

S.E.A.D. Lesson

“Light the Way”



<p>Lesson Title: The Science of Character: Strengths Discovery</p> <p>Grade Level: 6-12</p>	<p>Self Awareness Key Competencies</p> <p>___ Identifying Emotions</p> <p>___ Accurate Self-Perception</p> <p><u>_X_</u> Recognizing Strengths</p> <p>___ Self-confidence</p> <p>___ Self-efficacy</p>
<p>Driving Question:</p>	<p>What are your strengths? How do I develop them?</p>
<p>Lesson Overview :</p>	<p>“The Science of Character” video explores the science behind character and shows the Periodic Table of Strengths.</p>
<p>Activities (Hook / Show Them / Guide Them / Let Them / Conclusion):</p> <p><i>Hook Them (experiential, discovery): Let it Ripple Video</i></p> <p><i>Show Them: Knowing our strengths can help us to grow in our self-awareness and increase our quality of life. Hand out the periodic table of strengths.</i></p> <p><i>Personalize - Educator: Share what your top 5 strengths are. What are your weaknesses.</i></p> <p><i>Processing Questions in Small Group (Groups should be no bigger than 5 students)</i></p> <ul style="list-style-type: none"> o Processing Questions in small group: <ul style="list-style-type: none"> ▪ Take a look at the periodic table of character strengths. What are your five strongest strengths? ▪ The video shows 2 things: First, you should focus on the strengths that you have, and second, develop the strengths you’d like to have. With that in mind, what three character strengths do you want to develop? ▪ The film quotes a statement Frank Outlaw made in 1977: <i>“Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, it becomes your destiny.”</i> How would you update that today? Watch your texts, they become _____ . Watch your tweets, they become _____ . 	

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Watch your Instagrams, they become _____
 . Watch your comments, they become _____ .
 Watch your Facebook posts, they become _____.

- The film discusses the ways you can develop your character strengths in your day-to-day life. Can you think of some ways you can develop your character strengths in your online life?

Parent Connection: Send home periodic table of strengths for parents to discuss strengths and weaknesses with kids.

Vocabulary:	
Materials Needed (Print / Digital):	<p>Periodic Table of Character Strengths</p> <p>Video: Let it Ripple</p>
Content Area Connections:	