



Character Counts



Self-Management & Self-Care,
Module 2



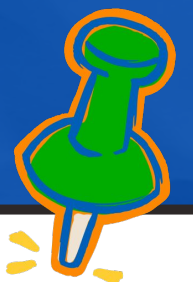
AGENDA



1. Brainstorm: What is a character trait? List a few you believe apply to yourself.



2. Activity: Looking at the 6 categories of character traits, consider which traits you yourself have and how they guide your values.



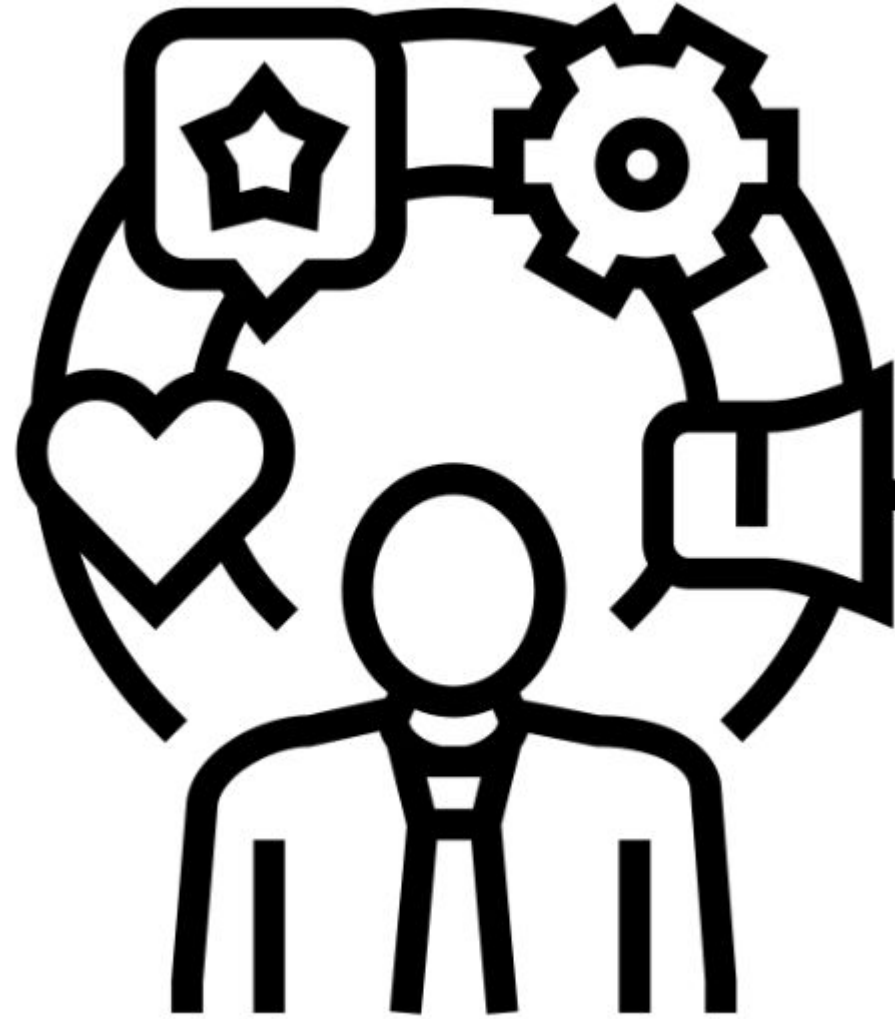
3. Reflect: Is it difficult for you to identify your strengths? Why? How does knowing your character strengths help you guide your values?



BRAINSTORM

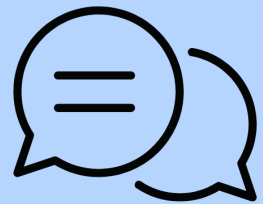
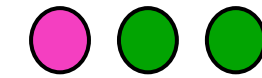


What is a character trait?





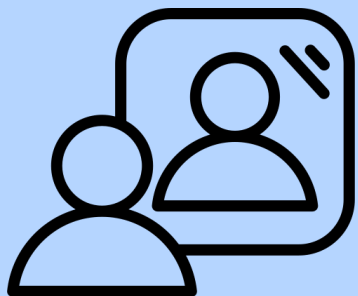
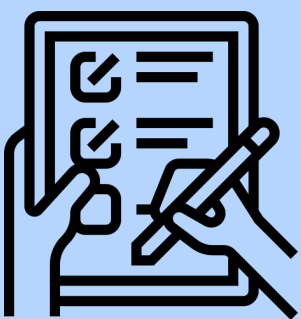
DISCUSS

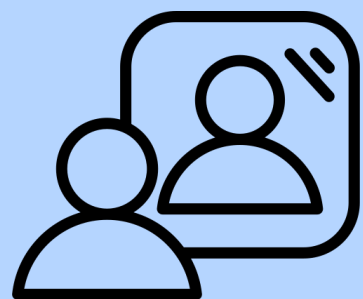
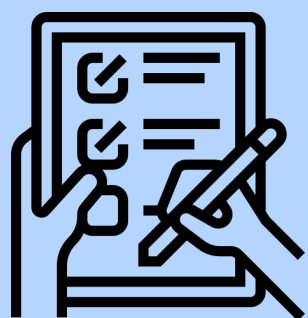


Character traits: Enduring and distinguishable patterns of behavior, such as kindness, hard-working, easy going.



Values: Values are societally taught, stable, individual preferences that guide behavior in order to reach a specific end state.

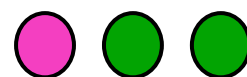




DIVE IN



- Courage: The ability to do something even if it seems impossible or intimidating. Connecting character traits: bravery.
- Humanity: Having empathy and compassion for others. Connecting character traits: loyalty, kindness, warmth, understanding.
- Justice: Treating others fairly, reasonably, and respectfully. Connecting character traits: honesty, respect, trustworthiness, leadership.
- Temperance: All things in moderation-balance. Connecting character traits: humility, modesty, cautiousness, self-discipline.
- Transcendence: Moving your learning to the next level, applying learning from one experience to new experiences. Connecting character traits: adaptability, resilience, optimism, gratitude.
- Wisdom & Knowledge: Using your knowledge, experience, and understanding, to guide your influence and actions. Having the ability to learn, interpret, and understand. Connecting character traits: open mindedness, moral reasoning, patience, creativity, curiosity, truth seeking.



ACTIVITY



Looking at the 6 categories of character traits, consider which traits you yourself have and how they guide your values.

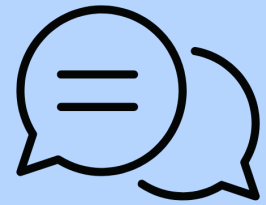


Name: _____

Character Counts Worksheet

Now you're going to identify your character strengths and reflect on how they guide you/your values. Think about the overarching 6 character trait categories.
For example, if a character trait that you have is being assertive, you may value hard work and dedication to your craft.

Category	Character Trait	Connecting Value
Courage		
Humanity		
Justice		
Temperance		
Transcendence		
Wisdom & Knowledge		



REFLECT



Is it difficult for you to identify your strengths? Why? How does knowing your character strengths help you guide your values?

Home Connection



Home Connection

Character Counts

Dear _____,

I wanted to share with you what your student has been learning about character traits and how they shape who we are. In today's lesson, we discussed positive and negative character traits and how they influence our well-being, goals, and relationships. We brainstormed examples of positive character strengths such as bravery, kindness, honesty, and creativity and categorized them into six areas: Courage, Humanity, Justice, Temperance, Transcendence, and Wisdom & Knowledge.

Students learned that recognizing and embracing their character strengths is important for building self-esteem and self-confidence. We explored how these strengths guide our values and actions and how living in line with our values helps us feel fulfilled and authentic. When we stray from our values, it can lead to negative feelings like frustration and burnout.

To continue this meaningful conversation at home, please ask your student: "What are some of your character strengths, and how do they guide your values and actions?" This can be a great opportunity to discuss the importance of character and values in everyday life.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



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





Further Study

[Character Traits List with Examples - TeacherVision](#)

[How Do Personality Traits Influence Values and Well-Being? | Psychology Today Canada](#)

[Examples of Core Life Values and How To Determine Yours | Indeed.com](#)





Lesson Complete!

