



### Embrace Unique Strengths

- **All About ME!** - Help parents create a list of likes, interests, strengths, etc. of their child. Next, help parents identify ways to encourage these unique traits. You may need to help the parent see how certain traits ARE positive. For example: Rambunctious turns to “active” which might be providing gross motor play (kicking around a soccer ball) before dinnertime.
- **Handprints** – Trace mom/caregiver’s handprint and child’s handprint. Label a unique strength for each finger.
- **Temperament Continuum** – Have parent/caregiver fill out temperament continuum survey for themselves and their child. Evaluate and discuss results.
- **Character Strengths** – Have parent/caregiver fill out character strength survey online. Evaluate and discuss results. <http://www.viacharacter.org>
- **Create an “interest box”** – Use a shoe box, empty diaper wipe box, etc. to create an “interest box” unique to the child. For example, if the child has shown an interest in animals, decorate the box with animal stickers, collect plastic animals, pictures of animals, books about animals, etc. to put in the box.
- **Wall of Fame** – Using poster board, shape cut-outs, crayons, glitter, etc., create a poster highlighting the child’s strengths, likes, interests, etc.
- **Family Tree** – Cut out several heart shapes in several different colors (one color for each member of the family.) Draw a tree trunk and branches on a piece of paper and write strengths of each family member on their designated color. Then glue hearts to make a family tree that shows all the unique strengths of different family members.
- **Strengths List** – Have parent and child create a list of the child’s strengths. Come up with activities that can nurture those strengths. Encourage parents to add to the list regularly.
- **Book Characters’ Traits** – To help parents and children identify traits/strengths and weaknesses in others, choose some of the child’s favorite books to read and afterwards, do a “character analysis.”
- **Favorites Box** – Assist parent and child in identifying some of their favorite activities to do together. Write these activities on slips of paper and put in special “favorites box.” Encourage parent to get the box out and choose a slip whenever child is having a rough day and needs a “pick-me-up.”
- **More Ideas:**