

We all have strengths!

Individual character strengths:

- Adaptability
- Creativity
- Love of learning
- Perspective
- Empathy
- Playfulness
- Motivation
- Resilience
- Curiosity
- Responsibility
- Discipline
- Bravery
- Perseverance
- Attentiveness
- Open-mindedness
- Honesty
- Kindness
- Fairness
- Leadership
- Humility
- Gratitude
- Humour
- Loving or affectionate
- Easygoing
- Patient
- Independent
- Cautious
- Active or lively
- Helpful
- Friendly
- Enthusiasm or zest for life

Education or learning related strengths:

- Strong interests
- Attention to details
- Creative talents
- Music skills
- Artistic skills
- Visual perception
- Hands-on reasoning
- Technical abilities
- Pattern recognition
- Problem solving
- Tactile
- Support seeking
- Enjoyment of play
- Self-awareness
- Self-management or self-advocacy skills
- Self-understanding skills
- Self-control skills
- Stress management skills
- Social skills
- Listening skills
- Memory
- Focus
- Assertiveness
- Teamwork or cooperative
- Motivated
- Focused or attentive
- Responds well to structure or routine
- Organised
- Adaptable
- Communication skills
- Technology use

Family:

- Family functioning or cohesion of family
- Strong caregiver relationship
- Strong sibling relationship
- Family finances
- Family access to resources
- Parent access to support
- Family social connectedness

Community:

- Access to specialist medical or health professionals
- Access to supportive programs within the community
- Ability to participate in community programs
- Access to an inclusive setting and educators

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