

# We all have strengths!

## Character:

- Adaptability
- Creativity
- Love of learning
- Perspective
- Empathy
- Playfulness
- Motivation
- Resilience
- Curiosity
- Responsibility
- Discipline
- Bravery
- Perseverance
- Attentiveness
- Open-mindedness
- Honesty
- Kindness
- Fairness
- Leadership
- Humility
- Prudence
- Gratitude
- Humour
- Loving/affectionate
- Easygoing
- Patient
- Independent
- Cautious
- Active/lively
- Helpful
- Friendly Enthusiasm /zest for life

## Learning:

- Strong interests
- Attention to details
- Creative talents
- Music skills
- Artistic skills
- Visual perception
- Hands-on reasoning
- Technical abilities
- Pattern recognition
- Problem solving
- Tactile
- Support seeking
- Enjoyment of play
- Self-awareness
- Self-management or self-advocacy skills
- Self-understanding skills
- Self-control skills
- Stress management skills
- Social skills
- Listening skills
- Memory
- Focus
- Assertiveness
- Teamwork/cooperative
- Motivated
- Focused/attentive
- Responds well to structure or routine
- Organised
- Adaptable/flexible
- Communication skills
- Navigation of technology

## Family:

- Family functioning/cohesion of family
- Strong parent/child relationship
- Strong sibling relationship
- Family finances
- Family access to resources
- Parent access to support
- Family social connectedness

## Community:

- Access to specialist medical/health professionals
- Access to supportive programs within the community
- Ability to participate in community programs
- Access to an inclusive setting and educators



# Character strengths!

Character strength	Definition	I show this strength when I...
Creativity	Thinking of new ways to do things, imagining new projects	I am creative when I...
Curiosity	Taking an interests in different things, liking to explore and discover	I am curious when I...
Courage	Being brave, facing up to difficult tasks or situations,	I show courage when I...
Honesty	Speaking the truth, not lying or hiding the truth but more broadly being authentic and genuine	I am honest when I....
Kindness	Being generous, being warm-hearted, helping others, taking care of others	I show kindness when I....
Fairness	Treating people equally, giving everyone a chance	I am show fairness when I...
Teamwork	Working well as a member of a group, contributing to the group, doing your share of the work	I work as part of a team when I...
Forgiveness	Forgiving others if they have done someone wrong, giving other people a second chance	I show forgiveness when I
Prudence	Thinking carefully before making decisions, or saying things, not taking big risks,	I show prudence when I...
Gratitude	Being grateful for the good things in your life, taking time to say 'thank-you'	I show gratitude when I...
Hope	Having a positive attitude toward the future, believing that positive things can occur in the future	I have hope when I...
Humour	Liking to laugh, seeing the light side of things, sharing humour with others	Things that can make me laugh are.. I can share humour with...



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