

Character Strengths

Character strengths are traits about an individual's personality. Character strengths will influence how a person will act and react in certain situations. Having certain character strengths will help individuals when going through a rough time in their life. In relation to health literacy, when an individual has character strengths they are more likely to change their behavior and stick to it. This way an individual is more likely to develop health enhancing behaviors.

The character strengths that I am using are from the KIPP website. KIPP's approach for students in their schools is to develop knowledge, skills, and character strengths. The goal is that the students will use the knowledge, skills, and character strengths all the way through their lives. The character strengths that I will be using are grit, zest, school work, interpersonal, optimism, gratitude, social intelligence, and curiosity.

Grit= Grit is when an individual keeps going and pushes themselves even through hard times and failures. In my classroom I will foster grit by:

- Having students set goals. Short term and long term
- Giving students projects that will require time and effort
- Allowing students to talk to me about their grade, and what they can do to improve

Zest= Zest is when a student is very engaged in each lesson, and they are very active learners. They have high energy and are excited to learn about new concepts. In new situations students will approach them in a very positive way and are excited to try something new. I will include zest in my classroom by:

- Having high energy to keep students engaged
- Creating lesson plans that actively involve the students
- Doing instant activities at the beginning and end of class

School Work= The character strength of school work represents a student that always comes to class prepared. This student sets good examples for other students by doing what is expected of them at all times. I will incorporate this character strength in my classroom by:

- Recognizing every student that follows directions
- Set up a reward system to motivate students to come to class prepared

Interpersonal= The character strength of interpersonal refers to how effectively a person interacts with another person. A student with this character strength is a student who works as a team player in a group setting and is respectful to everyone. I will incorporate this character strength in my classroom by:

- Group work and learning communities

- Small group discussions as a part of the lesson plan
- Partner work, but with a new partner every time

Optimism= When a person is optimistic or has optimism they will stay motivated even when things don't go their way. A person with this character strength sees the good or positive in every situation, even if that situation is not ideal. I will incorporate optimism in my classroom by:

- Having students create long term goals
- Allow students to write down motivational quotes/sayings to post around the classroom
- Discussing with students what they can do to do better on the next test or quiz

Gratitude= Gratitude is when a person shows that they are thankful for something another person has done for them. It is when an individual shows their appreciation for a person or an opportunity they have received. Gratitude can be expressed through words or actions. I will incorporate gratitude in my classroom by:

- Giving students time to write a note to, or talk to another classmate they are thankful for
- Discussing what the students can do for others as a way of thanking them
- Having a bag for positive comments

Social Intelligence= Social intelligence is when a person can lead others in different social situations. This person can easily adapt and find solutions to challenges. I will incorporate social intelligence in my classroom by:

- Talking about real life scenarios, and having students act them out
- Allowing students to share about and reflect on a time where they encountered a challenge and what they did to overcome the challenge

Curiosity= An individual with curiosity will be eager to learn and explore new topics. A curious student will be one that asks many questions to better their understanding of something new. I will incorporate curiosity in my classroom by:

- Having a question jar
- Letting students do independent research in class
- Providing hands on activities