

Character Strengths at Home

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!



Jumping Jacks

Thriving Learning Communities™: Mindfulness Monday

1

Have your child(ren) jump up and down or do jumping jacks for one minute.

2

When they've finished, have them sit down and put a hand over their heart, closing their eyes and paying attention to their heartbeat.

3

Let them continue to feel their heartbeat until it has reached a calmer level.

4

Support their curiosity by answering questions about heart beats. If you don't have the answers, experience a learning moment together. Do a little internet research to find the answers!

Adapted from: © 2019 Thriving Classroom Curriculum Guide

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