**Whole Child Lesson for Families**

**Topic:** Recognizing Strengths

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**Breathe**

Are you sitting at a computer more than usual these days? How about a 10 minute chair yoga reboot!

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**Learn**

Take a 12 minute quiz and learn about the strengths associated with your personality type. Click here:

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**Move**

Ready to feel strong? Try this 30 minute total-body workout where every move is synced to a beat. Power up!

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**Grow**

**Family Strengths Project:**

(1) Ask friends and family to write a story about a time when you were at your best.

(2) Spot patterns: Look for the common themes that appear in multiple stories. Make a list of the themes, the key examples that support each them, and what they suggest about your strengths.

(3) Create your self-portrait. Using this information, write out a brief profile of who you are when you’re at your best.

(4) Put your strengths into action. Create an action plan for how and when you’ll utilize your strengths.