

INSERT
SCHOOL
IMAGE HERE

STRENGTHS CONTINUUM

UNDERUSE TERM	CHARACTER STRENGTH	OVERUSE TERM
Boredom	Curiosity	Nosiness
	Bravery	
	Persistence	
	Humility	
	Zest	
	Gratitude	
	Fairness	
	Leadership	
	Love	
	Kindness	
	Social Intelligence	
	Honesty	
	Appreciation of Beauty and Excellence	
	Love of Learning	
	Prudence	
	Humour	
	Teamwork	
	Hope	
	Creativity	
	Perspective	
	Judgment	
	Forgiveness	
	Spirituality	
	Self-Regulation	

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NURTURING MY STRENGTH

STUDENT NAME: _____

TEACHER NAME: _____

Throughout the journey over the next 5 days I am going to nurture my strength of: _____

The overuse of this strength is: _____

The underuse of this strength is: _____

Each day I will nurture my strength through these activities:

Monday	Tuesday	Wednesday	Thursday	Friday

How do I feel after nurturing my strength: _____

Signatures

Student: _____

Teacher: _____

Parent/Caregiver: _____