Strengths on the Page

Thriving Learning Communities[™]: What Do You See Wednesday

Whether you have packets from your teacher or you've just dived deep into a new novel, there are lots of opportunities to spot strengths in books you are reading. As you are getting to know the characters, ask the following questions:

What strengths is this character demonstrating?

How do they use their strengths to solve problems?

What strengths could they dial up (use more of) to help them better deal with challenges?

Strengths are everywhere! Sometimes, we just need to read between the lines.

> For additional social-emotional learning activities through the lens of character strengths, visit: <u>http://bit.ly/TLCathome</u>

We can use all our 24 strengths to thrive! Use these weekly reminders to practice spotting strengths and flexing your unique combination of character strengths!