

Preparing **today's** children for **tomorrow's world** by building **resilient, balanced** and **happy minds** at school and at home.

myhappymind.org



CELEBRATE

Parent Pack



Module Summary

During this module your children will learn all about the importance of character strengths

Key learning points include:

We all have character strengths and we use them in different situations, we can also call these our super hero strengths.

What the different character strengths are and what they mean.

How children can use their strengths to be their best selves

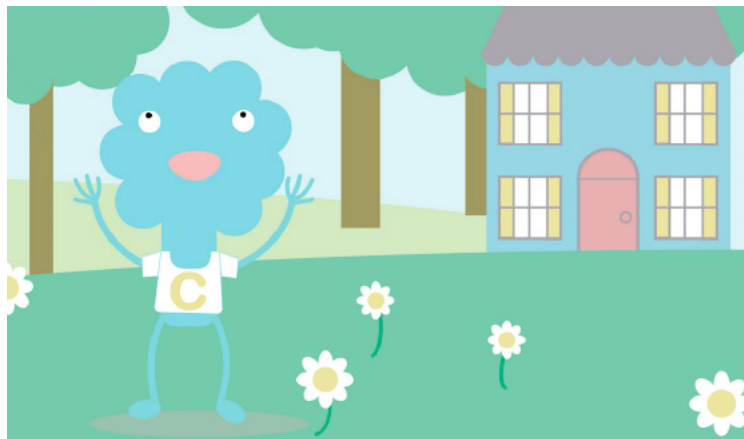
How to practice using these different strengths.

We would encourage you to look at the strengths picture on the next page and use this language with your child at home when discussing and spotting their strengths!

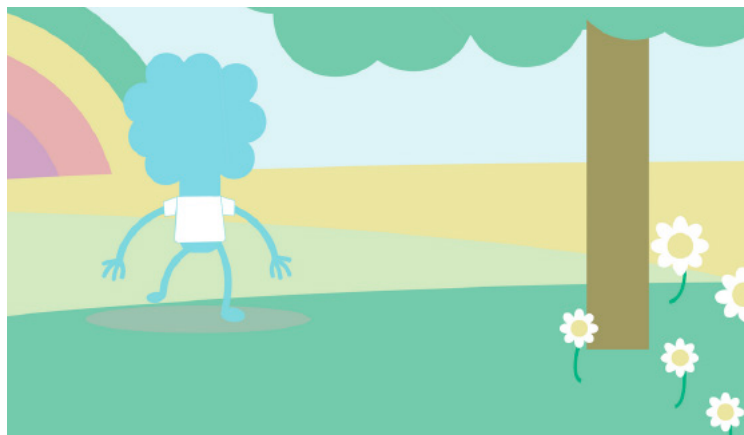


Celebrate Story

We encourage you to go over this story with your child and ask them what they remember from school.

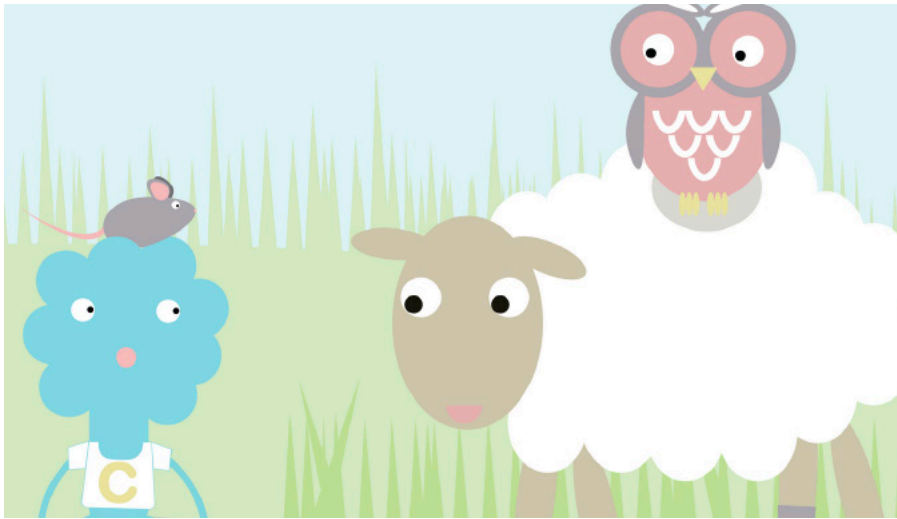


Once upon a time there was a little boy called Charlie he lived in the countryside with and his house was surrounded by fields ...



One day, he spotted a rainbow in one of the fields and decided to go and find the pot of gold at the end of it...

He was so excited about finding the pot of gold that he got lost! He met some friends along the way and they said they'd help him to get home!



Eventually, by working as a team and using their strengths, they found their way back home!



Habits at Home

The children will soon get used to looking out for the character strengths that they have used each day. Using the poster in this pack, we encourage you to start to use this language and approach at home.

At the end of each day, try asking them which strengths they have used today and how.

Top tips: Talk about which strengths you have used and when you see them using a strength, tell them!

Did we talk about strengths today?

How did we use our strengths today?

