

POSITIVELY TORAH

Bringing it Home – Family Activity

Chapter 1 – You are Unique

As an extension of our learning, learners will periodically complete a *Bringing it Home* activity. They will interview a family member about a real-life experience connected to a specific character strength, such as Fairness, Self-Control, or Bravery.

The goal of these interviews is to encourage meaningful conversation and reflection, while helping your child notice how these superpowers show up in everyday life.

After completing the home interview, learners bring what they recorded below to the next session and share what they learned. They will then paste their notes into their journal as a record of their family story and personal learning.

In Chapter 1, learners have been exploring their unique superpowers. Thanks in advance for completing this interview with your child.

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Bringing It Home

Share a list of your signature strengths with a parent or other trusted adult. Ask them to respond to the following questions about your survey results. When we meet next, copy their responses in this journal space.

What surprised you about my list? _____

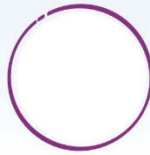
What didn't surprise you? _____

Why weren't you surprised? _____

What is one strength you think I use really well? _____

When do you notice me using this strength? _____

Now, use your strength-spotting skills. Think about a parent, sibling, or other family member and their superpowers. Tell them how and when you have noticed them using one of their superpowers.



◀ Draw an emoji or describe their reaction to you noticing their superpowers.

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