



WEAR YOUR STRENGTHS WRISTBANDS



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WHAT ARE STRENGTHS?

Years ago, 55 social scientists set out to answer the question: What's BEST about humans? These scientists scoured thousands of years of books on philosophy, psychology, youth studies and more, to figure out what people truly valued, regardless of time period, location or culture. Through their research they compiled a list of **24 core character strengths**. You have all of these strengths, and so do I. Some of them show up in our lives more than others, but the important thing is being able to spot them!

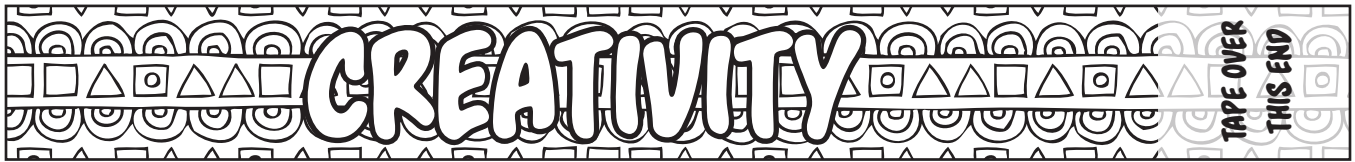
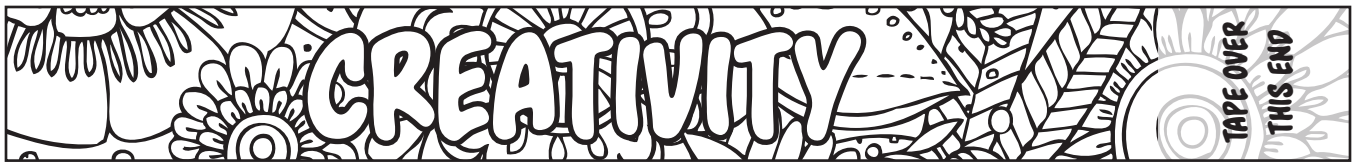
Appreciation of Beauty & Excellence	Bravery	Creativity
Curiosity	Fairness	Forgiveness
Gratitude	Honesty	Hope
Humility	Humor	Judgment
Kindness	Leadership	Love
Love of Learning	Perseverance	Perspective
Prudence	Self-Regulation	Social Intelligence
Spirituality	Teamwork	Zest

STRENGTH WRISTBAND ACTIVITIES

1. Choose whichever strengths best describe you to color in and wear. Or, choose strengths that best describe your friends or family to create wristbands for them.
2. Pair up with a friend, and choose the strength you think best describes them and color it in. Your friend should do the same. Once you're done, give each other the wristbands you created. Does the strength your friend picked for you match with what you think is your greatest strength? What do they think of your choice?

INSTRUCTIONS

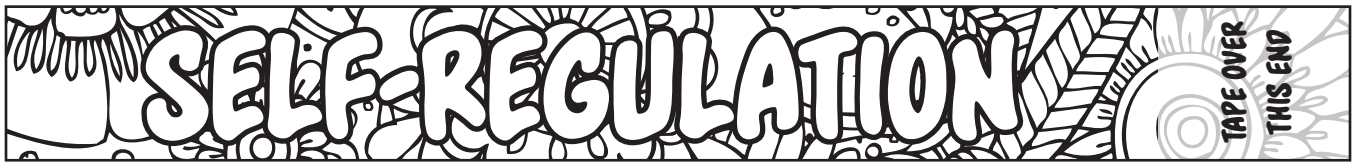
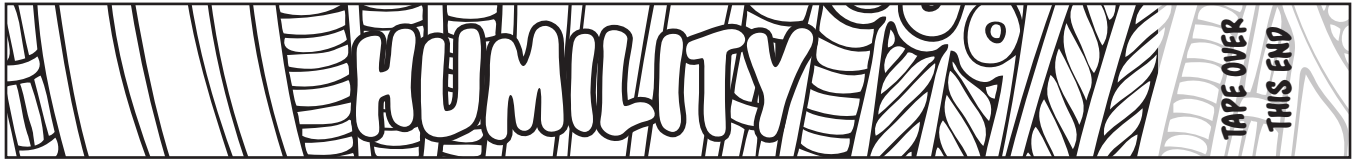
1. Print this packet. Normal printer paper will work, but cardstock will make sturdier wristbands!
2. Color in the wristband(s) of your choosing.
3. Cut out your completed wristband(s), or ask an adult to help you cut it out.
4. Wrap the wristband around your wrist, and tape or staple the overlapping ends. It's easiest to have someone else help you attach your wristband.

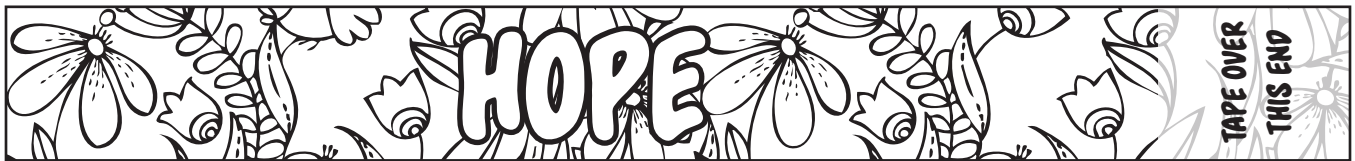




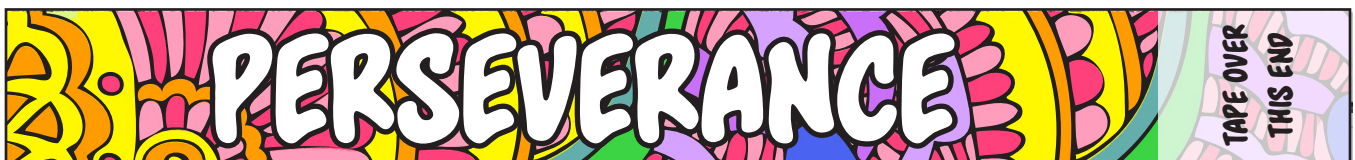






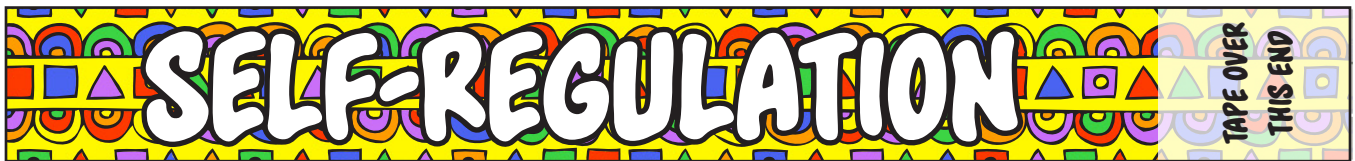
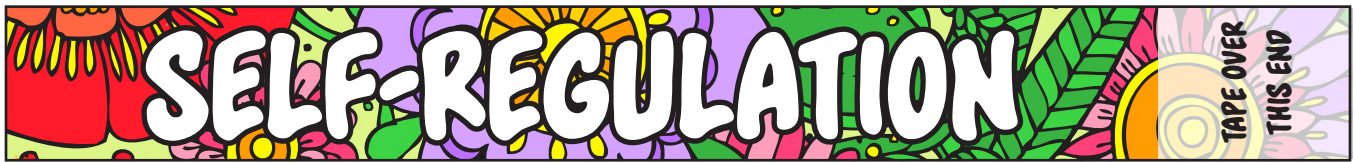














ALL ABOUT STRENGTHS

The VIA classification of strengths came from a multiyear project in which 55 top social scientists asked the following question: What is best about humans? Over three years, these scientists researched the world's major writings on religion, philosophy, organizational studies, youth development, psychiatry, and psychology, among others, to seek out the virtues and strengths valued across cultures and time. The goal was for this group to leave no stone unturned in order to produce an exhaustive list of character strengths. In order to avoid redundancies and narrow the list, the group made sure each strength followed certain criteria:

Each character strength...

- is ubiquitous or widely recognized across cultures
- is fulfilling or contributes to individual fulfillment, satisfaction, and happiness
- is morally valued or valued on its own and not for any outcome it may produce
- does not diminish others or elevates others who see it in action
- has an opposite or has obvious antonyms that are negative
- is trait-like or exhibits patterns that are generally stable over time
- is measurable or has been successfully measured by researchers
- is distinct or is not redundant with other strengths
- has paragons or individuals who are exemplars of the strength
- has prodigies or is shown precociously in some youth
- can be selectively absent or missing in some individuals altogether
- has enabling institutions or is a deliberate goal of society

The result of all of this work is the VIA classification, or the list of 6 core virtues and the 24 character strengths categorized within them.

WISDOM

Creativity
Curiosity
Judgment
Love of Learning
Perspective

COURAGE

Bravery
Honesty
Perseverance
Zest

HUMANITY

Kindness
Love
Social Intelligence

JUSTICE

Fairness
Leadership
Teamwork

TEMPERANCE

Forgiveness
Humility
Prudence
Self-Regulation

TRANSCENDENCE

Appreciation of Beauty
& Excellence
Gratitude
Hope
Humor
Spirituality

WISDOM AND KNOWLEDGE

Cognitive strengths that entail the acquisition and use of knowledge.

Creativity [originality, ingenuity]: Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

Curiosity [interest, novelty-seeking, openness to experience]: Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

Judgment [critical thinking]: Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

Love of Learning: Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

Perspective [wisdom]: Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people.

COURAGE

Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal.

Bravery [valor]: Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

Perseverance [persistence, industriousness]: Finishing what one starts; persisting in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.

Honesty [authenticity, integrity]: Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

Zest [vitality, enthusiasm, vigor, energy]: Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

HUMANITY

Interpersonal strengths that involve tending and befriending others.

Love: Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people.

Kindness [generosity, nurturance, care, compassion, altruistic love, "niceness"]: Doing favors and good deeds for others; helping them; taking care of them.

Social Intelligence [emotional intelligence, personal intelligence]: Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

JUSTICE

Civic strengths that underlie healthy community life.

Teamwork [citizenship, social responsibility, loyalty]: Working well as a member of a group or team; being loyal to the group; doing one's share.

Fairness: Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.

Leadership: Encouraging a group of which one is a member to get things done, and at the same time maintaining good relations within the group; organizing group activities and seeing that they happen.

TEMPERANCE

Strengths that protect against excess.

Forgiveness: Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.

Humility: Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

Prudence: Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

Self-Regulation [self-control]: Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

TRANSCENDENCE

Strengths that forge connections to the larger universe and provide meaning.

Appreciation of Beauty and Excellence [awe, wonder, elevation]: Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

Gratitude: Being aware of and thankful for the good things that happen; taking time to express thanks.

Hope [optimism, future-mindedness, future orientation]: Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

Humor [playfulness]: Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

Spirituality [faith, purpose]: Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

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