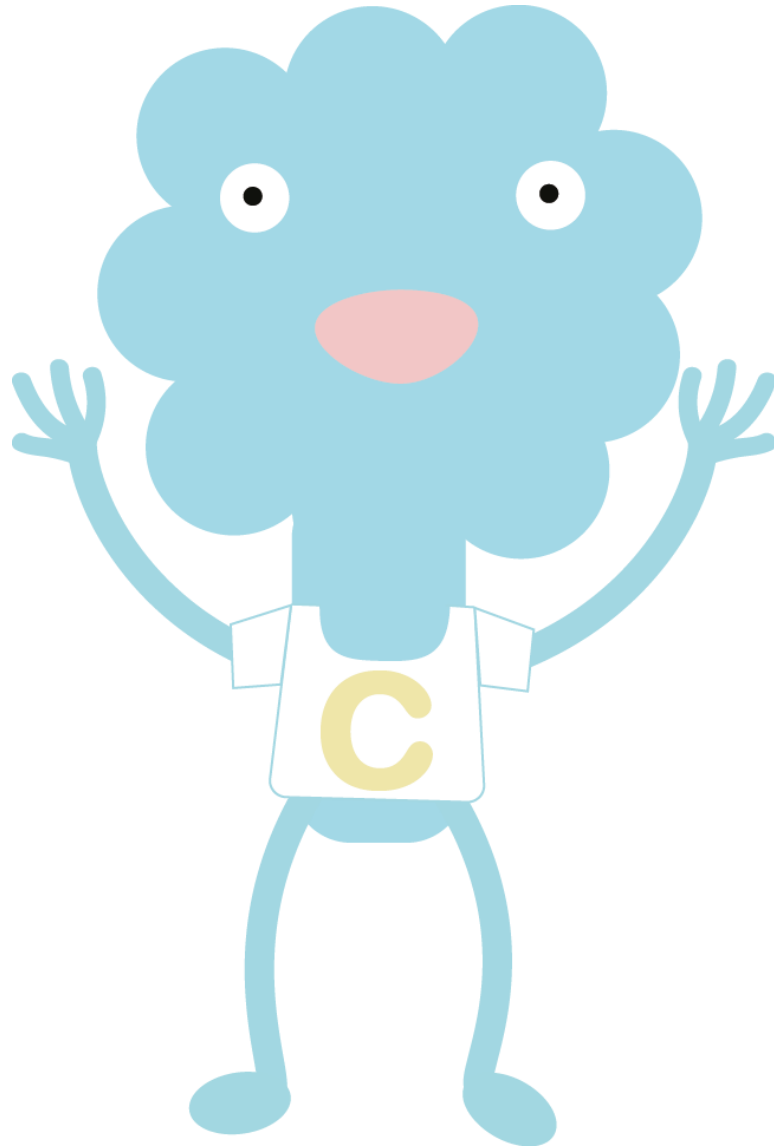




Teach Your Class: Celebrate

Year 1

# Celebrate



The Celebrate module is all about understanding who you are, what your character strengths are and celebrating **YOU!**

## Celebrate - Module overview

This module is focused on introducing the evidence based theory that we all have different character strengths and that by understanding what they are and then using them as much as possible, we can be at our best!

In this context, character strengths refer to those character traits that make us unique. We all have different characters and this is something to celebrate! This is not about what we are 'good' at e.g. football or maths, it is about who we are.

The key concepts include the idea that character is something that comes 50% from genetics and 50% from the experiences we have. It is developable and so, we can draw on neuroplasticity to help children see that they can develop their characters with focus.

### **This module is intended to introduce:**

- What the different types of character strengths are
- How children can learn to spot different strengths in themselves and others
- Which character strengths the children identify with Critical to the success of teaching this module is bringing the character strengths to life throughout the day with real in the moment examples.

For example if a student shows bravery in trying something new, call this out. If a character in a book shows kindness, call this out. By labeling these types of every day examples of character strengths in action, the children will start to build a vocabulary and a 'strengths spotting' mindset.

## Celebrate - Module overview

The VIA classification of strengths is a research backed model, more information can be found on their website website:

<https://www.viacharacter.org>

This video is a particularly useful overview of the model and how it can be used to help all children identify their own character strengths. It is approximately 8 minutes long and the title is: "The Science of character".

<https://www.youtube.com/watch?v=U3nT2KDAGOc>

We really recommend that you take the VIA characters survey before you teach this module, it will really help you to understand and engage in the model. The survey is free, takes no longer than 20-30 minutes and we are confident you will find it to be an enlightening resource for your own personal development.

<https://www.viacharacter.org/survey/account/register>

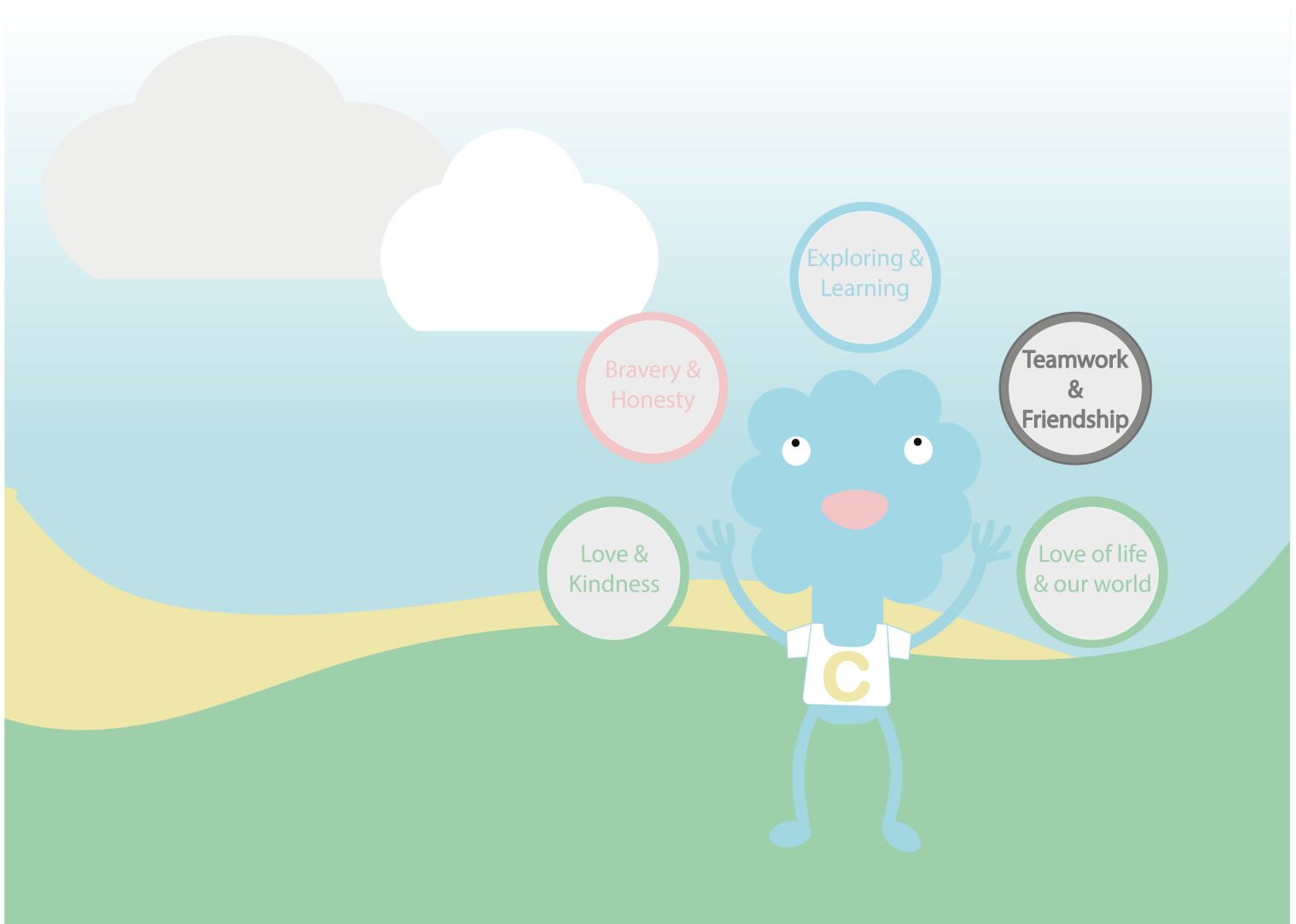
## Celebrate - Module overview

Here is the full VIA classification of strengths, please note this has been simplified for Year 1. The model you will use is a summary model and can be seen on the next page:

<b>Wisdom</b> Cognitive strengths that entail the acquisition and use of knowledge	<ul style="list-style-type: none"><li>• Creativity</li><li>• Curiosity</li><li>• Judgment</li></ul>	<ul style="list-style-type: none"><li>• Love of learning</li><li>• Perspective</li></ul>
<b>Courage</b> Emotional strength that involve the exercise of will to accomplish goals in the face of opposition, internal or external	<ul style="list-style-type: none"><li>• Bravery</li><li>• Perseverance</li></ul>	<ul style="list-style-type: none"><li>• Honesty</li><li>• Zest</li></ul>
<b>Humanity</b> Interpersonal strengths that involve tending and befriending others	<ul style="list-style-type: none"><li>• Love</li><li>• Kindness</li></ul>	<ul style="list-style-type: none"><li>• Social intelligence</li></ul>
<b>Justice</b> Civic strengths that underlie healthy community life	<ul style="list-style-type: none"><li>• Teamwork</li><li>• Fairness</li></ul>	<ul style="list-style-type: none"><li>• Leadership</li></ul>
<b>Temperance</b> Strengths that protect against excess	<ul style="list-style-type: none"><li>• Forgiveness</li><li>• Humility</li></ul>	<ul style="list-style-type: none"><li>• Prudence</li><li>• Self-control</li></ul>
<b>Transcendence</b> Strengths that forge connections to the larger universe and provide meaning	<ul style="list-style-type: none"><li>• Appreciation of beauty &amp; excellence</li><li>• Gratitude</li><li>• Hope</li></ul>	<ul style="list-style-type: none"><li>• Humour</li><li>• Spirituality</li></ul>

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# Summary strengths model



## Extension activities and top tips

There are many opportunities to extend the learning of this module through other in school activities. The more that children are exposed to and think about strengths based language, the more likely they are to understand and use their own strengths.

### Example extension activities include:

**Literacy** - asking children to identify the strengths of characters in books. Asking children to think about which strengths characters could use to help them.

**Day to day tasks** - taking time to identify what strengths are being used while doing a particular activity or task. Simply calling out what strengths are being used and using the poster to record these visually.

**Preparation** - preparing for activities can be a great opportunity to practice thinking about what strengths will be useful in what is to come.

**Feedback** - when sharing feedback with a child, identifying the strengths that you have seen them use is very powerful. Additionally, asking or helping the child see what strength they can draw on when they are facing something difficult can be a powerful tool.

As you and your class become more familiar with the strengths based language we are confident you will find endless ways to integrate this language and philosophy into the school day.

## Key resources:

myHappyMind journals which include:

- The VIA classification and summary model
- Strengths spotting checklist
- Super hero strengths sheet

These can be used in a variety of activities, e.g. identifying which strengths a character in a book is using.

## Specific notes for each Mind Workout (MWO):

### MWO 1

There is quite a lot of information in this mind workout so you may wish to allow for additional time to ensure the concepts are well understood.

### MWO 2

You will need to come ready with some appropriate examples for the children to guess the strength in this lesson. The children will also start to identify strengths that resonate for them, it may be worth giving this some thought ahead of time to help prompt them.

### MWO 3

In this session we will be looking at character strengths in the context of a character in a book so it is worth having selected a text that the children are familiar with.

### MWO 4

In this session the children start to identify their own strengths and so it is worth considering those that might need more support with this. You might also like to consider thinking about at least one strength per child so that you can prompt them with some real examples if they struggle.



*"Your character will be what  
you yourself choose to make  
it."*