

STRENGTHS

Strengths are positive personal characteristics, including personality traits, psychological abilities, moral qualities and talents, that feel natural and enjoyable to use.

SOME WAYS TO WORK WITH STRENGTHS AT HOME...

Strength Games

Download the following games from the Strengths Exchange website to play with your kids:

- Strengths and ladders
- VIA-ingo

<http://www.the-strengths-exchange.com.au/resources.html>

Pick a Strength & Pick a Movie

- Pick a strength for the day and see if you can find a movie you think it might be used in.
- After watching the movie discuss with your kids when you noticed the strength in the movie, were there any other strengths that you noticed?
- How did the characters use their strengths – what happened as a consequence?

Strengths Card Activities

If you have a set of Strength Cards, try one of the following activities:

- **Card Pick:** have each family member randomly pick a card from the deck and chat about the strengths that were picked. Ask family members to commit themselves to practising the strengths that were picked during their day. This activity promotes strengths flexibility.
- **Strengths Growth:** have family members choose a strength they would like to grow and get better at. Use the natural opportunities that arise during the day to promote their chosen strength. This activity promotes strengths development.
- **Strengths Artwork:** Pick a card and then get creative! Draw, paint, or create a piece of art that represents that strength. This activity promotes strengths awareness.

There are many versions of strengths cards you could use, here's a link to Lea's cards...

<https://www.strengthswitch.com/product/strength-stars-cards/>

Or for Lea's online parenting course on strengths visit...

<https://vwb.thinkific.com/courses/the-strength-switch>

Not sure what your strengths are? If you haven't already done it, get the family to do the VIA strength survey to find out your top strengths. The survey is available free for adults and kids 13 and up. If you have younger kids, look at the list of strengths on the site and see if you can work out what their top strengths are...

<https://www.viacharacter.org>