



## THE SCIENCE OF CHARACTER

### DISCUSSION GUIDE AGES 4-9\*

If you haven't watched the 8 minute film *The Science of Character*, you can watch it [here](#). Then dive in:

\*Please feel free to tailor the language as appropriate for each age group.

1. Take a look at the "periodic table of character strengths" at the bottom of this document. What are three character strengths that you have?
2. How can you use these strengths to make the world a better place?
3. What are three character strengths you'd like to develop? What are some things you can do to develop those three character strengths?
4. *The Science of Character* describes character strengths as being like super powers. Pick your favorite superhero. Why is that hero your favorite? What character strengths do they have?
5. If you were a superhero, what would your super-character strengths be?
6. Draw the superhero you!
7. Now think about real people. Who do you admire most in the world? And what are the character strengths you admire in them?
8. Draw a pie chart of the *character* strengths that you're made of. Which strength is the biggest slice? Which is the smallest?
9. Nobody's perfect. Sometimes it's good to mess up, because that's how we learn and improve. Think about a time you really messed up. What did you learn?
10. The film ends by asking you to complete this sentence: I want to be \_\_\_\_\_ . Which strengths do you want to have?

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## FOLLOW UP DISCUSSION GUIDE AGES 4-9\*: CHECK-IN

A little while ago, you watched *The Science of Character*. Let's check back in and see what's changed for you since then.

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1. The film talks about paying attention to the things in your life that are going well. What's gone well for you recently?
2. Now let's talk about things going wrong. The film shows that failure isn't always a bad thing; it can help us learn and improve. Think of something that didn't go how you hoped it would in the past month. Can you think of a way that might turn into a good thing?
3. We get even stronger when we help others strengthen their character too. In the past month, have you done anything to help others be stronger? What was it?
4. Take a look at the "Periodic Table of Character Strengths" below. In the past month, has your own personal periodic table of character strengths changed? Have any character strengths gotten stronger or weaker?

# **THE SCIENCE OF CHARACTER**

## **FOLLOW UP DISCUSSION GUIDE AGES 4-9\*: CHECK-OUT**

Time for a wrap-up. These questions will help you think about how your own character has developed this year.

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1. What did you do in the past year that you're most proud of?
2. What character strengths did you use to accomplish this?
3. What's your biggest goal for next year?
4. What character strengths will help you achieve it?