





# Whole Homeroom Graph of Character Strengths

1) Explain each word on the character strength wheel See: <https://www.viacharacter.org/www/Reports-Courses-Resources/Resources/Character-Strength-Fact-Sheets>

- \* Bravery - shows courage when scared. Helps others despite risk to self.
- \* Self Control - does the right thing when feeling like doing something else.
- \* Curiosity
- \* Zest - energy and motivation
- \* Persistence - keeps trying
- \* Gratitude - happy for what you have etc.....

As a whole home-group, make a sticker dot graph to see the strongest character strengths in our class:

- 1) Each person in the class writes their name on a piece of paper. These are placed in a box.
- 2) Then every person in the class picks a piece of paper out the box, making sure it is not their own.
- 3) Each person is then given 2 dot stickers. They put their own name on one dot and the other person's name on the other dot.
- 4) They stick the dots on the grid to match the character strength they think is displayed by themselves and the other person.
- 5) Class analyses results.

Some things to discuss as a whole group:

How we can use these strengths to help each other?

Discuss the importance of each having different strengths.

Discuss how our identity can be shaped by our family, school, peers, values, ethics, culture, community, what we think of ourselves, how others think of us, the media and our relationships.

Discuss how it is important to be respectful to others and value diversity.

What types of feedback can we get about how others see or value us?

How does feedback from others change us? How does our own 'self-talk' affect our identity?

Apprec. of Beauty and Excellence

Curiosity

Fairness

Forgiveness

Creativity

Spirituality

Gratitude

Honesty

Hope

Kindness

Humility and Modesty

Prudence

Teamwork

Love of learning

Persistence

Leadership

Open-mindedness

Social Intelligence

Perspective/Wisdom

Zest

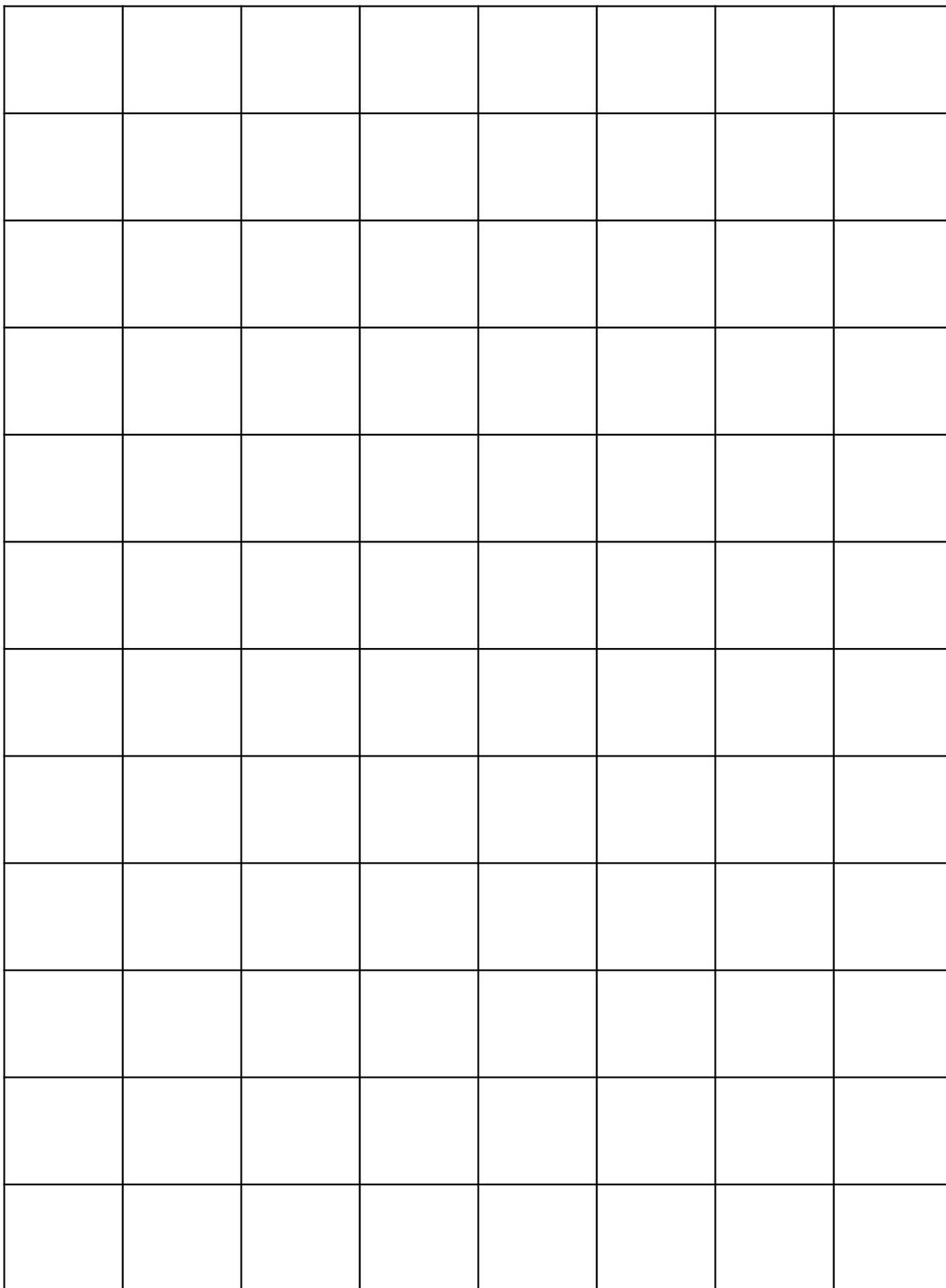
Love

Humour

Self Control

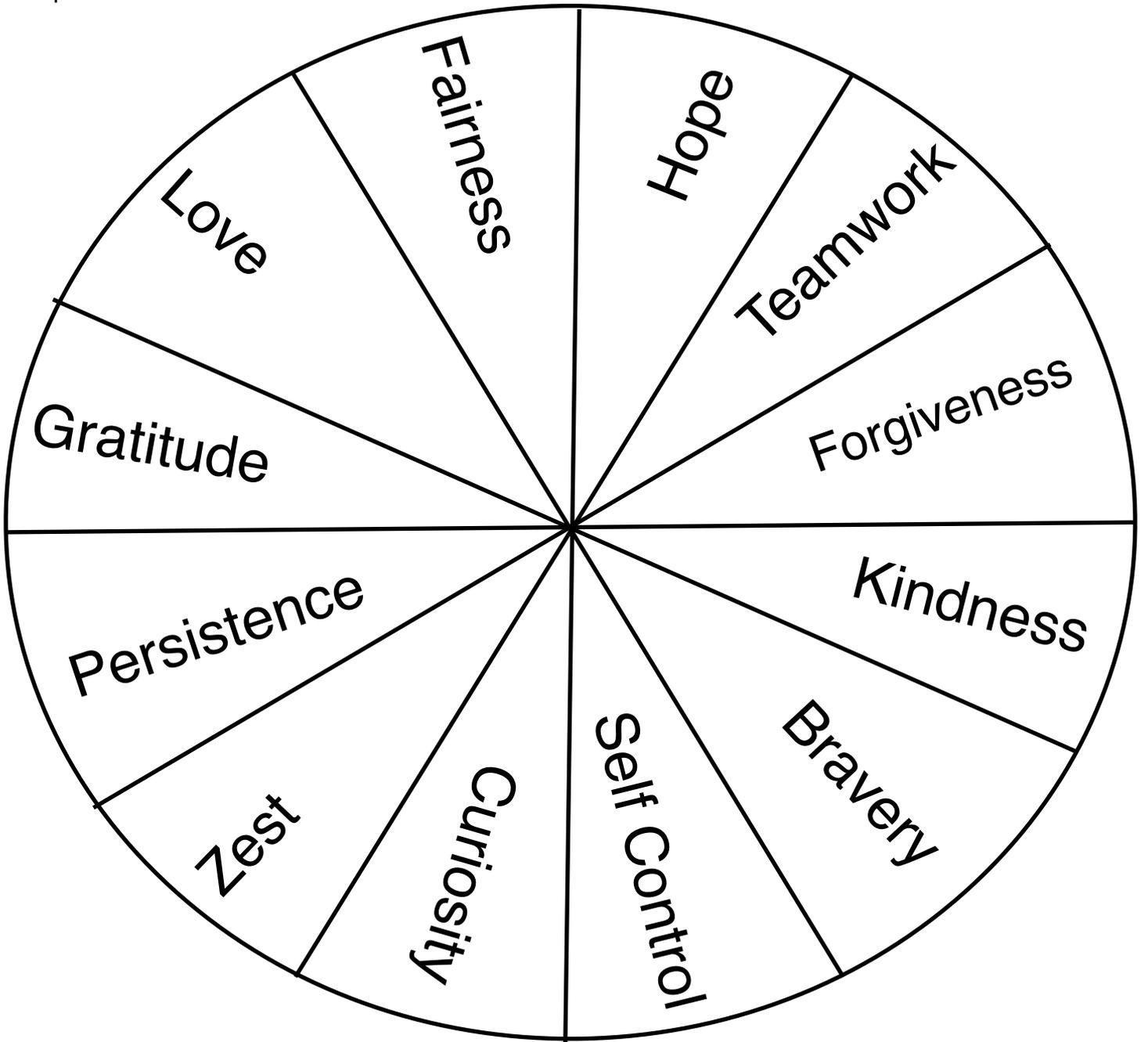
Bravery

Cut the grid sheets out and stick next to the character strengths to make a homeroom graph using sticker dots.



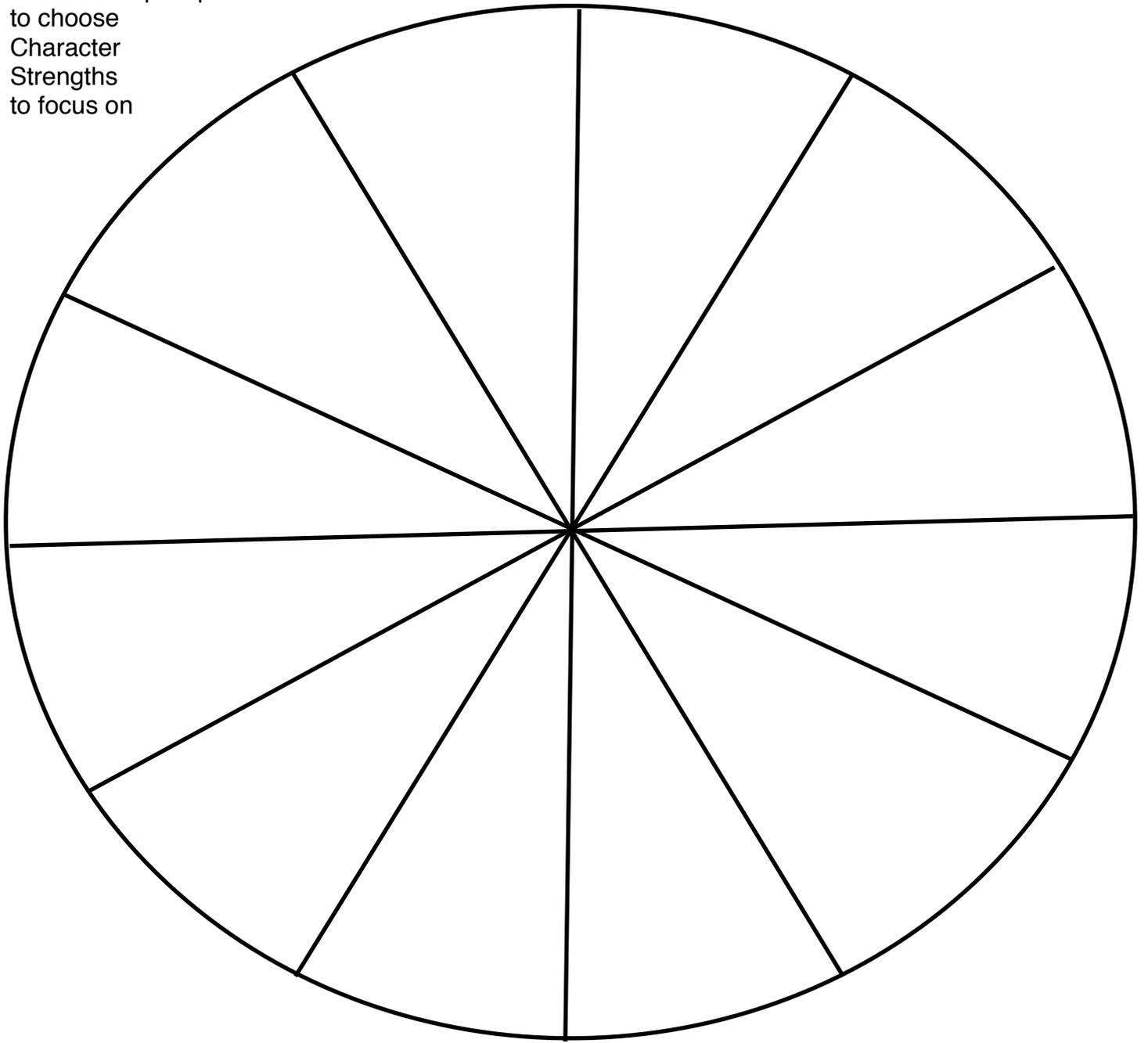


Simpler version



<b>Love</b>						
<b>Fairness</b>						
<b>Hope</b>						
<b>Teamwork</b>						
<b>Forgiving</b>						
<b>Kindness</b>						
<b>Brave</b>						
<b>Self control</b>						
<b>Curious</b>						
<b>Zest</b>						
<b>Persists</b>						
<b>Grateful</b>						

Another simple spinner  
to choose  
Character  
Strengths  
to focus on



An even simpler version for you to add your own Character Strengths to focus on.

