

CRITICAL THINKING EXERCISE 2.2

Optional Activities on Character Strengths

Concept

These activities can help students further explore and understand character strengths.

Units it could embed into

Health

Learning Target

1. Students will evaluate human behavior through the lens of character strengths and virtues.

Materials

None needed.

Time

1-2 class periods per activity.

Instructions

Teachers can use any of the following activities in class:

1. Character Analysis: Ask the students to identify the character strengths of their favorite characters in a book or movie. This is also an excellent opportunity for cross-curricular collaboration. Consider pairing up with an English teacher and use the strengths as a lens through which to view characters in literature.
2. Build a Strength Wall: Encourage students to post examples of strength that they observe from others in the building (faculty, students, etc). Each post should include the name of the strength, the person who demonstrated the strength, and how the strength was seen in the individual's actions or behavior.
3. Reflection Paper: Ask the students to write a reflection explaining how their signature traits helped them cope with the challenges of 2020 (or other adversity) and how they will help them thrive in the future.