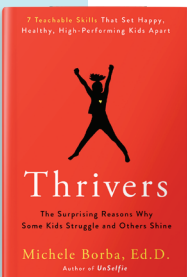




# 7 ESSENTIAL CHARACTER STRENGTHS TO HELP KIDS THRIVE

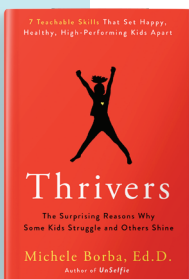
CHARACTER STRENGTH DESCRIPTION	ABILITIES TO TEACH	OUTCOMES
<b>NURTURING A CARING HEART</b>		
1. Self-Confidence: Healthy identity, self-awareness, using personal strengths to build self-assuredness and find purpose and meaning.		
	Self-Awareness	Healthy Sense of Self
	Strength Awareness	Positive Self-Identity
	Finding Purpose	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	Reading & Sharing Emotions
	Perspective Taking	Understanding Other Views
	Empathic Concern	Compassionate Action
<b>DEVELOPING A STRONG MIND</b>		
3. Self-Control: Managing stress and strong emotions, delaying gratification, and stretching focus to develop mental strength and improve mental health.		
	Attentive Focus	Delayed Gratification
	Self-Management	Coping & Regulation
	Healthy Decision-Making	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.

CONFIDENCE • EMPATHY • SELF-CONTROL • INTEGRITY • CURIOSITY • PERSEVERANCE • OPTIMISM

CHARACTER STRENGTH DESCRIPTION	ABILITIES TO TEACH	OUTCOMES
<b>DEVELOPING A STRONG MIND</b>		
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
<b>CULTIVATING A DETERMINED WILL</b>		
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



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