

PARENT-CHILD ACTIVITY: STRENGTHS AFFIRMATION

Instructions:

1. Write down your child's Top 3 Strengths Explorer results in the left-hand column.
2. Think about a time when you saw your child express each of these strengths in a way that you were proud of them.
3. Set a time with your child and affirm his/her strengths using what you have written.

Strength	How this strength was positively expressed
e.g. Caring	e.g. I was very proud of you, (Child's Name), when you helped your younger brother revise for his exams. You also often help family members whenever you can.
1.	
2.	
3.	