

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

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CELEBRATE

Lesson Guides



LESSON 1: Understanding Character strengths

Learning objective:

- ▶ Children understand that we all have different character strengths or superhero strengths
- ▶ Children understand what the different strengths are
- ▶ Children understand that we all have these strengths

Learning approach:

This is a topic that will be introduced and explored over several lessons with the children.

You can use this approach over and over again depending on the needs of your children.

We encourage you to introduce the strengths model after you have become familiar with the interactive story.

Then, we recommend that each strength is explored in turn, using the poster we have provided. You can use the activities suggested below to explore each strength and of course, come up with your own too!

Let's use the example of Love and Kindness, here are some examples of how you can explore this strength:

- ▶ Teachers sharing ways they have seen the children using love and
 - ▶ Children sharing their own examples of love and kindness throughout the day
- ▶ Using a particular story where love and kindness are key themes to bring this to life

The key here is that children really understand what the strength means, we will focus on taking this to the next level in the following lessons

Top Tips:

- ▶ Spend as much time as you need to really solidify the child's understanding of the strength. If this takes a few days and several sessions this is fine, equally if you can move faster that is fine too.
- ▶ Try and signpost the strengths when you see children using them throughout the day using the same language as the strengths model, this really helps to build the child's understanding.

LESSON 2: Recognising Character Strengths

Learning objective:

- ▶ Children understand what the strengths mean
- ▶ Children can spot when a strength is being used
- ▶ Children know that using their strengths is a good thing!

Learning approach:

We recommend conducting this activity at the end or towards the end of a day. This activity should be set up as a time to celebrate all the strengths that the children and class have used that day and so should be fun, upbeat and include all children.

We suggest the teacher leads by calling out examples of how they have used their strengths today using examples that the child will understand.

Then the teacher can ask children if they can think of any examples of how their strengths have helped them.

If this is too challenging for some or all children (depending on the age level and language skills) then the teacher can call out something for each child that they have noticed.

Top Tips:

- ▶ We really encourage you to include all children wherever possible.
- ▶ The more real examples that can be shared the better, especially as the children are getting used to it.
- ▶ This activity can be repeated as often as you like!
- ▶ It is really nice to engage with the parents at pick up and tell them which strengths the child has used today and how. By using this language with parents the child starts to see how this is not just 'something we do at school'.

“In a world full of doing, doing, doing it is important to take time to just breathe and just be.”

LESSON 3: Practising Character Strengths

Learning objective:

- ▶ Children develop a deeper understanding of how they can use strengths every day
- ▶ Children learn different ways to use the strengths

Learning approach:

Much like with any topic , developing strengths is all about finding lots of ways to practice using them. Therefore we recommend taking the strengths one at a time and reallyexploring different ways to use them.

We've provided you with some examples of how to practice the strength but we really encourage you to use your own ideas here too. The more you can embed this into existing ways of working the better.

- ▶ Teacher led discussion on how the strength is already used in the classroom.
- ▶ Teacher initiates discussion with the children to come up with ideas on how they can use the strength even more as a class.
- ▶ For that day/afternoon a conscious effort is made to really keep re-iterating the strength.

- ▶ When the strength is being used the teacher asks everyone to stop and notice the example in a very deliberate way. You may choose to sound a bell or make some other alert noise so the children learn to associate this with strengths being spotted!

Top Tips:

- ▶ We really encourage you to include all children wherever possible.
- ▶ The more real examples that can be shared the better, especially as the children are getting used to it.
- ▶ This activity can be repeated as often as you like!
- ▶ It is really nice to engage with the parents at pick up and tell them which strengths the child has used today and how. By using this language with parents the child starts to see how this is not just 'something done at school'.

“Your character is who you are when no one is watching.”