

FAIRNESS & EQUITY

You take care of your corner of the world and share whatever you can of your time, work and possessions to allow everyone to be happy. You give everyone a chance to fight for what they believe in and allow them to choose for themselves. You expect everyone to be treated fairly and you do your best to acknowledge people's contributions however humble or great, it is all of equal value.

FORGIVENESS & MERCY

You make allowances for weakness and imperfection and are willing to give somebody more chances to get it right. You are able to let go of past hurts and allow them to transform you into a kinder and more tolerant person. You accept people's short-comings without allowing them to compromise your values.

SELF-CONTROL

You have an ability to take on and maintain healthy habits rather than rushing into futile enjoyments. You have the patience to look after your own mental, spiritual, emotional and physical health. You do not over-react when bad things happen but regulate your emotions in order to be helpful and calming towards others.

GRATITUDE

You appreciate the ever present miracle of life. You appreciate others for who they are. You do not take anything for granted and enjoy your surroundings wherever you are. You notice other people's contributions.

Justice Strengths

SOCIAL RESPONSIBILITY, LOYALTY & TEAMWORK

You partake in community events and causes. You contribute selflessly for the good of society and value group goals even when they are different from your own. You have a volunteering spirit and do not wait to be asked or told to do something. You pull your weight fairly and with loyalty for the sake of the common goals of a team or group which you believe is worthwhile investing yourself in. You respect and work with authority.

Temperance Strengths

CAUTION & DISCRETION

You assess a situation before deciding or acting. You don't offer advice too readily but listen for all the facts and aim for long term results rather than rushing into something. You know things can go wrong and take precautions. You find ways of working around people's pride and other obstacles.

Transcendence Strengths

PLAYFULNESS & HUMOUR

You do not take yourself or anyone else too seriously. You enjoy laughing and making other people smile at the marvellous experiences of life. You love having fun but not through cynicism. You can be amused by the futility of your own importance as you choose to see the lighter side of life.

HOPE

You have goals and look forward to a better future.

LEADERSHIP

You have an ability to take responsibility and action in order to achieve a worthwhile goal and lead others in the process. You are able to organise activities whilst ensuring good relationships. You are able to publicly admit to your mistakes and learn from them inspiring others to do better. You endure set-backs and keep working for a better world.

HUMILITY & MODESTY

You are aware of your own and other people's equality and oneness. You do not boast of your achievement or interfere with others but allow people to find their way whilst attentive to lending a helping hand. You do not see yourself as special and other people value your unpretentious contribution and support.

APPRECIATION OF BEAUTY & EXCELLENCE

You appreciate everything as an amazing work of art. You have an ability to merge with art, nature, science. Even ordinary things give you a sense of awe and wonder. Observing human acts of goodness and courage elevates your spirit.

SPIRITUALITY, FAITH AND RELIGIOUSNESS

You have a sense of purpose and acceptance believing there is something beyond materialism and status. You have a connection with the Sacred which helps you to appreciate the vast universe and the oneness of it all. You celebrate spirituality through religious rituals. You have an appreciation of God.



ROLEPLAY with STRENGTHS 2

Choose an activity from this list:

- Preparing a party
 - Looking for a flat
 - Choosing a birthday present
 - Planning a journey
 - Making food
 - Doing housework
- or Make up your own situation

Then choose one of the justice, temperance or transcendence strengths from above and write down or tell a partner how you'd act or speak in your chosen situation using that strength.

Examples

Situation: preparing a party Strength: playfulness & humour
I get a book of jokes to find something funny to do at the party, I get balloons, I make a cartoon invitation

Situation: preparing a party Strength: fairness & equity
I discuss with a friend how I can include those who are not so popular in class

Experiment with other strengths in the same situation to discover how you might act differently depending on which strength you choose to prioritise.

OR AS A GAME:

Game 1:

One person chooses a strength to act out in a particular situation (choose from bullet list above) while the other person just plays along.
The other person or the class guesses which strength is being used.

Game 2: Both people have secretly chosen a strength to use in the situation. Again the class (or the other person) guesses which strength.

Game 3: The teacher/facilitator gives each participants a particular strength to use in the role-play
Other people guess which these are/ The class simply discusses how differently we act according to our particular strengths

ADAPTATION:

Instead of acting out in front of the class, do the role-play in a small group or with just one person, if alone write out a plan of how to approach one of the above situations but with different strengths.