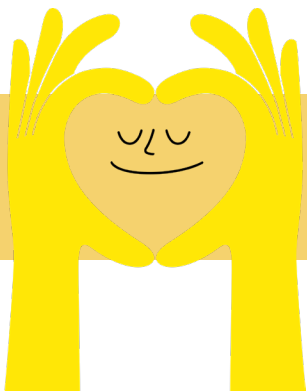


# Traits and Positive Well-being

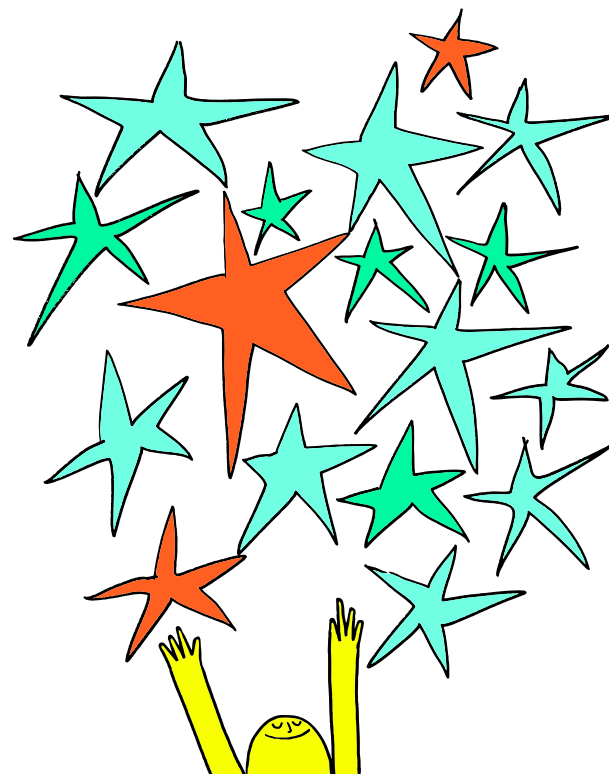
## Gratitude



Noticing and appreciating the positive things in one's life.

### Discussion Questions

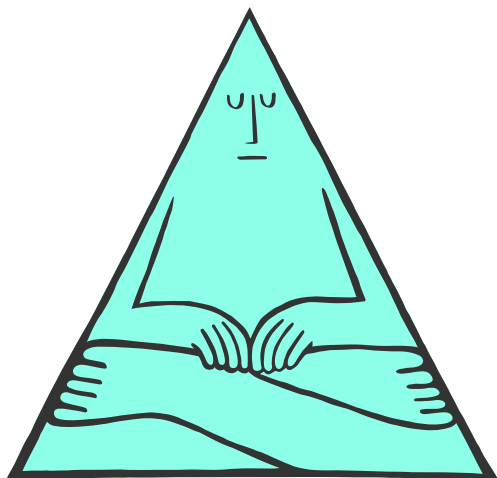
1. What does it mean to be grateful?
2. How do you show gratitude to yourself and others?
3. Why is it important to show gratitude?



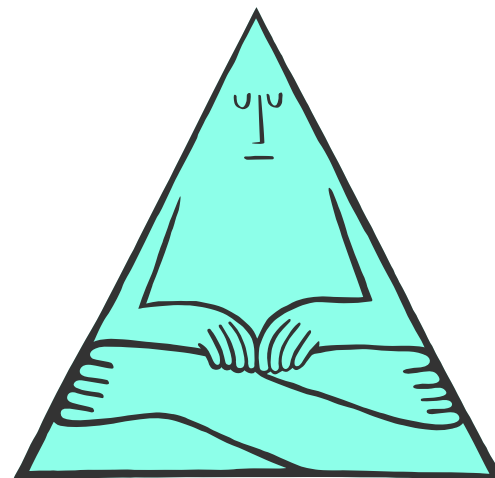
# Traits and Positive Well-being

## Gratitude

### Take Action



- Take one minute to silently reflect on one person who you are grateful for. What have they done to make your life better? How have they supported you? How does it make you feel?
- Write a letter of gratitude to a person who has made a difference in your life. Tell them why you are grateful and why they're important to you! Share the letter with that person or with someone in your class.

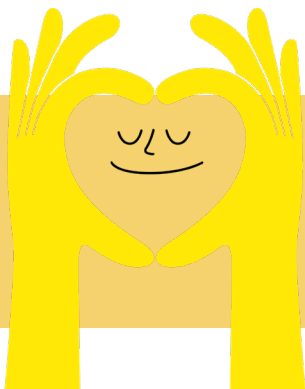


"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."

—Randy Pausch

# Traits and Positive Well-being

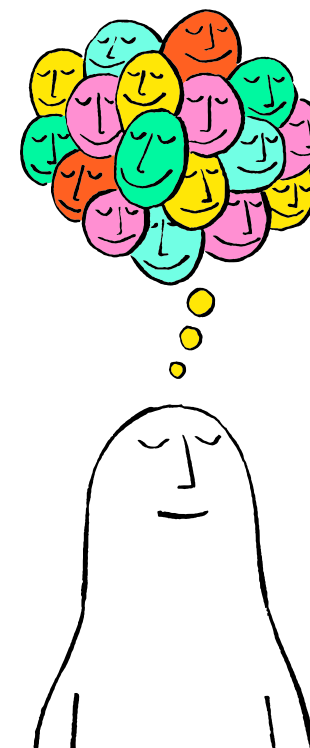
## Empathy



The ability to connect and understand someone else's feelings. To see from their perspective, relate to them and place yourself in their shoes.

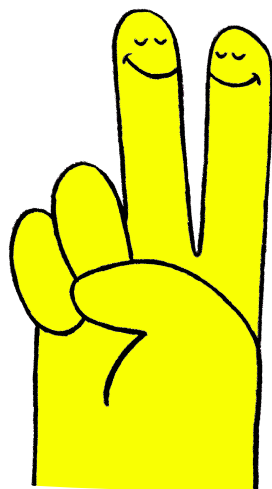
### Discussion Questions

1. What does empathy mean to you? How do we show empathy to one another at school? At home? In our communities?
2. What does it mean to "put yourself in someone else's shoes"? Can you think of a time you showed empathy to someone else?
3. How can showing empathy contribute to the well-being of ourselves and others?



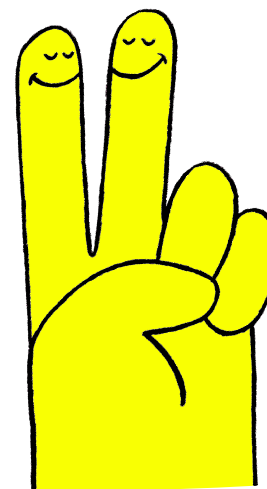
# Traits and Positive Well-being

## Empathy



### Take Action

- Research a news story that makes you feel empathy toward someone involved and discuss with a small group.
- With a partner or group, discuss steps you can take to turn feelings of empathy into action in your local community.

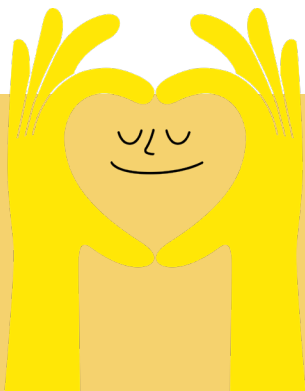


“Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.”

—Alfred Adler

# Traits and Positive Well-being

## Compassion



Having concern for the well-being of someone in distress, with a desire to alleviate that person's suffering. Self-compassion involves being compassionate toward yourself, especially when dealing with something challenging.

### Discussion Questions

1. How do we show compassion to one another at school? At home? In our communities?
2. Can you think of a time someone has shown compassion to you? Can you think of a time you were compassionate to another?
3. How can showing compassion contribute to the well-being of ourselves and others?



# Traits and Positive Well-being

## Compassion



### Take Action

- Identify some issues you see in your school or community that evoke feelings of compassion.
- Make an action plan as a class or as a small group to use compassion to solve this issue.

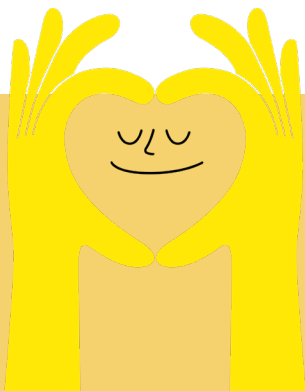


"If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion."

—Dalai Lama

# Traits and Positive Well-being

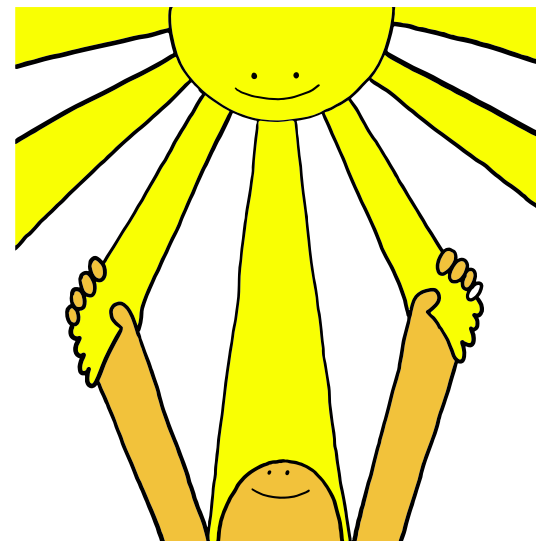
## Altruism



Actions for the benefit of others that are motivated internally from values, goals or self-rewards, and not based upon receiving external rewards in return.

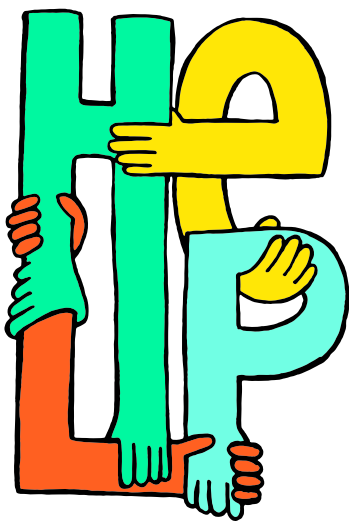
### Discussion Questions

1. Can you think of a time when you have displayed altruism?
2. How can we show altruism at school? At home? In our communities?
3. How does showing altruism contribute to the well-being of ourselves and others?



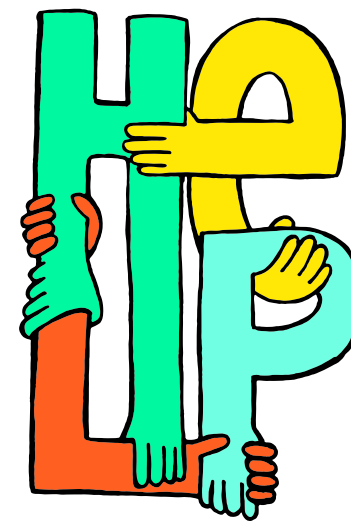
# Traits and Positive Well-being

## Altruism



### Take Action

- Think of how you can commit a selfless act of kindness for someone in your class or group. Challenge yourself to demonstrate one act of kindness each day for a week, and record them in your journal or agenda as a reminder!
- As a group or class, think of how you can participate in an act of service in your school or community. Take some time to plan and execute this together, and reflect as a group on how it felt to show kindness toward others.



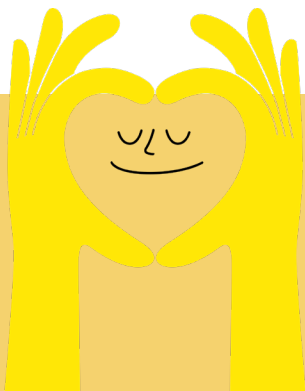
"Day after day, ordinary people become heroes through extraordinary and selfless actions to help their neighbours."

—DaSylvia Mathews Burwell



# Traits and Positive Well-being

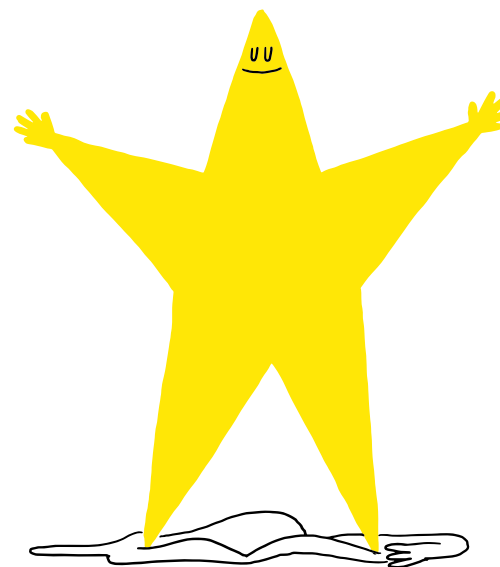
## Resilience



To do well in life despite adversity. Both individual factors (optimism, self-confidence and hope) and external factors (social support, extracurricular activities) contribute to one's resilience.

### Discussion Questions

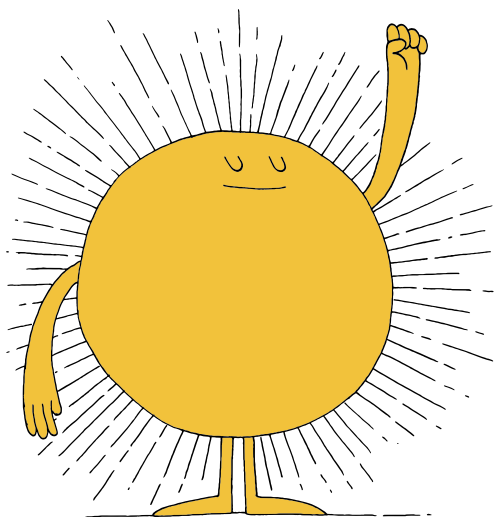
1. What does resilience mean to you? Can you think of an example of a time when you've shown resilience?
2. Name someone you admire who is resilient. Why do you admire them?
3. How does showing resilience contribute to our well-being?



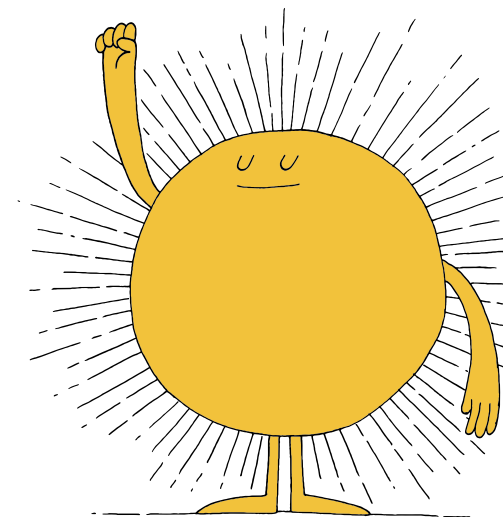
# Traits and Positive Well-being

## Resilience

### Take Action



- Research a story about someone who has shown resilience in the face of adversity. Reflect on how resilience can help someone grow and learn through a challenge. Present the story to a small group or to the class.
- Make a group challenge in small groups or as a full class. This can be anything from serving the community to fundraising for a cause you believe in to participating in a healthy eating or activity challenge! Determine how you can support and motivate each other in completing the challenge as a group.



“Resilience is not only an internal quality, it’s also about what is all around us and how that allows us to bring out our special qualities.”

—Michael Ungar