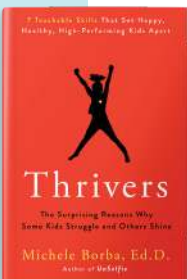




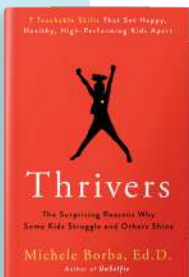
7 ESSENTIAL CHARACTER STRENGTHS TO HELP KIDS THRIVE

CHARACTER STRENGTH DESCRIPTION	ABILITIES TO TEACH	OUTCOMES
NURTURING A CARING HEART		
1. Self-Confidence: Healthy identity, self-awareness, using personal strengths to build self-assuredness and find purpose and meaning.		
	Self-Awareness Strength Awareness Finding Purpose	Healthy Sense of Self Positive Self-Identity Service and Meaning
2. Empathy: Understanding & sharing another's feelings, relating, acting compassionately to nurture healthy relationships and encourage equity and social justice.		
	Emotion Literacy Perspective Taking Empathic Concern	Reading & Sharing Emotions Understanding Other Views Compassionate Action
DEVELOPING A STRONG MIND		
3. Self-Control: Managing stress and strong emotions, delaying gratification, and stretching focus to develop mental strength and improve mental health.		
	Attentive Focus Self-Management Healthy Decision-Making	Delayed Gratification Coping & Regulation Self-Discipline/ Mental Strength



Excerpted from *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine* © 2021 by Michele Borba, published by G. P. Putnam's Sons, an imprint of Penguin Random House LLC.

CHARACTER STRENGTH DESCRIPTION	ABILITIES TO TEACH	OUTCOMES
DEVELOPING A STRONG MIND		
4. Integrity: Valuing and adhering to strong moral code and values, ethical thinking, practicing honesty to lead a good, moral life.		
	Moral Awareness Moral Identity Ethical Thinking	Valuing Virtue Strong Moral Compass Ethical Decision Making
5. Curiosity: Having an open-mindedness to new experiences and thinking, the willingness to try new ideas, take risks to learn, innovate and expand creative horizons.		
	Curious Mind-Set Creative Problem-Solving Divergent Thinking	Creativity Generating Alternatives Innovation
CULTIVATING A DETERMINED WILL		
6. Perseverance: Exhibiting fortitude, tenacity, and the resolve to endure, so as to bounce back from failure, increase resolve to endure and develop personal agency.		
	Growth Mind-Set Goal-Setting Learning from Failure	Determination and Drive Self-Mastery & Agency Self-Sufficiency
7. Optimism: Displaying positivity and gratitude, learning self-advocacy, keeping unrealistic pessimism in check to reduce despondency and encourage a hopeful outlook and believe that life has meaning.		
	Optimistic Thinking Assertive Communication Hope	Positive Attitude Self-Advocacy Hopeful Life Outlook



Excerpted from *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine* © 2021 by Michele Borba, published by G. P. Putnam's Sons, an imprint of Penguin Random House LLC.