

# 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!

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## Stuck at Home? Wave Your FLAG!

Thriving Learning Communities™  
What Do You See Wednesday

### FAIRNESS

Questions to ask:

*Who do I know that always treats others fairly?  
Why is it important to treat others fairly?*

Things to do:

Learn about a community issue related to fairness and write a letter to a local leader about why it's important.

### LOVE OF LEARNING

Questions to ask:

*What do I know how to do now that I didn't know before? How did I learn how to do it?*

Things to do:

Spend time practicing a new skill – what about jumping rope, computer coding, or cooking?

### APPRECIATION OF BEAUTY AND EXCELLENCE

Questions to ask:

*When was the last time you were really proud of something you did very well?*

Things to do:

Find something beautiful (try looking out your window or use Google Earth View) and share it with someone.

### GRATITUDE

Questions to ask:

*When was the last time you thanked someone for doing something for you? How did you show your gratitude?*

Things to do:

Create a note of gratitude to show your appreciation for a helpful friend! Be sure to explain how they helped out.

For additional social-emotional learning activities through the lens of character strengths, visit:

<http://bit.ly/TLCathome>