



Note-Taking Guide

Social Development Strategy Review

Positive Greetings at Door

Emotional Hooks

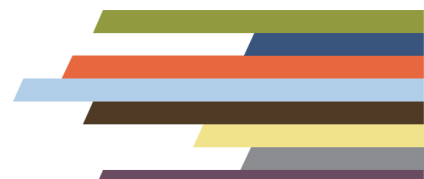
CHOICE

Opportunities to Respond

Self-Evaluation

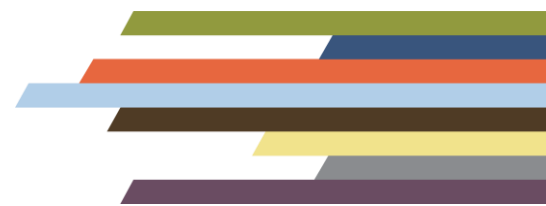
Character Strengths

Final Reflections



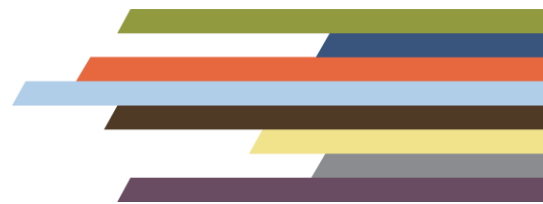
Positive Greetings at the Door Planning Template

Day of the Week	How I'll Handle Administrative Duties <i>(Attendance, homework, announcements, etc.)</i>	What Students Will Do When Seated
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		



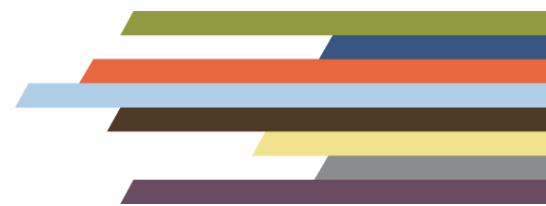
Hold Up Cards

<p>TRUE</p>	<p>NOT TRUE</p>
<p>TRUE WITH MODIFICATION</p>	<p>UNABLE TO DETERMINE Based on information learned</p>



The Three 3s in a Row

One	Two	Three
<p>Explain two important purposes of opportunities to respond.</p>	<p>Discuss how you plan to implement one new way to give all your students an opportunity to respond this year.</p>	<p>Describe two students who would benefit from all class opportunities to respond and why you believe they would.</p>
<p>Which opportunity to respond will do the most to ensure higher-order thinking in your classroom?</p>	<p>Explain how giving all students opportunities to respond will provide an environment for reluctant learners to engage.</p>	<p>Which student Hold Ups will work best in your classroom?</p>
<p>How would multiple opportunities to respond have helped you in your own school experience?</p>	<p>Describe how opportunities for students to respond can benefit classroom management.</p>	<p>Explain how you can use opportunities to respond to enhance your students' social and emotional learning.</p>

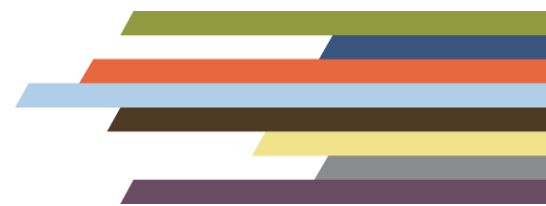


Planning Opportunities to Respond

My lesson:

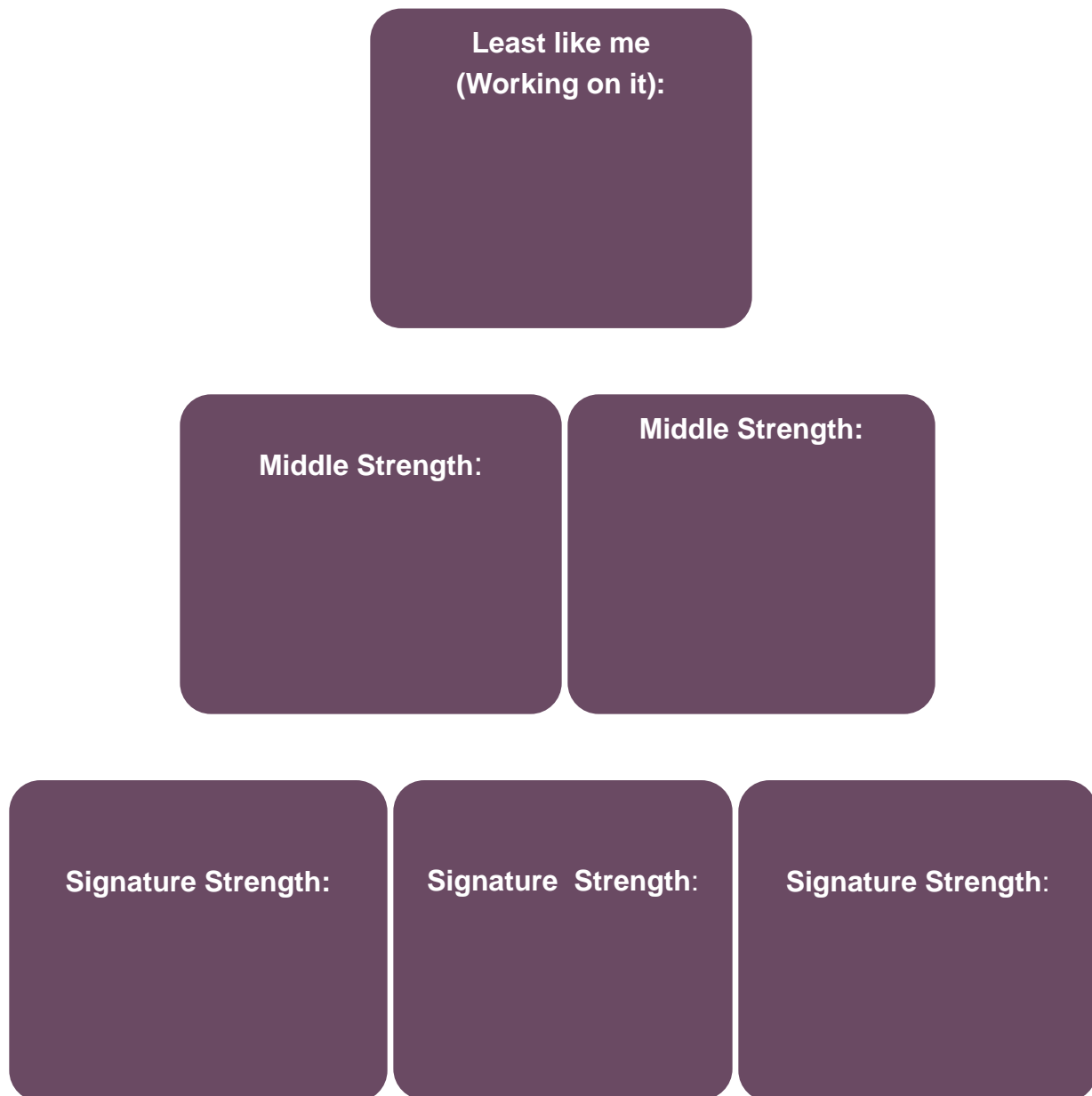
Most important concepts to check for student understanding:

Concept	Prompt to Use to Check for Understanding	Technique to Use (Choral response, Hold Ups, Chalkboard Splash, etc.)



Pyramid of Strengths

Directions: Read through the descriptions of the 24 Character Strengths. Decide which 3 are the most like you and place in the boxes at the base of the Pyramid. Next choose 2 you see in yourself as strengths but not as prominent at the core 3. Finally choose one strength you would like to build towards this year.



The diagram is a pyramid-shaped grid of seven purple rounded rectangular boxes. The top box is the smallest and contains the text "Least like me (Working on it):". Below it are two boxes of medium size, each containing "Middle Strength:". The bottom row consists of three boxes of the largest size, each containing "Signature Strength:". The boxes are arranged in a 1-2-3 pattern, forming a pyramid shape.

Least like me
(Working on it):

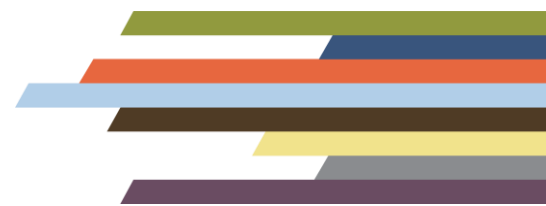
Middle Strength:

Middle Strength:

Signature Strength:

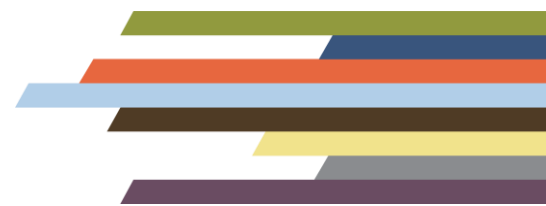
Signature Strength:

Signature Strength:



Entrance or Exit Slips Using Character Strengths

1. Who is a role-model for this strength? Name the person and tell why you chose him or her.
2. What are common ways of seeing this strength in action?
3. What are some synonyms for this strength?
4. When and where can you use it?
5. What does this strength feel like?
6. What does this strength look like?
7. What is the shadow-side of this strength?
8. If this strength was a sport, which sport would it be? Why?
9. If this strength was a sport, which sport would it be? Why?



10. Which movie portrays the use of this strength?

11. What song refers to this strength?

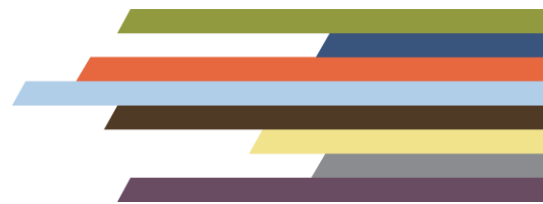
12. What quote refers to this strength?

13. What other character strengths complement this strength?

14. What is the opposite of this strength?

15. Write about this strength in six words, not including the word itself.

16. Draw a sketch of a superhero using this strength.



Character Strengths Inventory

Think about who you are as a person. Indicate whether each Strength is mostly like you, sometimes like you, or not often like you. Realize that people have different strengths and that you can choose to build new strengths throughout your life.

Strength	Description	Mostly Like Me	Sometimes Like Me	Not Often Like Me
Creativity	I like to think of new and better ways of doing things.			
Curiosity	I am always asking questions and love to discover new things.			
Judgment	I look at all sides of an issue to come up with the right answer.			
Love of learning	I love to learn new things.			
Wisdom	I am considered wise because I evaluate things from different perspectives.			
Bravery	I speak up for what is right, even if others do not agree with me.			
Perseverance	I finish what I start, even if it becomes difficult.			
Honesty	I speak the truth and I take responsibility for my feelings and behaviors.			
Zest	I live life as an adventure filled with excitement and energy.			
Love	I value the close relationships I have with others.			
Kindness	I enjoy helping others, even if I do not know them well.			
Social intelligence	I pay attention to the motives and feelings of others.			
Teamwork	I always do my share and I work hard for the success of my group.			
Fairness	I treat all people in a fair and just manner.			
Leadership	I am good at providing leadership and direction when I am with a group of people.			

Strength	Description	Mostly Like Me	Sometimes Like Me	Not Often Like Me
Forgiveness	I am willing to forgive someone who has done something wrong.			
Humility	I am humble and let my actions speak more than my words.			
Prudence	I am careful about what I do and strive not to do things I might later regret.			
Self-control	I pay attention and am always in control of what I do and say.			
A appreciation of beauty and excellence	I appreciate the beautiful and wonderful things in life.			
Gratitude	I pay attention to the good things that happen to me and express my thanks.			
Hope	I believe that good things are coming to me now.			
Humor	I like to laugh, smile, and see the good in all situations.			
Spirituality				

Looking over this list, what do you think are your five most important strengths?

Looking over this list, what are the strengths you would most like to develop?

These Character Strengths were first included in Peterson, C., & Seligman, M. (2004). *Character strengths and virtues: A handbook and classification*. Oxford: Oxford University Press. This inventory of strengths was developed based on material from the VIA Institute on Character. A more comprehensive survey of personal strengths is available on their web site. © Copyright 2004-2014, VIA Institute on Character. Used with permission. All rights reserved. <http://www.viacharacter.org>

VIA Youth

24 Character Strengths



APPRECIATION OF BEAUTY & EXCELLENCE

- Feels awe and wonder in nature
- Admires skills of others
- Inspired by the goodness of others



BRAVERY

- Shows valor
- Accepts challenges
- Faces difficulties
- Speaks up for what's right



CREATIVITY

- Clever
- A Problem-solver



CURIOSITY

- Interested
- Open to new ideas



FAIRNESS

- Cares about what's right
- Treats others fairly
- Tries not to be biased against certain groups



FORGIVENESS

- Gives others a second chance
- Accepts others' faults
- Doesn't hold grudges



GRATITUDE

- Thankful
- Shows appreciation
- Feels blessed



HONESTY

- Tells the truth
- Keeps promises
- Trustworthy



HOPE

- Optimistic
- Expects the best
- Excited about the future



HUMILITY

- Modest
- Puts attention on others
- Doesn't brag about accomplishments



HUMOR

- Playful
- Enjoys bringing smiles/laughter to others
- Sees the funny side of things



JUDGMENT

- A critical thinker
- Fact-based and logical
- Open minded



KINDNESS

- Caring
- Generous
- Compassionate
- Nice



LEADERSHIP

- Encourages others
- Organizes groups
- Sets a good example



LOVE

- Warm and genuine
- Prioritizes relationships
- A good listener



LOVE OF LEARNING

- Excited to learn new things
- Masters new skills



PRESERVERANCE

- Hardworking
- Overcomes obstacles
- Finishes what is started



PERSPECTIVE

- Wise
- Gives good advice
- Sees the big picture



PRUDENCE

- Careful
- Plans ahead
- Thinks about consequences before acting



SELF-REGULATION

- Self-controlled
- Disciplined
- Manages feelings and actions



SENSE OF MEANING

- Searches for meaning
- Feels a sense of purpose
- Feels interconnected with life



SOCIAL INTELLIGENCE

- Understands others
- Aware of own feelings and thoughts
- Shows empathy



TEAMWORK

- Loyal
- A team player
- Shows responsibility to groups






ZEST

- Active
- Energetic
- Enthusiastic

Character Strength “Mindful Mottos”

Science says using your character strengths every day can make you happier, more resilient and better connected to others. This is a list of the 24 VIA character strengths with a simple motto that captures the essence of the strength. Keep them in mind as you go about your daily life and remember to use your strengths in all that you do!

<p>CREATIVITY</p> <p><i>Do things in a different way.</i></p> 	<p>TEAMWORK</p> <p><i>Work side-by-side with others.</i></p> 
<p>CURIOSITY</p> <p><i>Ask questions, lots of them.</i></p> 	<p>FAIRNESS</p> <p><i>Treat people the way you want to be treated.</i></p> 
<p>JUDGMENT</p> <p><i>Examine the details.</i></p> 	<p>LEADERSHIP</p> <p><i>Organize activities for others.</i></p> 
<p>LOVE OF LEARNING</p> <p><i>Learn something from every situation.</i></p> 	<p>FORGIVENESS</p> <p><i>Let it go.</i></p> 
<p>PERSPECTIVE</p> <p><i>Offer good advice.</i></p> 	<p>HUMILITY</p> <p><i>Place attention on others.</i></p> 
<p>BRAVERY</p> <p><i>Face what you are afraid of.</i></p> 	<p>PRUDENCE</p> <p><i>Think before you act...or speak.</i></p> 
<p>PERSEVERANCE</p> <p><i>Don't give up.</i></p> 	<p>SELF-REGULATION</p> <p><i>Manage your vices.</i></p> 
<p>HONESTY</p> <p><i>Tell people the truth, (almost) all the time.</i></p> 	<p>APPRECIATION OF BEAUTY & EXCELLENCE</p> <p><i>Find beauty in nature, art, ideas, and people.</i></p> 
<p>ZEST</p> <p><i>When in doubt, take action!</i></p> 	<p>GRATITUDE</p> <p><i>Tell people “thank you,” often.</i></p> 
<p>LOVE</p> <p><i>Be a warm and strong listener.</i></p> 	<p>HOPE</p> <p><i>Be positive, especially when others are not.</i></p> 
<p>KINDNESS</p> <p><i>Be helpful, err toward caring.</i></p> 	<p>HUMOR</p> <p><i>Laugh a lot, with others.</i></p> 
<p>SOCIAL INTELLIGENCE</p> <p><i>Be friendly.</i></p> 	<p>SPIRITUALITY</p> <p><i>Look for what is sacred in this moment.</i></p> 

For more information on activating your strengths visit

VIACHARACTER.ORG