



## Character Strengths

### Materials:

- Worksheet

### Brainstorm

Ask students: What are some things that you are good at? Ask students to list 3-5 things on a piece of paper.

### Discuss

Call on student volunteers to share items from their list. As they do, make a list on the board. After you complete the list, continue: We tend to think of strength as a physical characteristic: How far can a person run? How much weight can they lift? But there are many different ways to demonstrate your strengths. When we know what our strengths are, it improves our self-confidence and self-esteem. In today's lesson we're going to discuss character strengths. What are some examples of character strengths that you can think of? Accept student responses and add them to the list on the board.

### Dive in!

Distribute the worksheet to students. Detail: There are many character strengths. Most character strengths can be organized into six categories: Courage, Humanity, Justice, Temperance, Transcendence, and Wisdom & Knowledge. Review each category and examples with students. Explain: These are just some of the ways we demonstrate character strengths, but there are many others. Not everyone is going to be strong in every area, but it's important to recognize and embrace your strengths in order to build your self-esteem and self-confidence.

### Activity

For this task, students can work individually, in pairs, or in groups, but each student should complete their own worksheet. Explain: Now you're going to identify your character strengths. As you look at the different categories, think about the descriptors you can relate to and provide an example for how you show that strength. As students work, circulate around the room, assisting as needed. When students are done, call on volunteers to present their findings to the class.



# High School

## Reflect

To close the lesson, ask students to respond to the Reflect question verbally: Is it difficult for you to identify your strengths? Why?

**Optional Home Connection** → Have students share their strengths with their family and ask them to identify other strengths.

## 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.

## For 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-%20final%20to%20print%2010-10.pdf>