



Amazing People Schools

Character Strengths Builder



Adaptability

Take it in turns to tell a story – using one word at a time!

Collaboration

Work with someone to write a pop song or rap.
How can you work well together?

Creativity

Draw a picture to put in the window to cheer up passers-by.



Courage

Put on a show for family and friends – sing a song, do a dance, read a poem or story you've written.

Curiosity

Draw something that you want to learn more about- add as much detail as you can.

Empathy

Think about how someone might be thinking, feeling, seeing and doing right now.

Enthusiasm

Play your favourite song and dance as fast as you can.



Fairness

Play your favourite board game.
Could you create a new board game?



Good Sense

Create a poster or write a social media post with your three top tips for staying healthy at home.

Gratitude

Write a letter to someone you wish to thank. Perhaps a teacher, a family friend or a health worker?

Humility

Tell your friends something you really like about them or that they're especially good at.

Initiative

Do one extra thing to help at home – without being asked to! Look around and see what needs doing, then do it!



Integrity

Do the right thing even if no one is watching.
Can you tidy your room or put the dishes away?

Kindness

What can you do to help someone else today? Bake them some biscuits or make a drink?

Motivation

Keep motivated by setting a daily plan – include a mix of work, fun, helping, reading and music.

Optimism

Make a list of everything you want to achieve in life- and then write a story about how you're going to do it!

Perseverance

Learn a whole poem by heart – even if you don't understand every word, learn it and recite it.

Resilience

Ask grownups for examples of times that they failed and how they bounced back. Now think of times you have done this too.

Self-discipline

Find a quiet time and place every day where you can sit and be calm. Stay for one minute and increase the duration every day.

Tolerance

Write a list of three good things about everyone you share a home with – pin it on the wall so everyone can see it.

Share your stories and creations with us

Amazing_Schs @AmazingPeopleSchools



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