



# STRENGTH STARS

*Virtual Cards*

FOR EARLY EDUCATION

BASED ON THE 24 VIA CHARACTER STRENGTHS ©



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# STRENGTH STARS CARDS

The Strengths Stars virtual cards provide an e-learning tool for young children to discover and develop their character strengths. Strength Stars cards are based on the philosophy of early education that recognise the early years as a critical period in children's learning, development and identity.

These cards are one part of the online Strength Stars Framework for early education that has been developed by psychologist and education expert Lea Waters (PhD), based upon her university research and acclaimed book 'The Strength Switch'.

The backbone of this framework is the evidence-based VIA character model. The VIA model works with 24 character strengths which have been validated in over 52 countries. The VIA model is being used in kindergartens, schools, universities, businesses, hospitals, psychology clinics, and even in Olympic sports teams.

For more detailed information about the VIA model, including peer reviewed research on its use, visit the VIA Institute on Character website at [www.viacharacter.org](http://www.viacharacter.org)

For more detailed information about the Strength Stars Framework and Professor Waters' research and book visit [www.leawaters.com](http://www.leawaters.com)

# SUGGESTED WAYS TO USE THE STRENGTH STARS CARDS

**Strengths Detective:** when you see a child engaged and energised, stop and ask them what strength do they think they are using in that moment. Show them the cards and ask them to select their strengths. This activity promotes strengths awareness.

**Card Pick:** Choose a card for the day and start a discussion about that strength. Ask students to commit themselves to practising the strength that was picked during their day. This activity promotes strengths flexibility.

**Strengths Growth:** have each child choose a strength they would like to grow and get better at. Use the natural learning opportunities that arise to promote their chosen strength. Record evidence of the growth of the strength in the child's portfolio. Share the child's 'growth strength' with parents and carers so they help promote these at home. This activity promotes strengths development.

**Strength Charades:** choose a strength card and have children act out a play or charade about that strength. This activity promotes strengths use.

**Strengths Artwork:** have children draw, paint, or create a piece of art that represents a strength. This activity promotes strengths awareness.

**Strength Spotting:** as children become more familiar with the 24 character strengths, ask them to spot strengths in their peers. They can give a 'positive shout-out' when they see the strengths in action and they can discuss/reflect on strengths they have seen in others at the end of the day. This activity promotes strength-bonding.

# Prudence

TEMPERANCE



**STRENGTH STARS**

# Prudence

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

**How kids might connect with this strength:**

I always think things through carefully.

I take the safest option.

I am not a risk-taker, and that's okay.



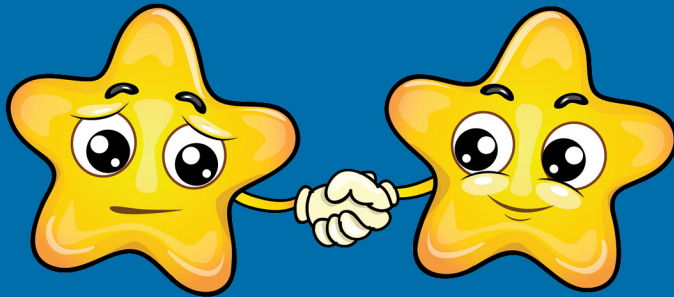
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# Forgiveness

TEMPERANCE



**STRENGTH STARS**

# Forgiveness

Forgiving those who have done wrong;  
accepting others' shortcomings; giving  
people a second chance; not being vengeful.

**How kids might connect with this strength:**

I forgive easily when people upset me.

I am always happy to give people  
a second chance.

I believe we can put our old  
problems behind us.



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# Humility

TEMPERANCE



**STRENGTH STARS**

# Humility

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

**How kids might connect with this strength:**

I am happy to do well without getting praise.

I let my good deeds and work do the talking for me.

I am confident and I don't have to show off.



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# Self Regulation

TEMPERANCE



**STRENGTH STARS**

# Self Regulation

Regulating what one feels and does;  
being disciplined; controlling one's  
appetite and emotions.

**How kids might connect with this strength:**

If I'm angry or upset I calm myself  
down before I act.

I can wait my turn.

If I'm hungry, I can wait for food.



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# Creativity

WISDOM



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# Creativity

Cognitive strengths that entail the acquisition and use of knowledge; thinking of novel and productive ways to conceptualise and do things; includes artistic achievement but is not limited to it.

**How kids might connect with this strength:**

I have a fantastic imagination.

I am very clever at thinking about new ways to do things.

I can come up with lots of original and creative ideas and I love to turn these into projects.



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# Curiosity

WISDOM



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# Curiosity

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

How kids might connect with this strength:

I am full of questions.

I find lots of things interesting.

I see my learning as an adventure.



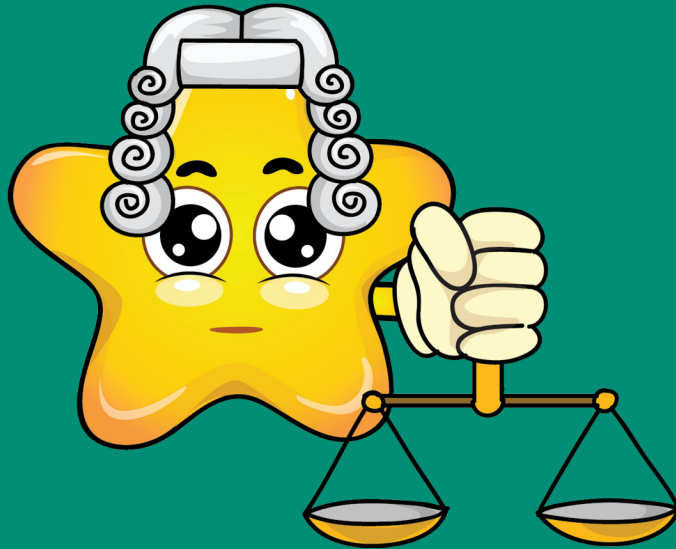
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# Judgement

WISDOM



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# Judgement

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

**How kids might connect with this strength:**

I have a very open mind.

I can easily see two sides of every story.

I don't jump to conclusions.



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# Love of Learning

WISDOM



**STRENGTH STARS**

# Love of Learning

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

**How kids might connect with this strength:**

I love learning new things.

I make lots of opportunities to learn about my world.

I like discovering new topics and things.



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# Perspective

WISDOM



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# Perspective

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

**How kids might connect with this strength:**

I am often the problem solver in the playground.

I am able to see and appreciate different opinions and ways of solving problems.

I am very good at looking at the bigger picture.



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# Love

HUMANITY



**STRENGTH STARS**

# Love

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to someone or something.

How kids might connect with this strength:

I feel love very strongly.

I have a lot of love to give people.

I enjoy being loved by others.



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# Kindness

HUMANITY



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# Kindness

Doing favours and good deeds for others;  
helping them; taking care of them.

How kids might connect with this strength:

I always act with kindness.

I notice when people around me need  
things and I act on this.

If someone is upset I care for them.

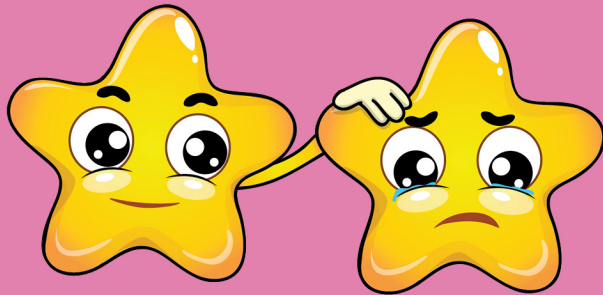


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# Social Intelligence

HUMANITY



**STRENGTH STARS**

## Social Intelligence

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

**How kids might connect with this strength:**

I am able to understand how my friends are feeling.

I can fit in with lots of different kids and play situations.

I have a good understanding of my emotions.



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# Appreciation of Beauty & Excellence

TRANSCENDENCE



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## Appreciation of Beauty and Excellence

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

How kids might connect with this strength:

I love nature.

Seeing art makes me happy.

I stop and savour beautiful things.



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# Gratitude

TRANSCENDENCE



**STRENGTH STARS**

# Gratitude

Being aware of and thankful for the good things that happen; taking time to express thanks.

**How kids might connect with this strength:**

I am thankful for the things that happen to me.

I always take time to say, 'thank you' and show my appreciation.

I notice the good things in my day.



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# Hope

TRANSCENDENCE



**STRENGTH STARS**

# Hope

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

How kids might connect with this strength:

I can see all the possibilities that lay ahead.

I am positive about the future.

I put in effort to make good things happen.



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# Spirituality

TRANSCENDENCE



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# Spirituality

Having coherent beliefs about the higher purpose & meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

**How kids might connect with this strength:**

I trust that the world will provide for me.

I have an inner sense of peace.

My place in the world helps others.



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# Humour

TRANSCENDENCE



**STRENGTH STARS**

# Humour

Liking to laugh; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

**How kids might connect with this strength:**

I love to laugh.

I love making other people smile and laugh.

I tell jokes and do funny, goofy things to make people feel happy.



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# Zest

COURAGE



**STRENGTH STARS**

# Zest

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

How kids might connect with this strength:

I am full of energy.

I approach tasks with enthusiasm.

I am excited about life.



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# Honesty

COURAGE



**STRENGTH STARS**

# Honesty

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretence; taking responsibility for one's feelings and actions.

**How kids might connect with this strength:**

I tell the truth.

I don't pretend to be different to who I really am.

I am very happy to share the real me.



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# Bravery

COURAGE



**STRENGTH STARS**

# Bravery

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

**How kids might connect with this strength:**

I am not afraid of a challenge and I know how to control my fear.

Even if I am feeling a bit scared I don't let that stop me getting things done.

I will stand up for what I believe in.

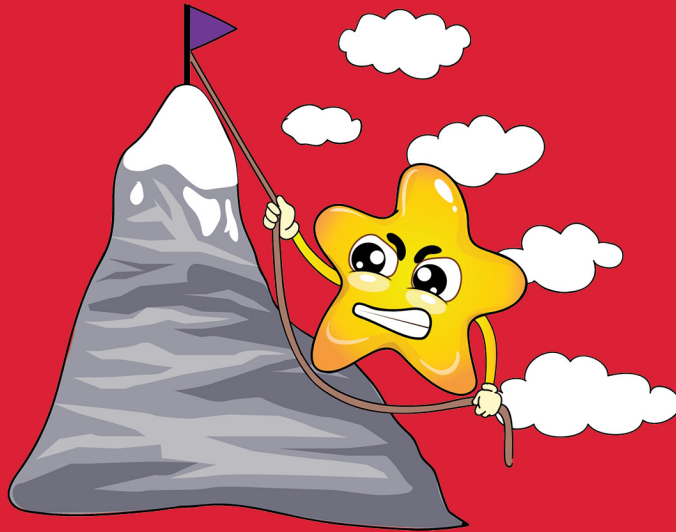


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# Perseverance

COURAGE



**STRENGTH STARS**

# Perseverance

Finishing what one starts; persevering in a course of action in spite of obstacles; taking pleasure in completing tasks.

How kids might connect with this strength:

I am very determined.

I always finish things I start.

I enjoy the feeling of completing a project or task.

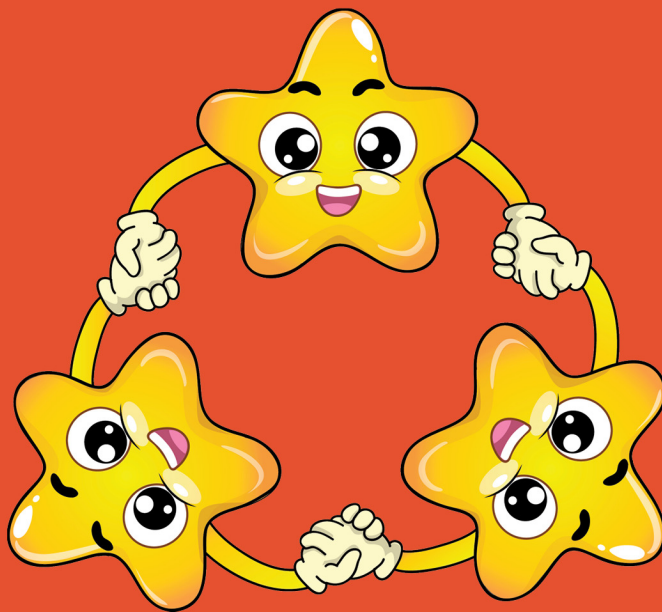


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# Teamwork

JUSTICE



**STRENGTH STARS**

# Teamwork

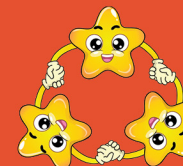
Working well as a member of a group or team; being loyal to the group; doing one's share.

How kids might connect with this strength:

I know how to work as part of a team.

I know the importance of working together.

I love the feeling of completing a task with a team.

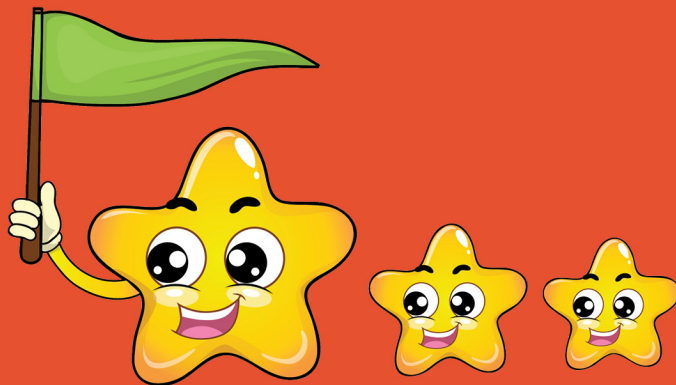


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# Leadership

JUSTICE



**STRENGTH STARS**

# Leadership

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organising group activities and seeing that they happen.

**How kids might connect with this strength:**

I am confident to stand out the front and organise my friends.

I am very good at getting things done and encouraging my friends to help me do this.

I know how important it is to make everyone feel included, and that my group works well together.

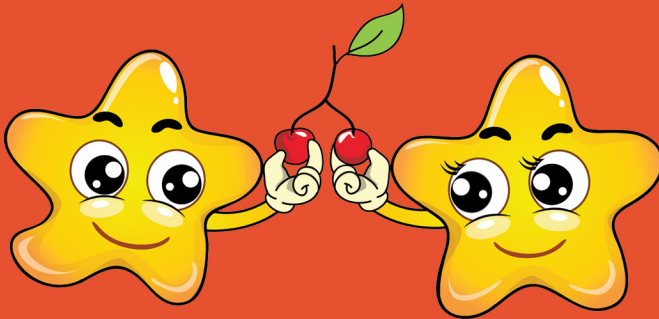


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# Fairness

JUSTICE



**STRENGTH STARS**

# Fairness

Treating all people the same according to notions of fairness & justice; not letting your feelings bias decisions about others; giving everyone a fair chance.

**How kids might connect with this strength:**

I believe everyone should be treated fairly.

I give everyone a chance.

I know how to share and I understand why it is important.



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