

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!



Sharing Hope

Thriving Learning Communities™: Family and Friends Friday

1

Pick a family member or friend to talk with about hope. The character strength of hope is more than optimism. It's also about having the confidence and motivation to get things done. Take a couple of minutes to tell each other how you describe hope. Share examples of when you noticed yourself using your hope strength in the last week.

2

What does hope sound like? Go on a listening expedition together and decide on the best songs for inspiring hope. Try listening to genres outside of your usual tastes and explore each other's musical preferences. Create a shared "hope" playlist together that you can add to in the coming days.

3

What does hope smell like to each of you? What does hope feel like? Our senses are powerful, so it's fun to think about what scents and textures we associate with hope. Maybe hope is the smell of baking cookies or spring flowers; maybe it feels like the warm sun or a cool rain.

4

Think about the ideas and feelings that came up when you shared your thoughts about hope with each other. Either as a team or separately, write a poem or draw a picture that combines all your thoughts and ideas. Hang up your finished products so you can be reminded of your hope strength whenever you need it.

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

<http://bit.ly/TLHome>