

# Strengths: Side by Side

## Thriving Learning Communities™: Family and Friends Friday



### CREATIVITY

Join forces with someone at home to use your creativity character strength together. Find something that was going to be thrown away or recycled, and look at it in a new way. Could the box be a spaceship? Could the toilet paper tube be converted to a time travel machine? Maybe the carton sprouts wings and turns into a butterfly? Use whatever materials you have on hand to create something new out of something old. Enjoy the joy of creative connection!

### HUMOR

Laughter IS the best medicine, and even better when shared! Pick a friend or family member and sit back and laugh together. What's a silly show that always brings a chuckle? Is there a comedian or character who guarantees a smile? Maybe the funniest material for shared viewing are old videos of you when you looked or acted differently than you do today. Cozy up on the couch, make some popcorn, and get ready to enjoy the strength of humor!



### TEAMWORK

Take a look around and decide on a task that is better done with a partner. Even if you CAN do something alone, sometimes it's just more fun to have someone by your side. Make a recipe, rearrange a room, take turns reading alternate pages in a book---anything you can both do. Pay attention to how working together on something ordinary can make it EXTRAordinary! Be sure you tell your partner what strengths you see in them while you are working!

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!

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

<http://bit.ly/TLCathome>