



TODAY I USED THESE STRENGTHS

☐

EFFORT

☐

HANDLING FRUSTRATION

☐

CREATIVITY

☐

COLLABORATION

☐

KINDNESS

☐

RESPECT

☐

HONESTY

☐

OPEN-MINDEDNESS

☐

CURIOSITY

☐



STRENGTHS BUILDER

POM POM JAR

1) Sincerely notice and validate when your children use their strengths, i.e:

- Did your kids share video games?
- Did your kids work hard at a challenge?

2) Each time you compliment them, put a pom pom in a jar.

3) When the jar is full, celebrate with a special outing or activity.