



# INSTITUTE OF **POSITIVE EDUCATION**

## Using the Character Strengths Stickers

These Character Strengths stickers have been used by the Institute for quite some time and, due to popular demand, they are now available for purchase!

Rather than acting as an extrinsic reward, we see these stickers as a tool for talking about the strengths we see in ourselves and others. Here are some ways in which you might like to use this resource:

- **As part of a strengths-spotting activity**  
e.g. choose a sticker and give it to someone, explaining a time when you saw them demonstrate that strength
- **To generate conversation**  
e.g. everyone choose a sticker that represents a character strength you'd like to consciously action today and explain why
- **As a grouping tool**  
e.g. choose a sticker that represents one of your top strengths and form groups based on the virtues
- **To encourage reflection**  
e.g. select a sticker and describe the degree to which you have actioned this strength over the past week
- **As a way to reframe our thoughts**  
e.g. choose a sticker that represents a strength exhibited by someone you find challenging, and remind yourself of an example of how they action this strength in positive and productive ways
- **To serve as a positive reminder**  
e.g. select a strength that represents one of your top, supporting or lesser strengths as a reminder of your decision to consciously action that character strength today

