

24 Kid-Friendly Strength Definitions



Kids as young as PreK can learn by you pointing out these strengths in books & movies. Older kids & teens can recognize growing strengths in themselves, family and friends.

Appreciation of Beauty & Excellence

Admiring things that are beautiful or excellent. Trying to make things as good as they can be.

Bravery

Standing up for what you believe in despite of challenges. Not letting fear stop you from doing what you need to do.

Creativity

Finding new ways to do or think about things.

Curiosity

Wanting to discover and explore new things

Fairness

Treating all people the same. Wanting to make sure everyone has a fair chance.

Forgiveness

Giving people a second chance. Not staying angry about mistakes. Being understanding of others.

Gratitude

Being thankful. Noticing what's good and saying thank you.

Honesty

Telling the truth. Being yourself.

Hope

Expecting the best in the future and working to make it happen.

Humility

Letting your work speak for itself without bragging. Sharing the credit or recognition for a good job with other people.

Humor

Liking to laugh or joke. Making people smile. Seeing the lighter side of things.

Judgment

Open-mindedness. Thinking things through. Being willing to listen to other ideas and opinions.

Kindness

Doing good things for others and wanting to help them.

Leadership

Helping people work together to get things done. Helping people in a group get along with each other and cooperate.

Love

When you use this strength, you feel and show incredible affection for other people.

Love of Learning

Enjoying mastering new skills and ideas.

Perseverance

Not giving up easily. Not letting obstacles get in your way. To keep going until you have accomplished your goal.

Perspective

Being able to help yourself and other people understand what is happening. Being able to see "the big picture." Being wise.

Prudence

Being careful and trying to make good choices. Thinking about the possible results of your actions.

Regulation

Being able to find your calm even in the midst of BIG feelings

Social Intelligence

Being aware of the feelings and needs of other people.

Spirituality

Having a sense of faith, purpose, or meaning in life.

Teamwork

Working well as a member of a group or team. Doing your share to help the group be successful.

Zest

Approaching life with excitement, enthusiasm, and energy. Getting others excited.

@parenting4theculture



@parentingfortheculture

