





# SOCIO-EMOTIONAL SKILLS FOR DEMOCRACY

## Activities - Character strengths

### The Tree or Garland of Strengths

 **Objective:** understand the concept of character strengths and identify one's own

 **Pre-requisites:** none

 **Duration:** 30 to 60 minutes

 **Organization:** in large or small groups

#### Materials:

- A chart and markers
- Paper (preferably colored)
- Scissors
- Colored pencils and markers
- Duct tape or masking tape

### Procedure

First, the teacher explains to the students the concept of character strengths in a dialogue format. For example, the students can be asked to describe the strengths of their favorite heroes. A list of strengths is compiled on the board for reference.

Second, each student chooses a sheet of paper and draws the outline of his or her hand, flat on the paper, with fingers spread out. They write on each of the fingers of the paper a strength that they recognize in themselves (for example, humor, perseverance, curiosity, kindness and creativity). They cut out the hand.

At the end, all the hands are displayed in a tree, garland or other display. Students can present their key strengths to each other.

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