

The Strengths Children Bring: A Card Set for Educators and Families

Character strengths are the qualities children use as they play, learn, build relationships, and take part in everyday experiences. Children express strengths in different ways through how they think, communicate, participate, and respond. There is no one “right” way to express a strength. These cards help children notice, name, and celebrate their strengths. They are best used as conversational prompts, rather than assessments. The cards are designed to be used with all children, including those who communicate using words, signs, pictures, or devices.



Ideas for using the cards

1 Notice strengths as they naturally emerge in play, interactions, everyday routines, and learning. Name what you notice without asking the child to change their behaviour. For instance: “You made up a whole story for your animals. That was **being creative and imaginative!**”

2 Use the examples on the back of the cards to **explore the different ways a strength can be shown**. Invite children to share their own ideas and experiences through talking, drawing, acting out or another way that works for them. For instance: “What are some different ways we could be **kind?**”

3 Encourage children to **notice and celebrate the strengths** of others. This helps children understand that people show strengths in different ways. For instance: “I noticed Sam **asking for help** when the puzzle was tricky. What strength did you notice?”

 **Print and laminate these cards. A6 is a common size.**

Being yourself

Showing who you are, what you like, and what matters to you.



Being yourself might look like:

- 1 Saying or showing what you like and do not like
- 2 Choosing what feels right for you
- 3 Sharing your ideas, interests, or feelings in your own way



What is your way?

Brave

Having a go when you feel worried, nervous, or not sure how it will go.



Being **brave** might look like:

- 1 Trying something new when you feel ready
- 2 Asking for help when you need it
- 3 Saying “I’m not ready yet”



What is your way?

Thankful

Noticing things you like and feel glad about.



Being **thankful** might look like:

- 1 Noticing something good or something you enjoy
- 2 Saying thank you in your own way
- 3 Remembering something that made you happy



What is your way?

Caring

Noticing when someone is having a hard time and wanting to help.



Being **Caring** might look like:

- 1 Noticing when someone is hurt, worried, or left out
- 2 Sitting with them, helping, being kind
- 3 Being kind to yourself or gentle with animals or nature



What is your way?

Cooperative

Working alongside others and finding ways to do things together.



Being **cooperative** might look like:

- 1 Working together to make something
- 2 Sharing ideas and finding a way to do something together
- 3 Taking turns when you have different ideas



What is your way?

Creative

Coming up with ideas, making things, and using your imagination.



Being **creative** might look like:

- 1 Making up a story, song, game, or character
- 2 Moving your body or using objects in new ways
- 3 Drawing, building, dancing, pretending, or making something



What is your way?

Curious

Wondering, asking questions, and wanting to discover things.



Being **curious** might look like:

- 1 Asking questions
- 2 Exploring how something works
- 3 Listening, watching, touching, or moving to learn more



What is your way?

Enthusiastic

Enjoying the things that interest you.



Being **enthusiastic** might look like:

- 1 Choosing an activity you enjoy
- 2 Doing something that interests you
- 3 Being interested in what others are doing



What is your way?

Fair

Noticing what people need and finding a fair way for everyone to take part.



Being **fair** might look like:

- 1 Taking turns or sharing
- 2 Listening to what different people need
- 3 Remembering that different people need different things



What is your way?

Trying

Finding ways to keep going when something is tricky.



Trying might look like:

- 1 Trying again when something does not work
- 2 Taking a break and coming back later
- 3 Asking for help, an idea, or more time



What is your way?

Kind

Caring about yourself and others and showing that you care.



Being **kind** might look like:

- 1 Using gentle words or actions
- 2 Sharing something or offering help
- 3 Caring for yourself when you need a break



What is your way?

Knowing Yourself

Noticing your feelings, needs, strengths, and things you like and don't like.



Knowing yourself might look like:

- 1 Noticing what your body or feelings are telling you
- 2 Knowing what helps your body feel comfortable
- 3 Telling others what you need



What is your way?

Making Choices

Choosing what works for you and having a go in your own way.



Making choices might look like:

- 1 Choosing what you would like to do and what works best for you
- 2 Deciding what you want to try
- 3 Knowing when you want to do it yourself and when you'd like a little help



What is your way?

Noticing

Paying attention to the things you see, hear, feel, and notice around you.



Noticing might look like:

- 1 Looking closely at colours, shapes, patterns, or changes
- 2 Noticing how something feels, smells, moves, or works
- 3 Sharing something you noticed



What is your way?

Patient

Giving yourself and others time when something takes a while.



Being **patient** might look like:

- 1 Waiting for something
- 2 Giving someone time to finish or have a turn
- 3 Taking your time when you need to



What is your way?

Playful

Bringing fun, joy, and imagination to what you do.



Being **playful** might look like:

- 1 Making up a game or a new way to play
- 2 Having fun with words, sounds, faces, or movement
- 3 Enjoying quiet, active, pretend, or sensory play in your own way



What is your way?

Speaking up for Yourself

Letting others know what you need, want, think, or feel.



Speaking up for yourself might look like:

- 1 Saying, showing, or communicating yes, no, stop, or not yet
- 2 Asking for help, space, a break, or more time
- 3 Using words, pictures, gestures, signs or another way that works for you



What is your way?

Working It Out

Thinking about what might help when something is tricky, either on your own or with help.



Working it out might look like:

- 1 Thinking of different things you could try
- 2 Finding a different way to do something
- 3 Asking someone for an idea to try



What is your way?