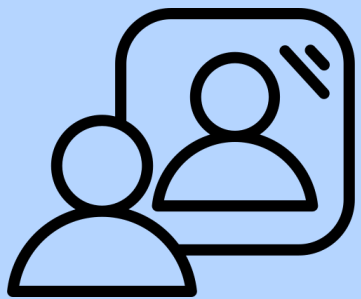
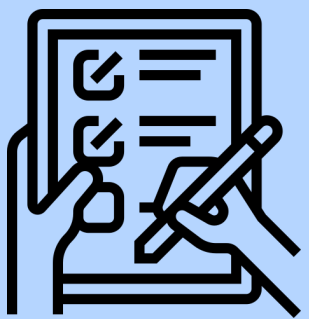


DISCUSS



Raise your hand to share items from your list!

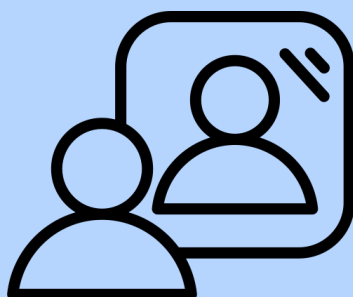
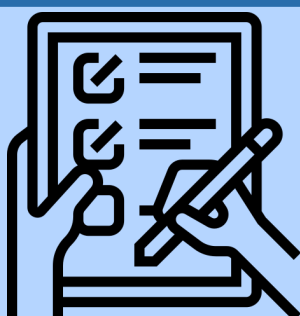
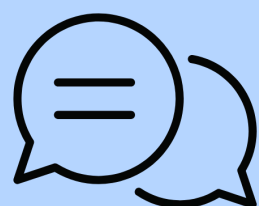




DIVE IN



1. **Courage** - shows bravery, has persistence and perseverance, is honest and has integrity and shows enthusiasm, zest, vigor or energy.
2. **Justice** - Is socially responsible, can be a leader and also works as a team, shows fairness, practices good citizenship
3. **Transcendence** - Shows gratitude, has hope and optimism, is humorous and playful, appreciates beauty and wonder, and has purpose
4. **Humanity** - Feels love, shows kindness, compassion, and caring, is generous, and shows social/emotional intelligence
5. **Temperance** -Can forgive and show mercy,, has humility and is modest, exercises self-control, and is prudent and cautious
6. **Wisdom and Knowledge** - Shows creativity, is curious and open-minded, has a love of learning, and shows perspective



ACTIVITY



Brainstorm as a group and review the common answers or the outliers.
Individual completion of online assessments.



Worksheet

Name: _____

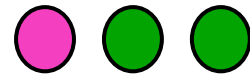
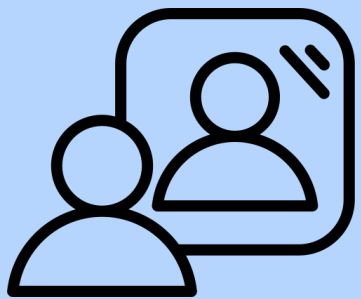
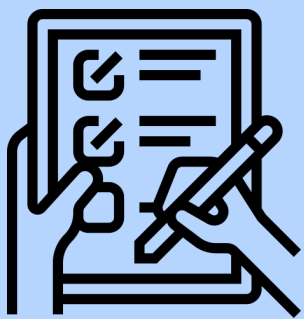
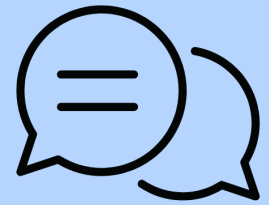
Date: _____

Character Strengths*

Category	Characteristics	Your Examples
Courage	<ul style="list-style-type: none">Shows braveryHas persistence and perseveranceIs honest and has integrityShows enthusiasm, zest, vigor, or energy	
Justice	<ul style="list-style-type: none">Is socially responsibleCan be a leader and also works as a teamShows fairnessPractices good citizenship	
Transcendence	<ul style="list-style-type: none">Shows gratitudeHas hope and optimismIs humorous and playfulAppreciates beauty and wonderHas purpose	
Humanity	<ul style="list-style-type: none">Feels loveShows kindness, compassion, and caringIs generousShows social/emotional intelligence	
Temperance	<ul style="list-style-type: none">Can forgive and show mercyHas humility and is modestExercises self-controlIs prudent and cautious	
Wisdom and Knowledge	<ul style="list-style-type: none">Shows creativityIs curious and open-mindedHas a love of learningShows perspective	

* Adapted from Character Strengths and Virtues, by Christopher Peterson and Martin E.P. Seligman, Oxford University Press, 2004.

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REFLECT



Individual Reflection on the findings from your assessments.



Home Connection

Character Strengths

Dear Parents,

We're excited to share that your student participated in a lesson on recognizing and appreciating their unique character strengths. They brainstormed and discussed various strengths, learning about courage, humanity, justice, temperance, transcendence, and wisdom. Students identified their character strengths through activities and reflected on how these strengths build self-esteem and confidence.

****Discussion Prompt for Home:****

Please discuss with your student: "What character strengths do you possess, and how do you demonstrate them daily?"

Thank you for your support!

Best regards,

[Your Name]
[Your Title]
[Your School]



Professional Development



Take 5 minutes and reflect on your own strengths. Find at least one in each of the six categories and describe how you exemplify it.





Further Study

- Identify skills and match them to jobs with this online assessment: [Skills Matcher | Careers | CareerOneStop](#)
- Identify interests with the online tool [O*NET Interest Profiler at My Next Move](#)
- Los Angeles Unified School District Take 1 Inventory of Strengths, Abilities, and Interests:
<https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/220/Take%201%20-%200final%20to%20print%2010-10.pdf>





Lesson Complete!

