

Grade

8

# Character Strengths

HEALTH



**Driving Question:** What are the unique strengths that make me who I am?

## Project Description:

Students learned about their top character strengths and found creative ways to share this about themselves. First, students took an online survey to determine their character strengths. They discussed each other's unique combinations of character strengths to bolster their self-esteem. Students then chose a product to share their characters strengths from videos to artwork to podcasts. Students made sure to not only explain the basics of their characters strengths, but also show they as individuals demonstrate them. Students then presented their work to their peers and received feedback.



## Student Products

- ▶ Take a survey to determine character strengths
- ▶ Create a product to exhibit top character strengths to the class.

## Teacher Reflections

"A big part of the project is the conversations they have. Talking about strengths themselves is key, as they sometimes have trouble talking or identifying their own strengths, but can identify and talk about how others demonstrate a strength...They really start to see how unique and special they are. The more you can focus on helping students with identity, the less you need to focus on preventing dangerous behaviors." - Amy Lauren Smith

"For homework one night, we have them go home and have a conversation with the parents, and they use those examples in their project...The work allows you to see a different side of the students; taking a strength and identifying it a different sort of way. I had one student who had forgiveness as a strength. Not only could she share how she demonstrated forgiveness of others but she also said, 'I am able to forgive myself.' I've never had a student say that. Little moments like that are invaluable." - Leah Hefte

## Student Reflection

"My favorite part was taking the survey, because I like seeing the results at the end and if I agree with them or not. I agreed with mine. My top characteristics were teamwork, bravery, and forgiveness. I love to dance, and by performing something that you love you are being brave. The project wasn't that hard because we got to work on things we like to do." - Bianca

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