



The Green Hub Project for Teens

Life Skills for Teens

Chapter 3

In this session we will be talking about signature strengths and what they are to us.

We will also talk about some psychological behaviours that can influence us and make us change our behaviours.

Lastly, we will discover what affective forecasting is and how this can trick out brains.

Signature Strengths

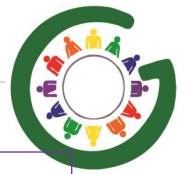
These are character strengths that have nothing to do with grades or academic performance, but show who you are and your personality. It is really helpful to know your own signature strengths as they will help you to develop your personality and character.

This will really help when you apply for groups in educational settings, jobs and future educational paths.

Here's a list of some examples of 'Signature Strengths'

- **Creativity**
- **Curiosity**
- **Judgment**
- **Love of Learning**
- **Perspective:** Wisdom; providing wise counsel; taking the big picture view
- **Courage**
- **Bravery**
- **Perseverance and Persistence.**
- **Honesty:** Authenticity and integrity.
- **Zest:** Vitality; enthusiasm; vigour; energy; feeling alive and activated.
- **Love:** Both loving and being loved; valuing close relations with others.
- **Kindness:** Generosity; nurturance; care; compassion; altruism; "niceness".
- **Social Intelligence:** Aware of the motives/feelings of oneself & others





- **Teamwork:** Citizenship; social responsibility; loyalty.
- **Fairness:** Just; not letting feelings bias decisions about others.
- **Leadership:** Organizing group activities; encouraging a group to get things done.
- **Forgiveness:** Mercy; accepting others' shortcomings; giving people a second chance.
- **Humility:** Modesty; letting one's accomplishments speak for themselves.
- **Prudence:** Careful; cautious; not taking undue risks.
- **Self-Regulation:** Self-control; disciplined; managing impulses and emotions.
- **Appreciation of Beauty and Excellence:** Awe and wonder.
- **Gratitude:** Thankful for the good; expressing thanks and feeling blessed
- **Hope:** Optimism; future-mindedness and future orientation.
- **Humour:** Playfulness; bringing smiles to others and being light hearted.
- **Spirituality:** Religiousness; faith; purpose and meaning.

Reflection for you:

Circle all the characters that you feel relate to you. Also ask your family what they feel represents you.

Write these on a big poster and put them up in your room. Look at them every day and use them as a mantra. **This is YOU!**

How can we be influenced by others?

- ✓ Social bench marking.
- ✓ Social proof.
- ✓ The chameleon effect.
- ✓ Emotional contagion.
- ✓ Conformity.

These are phenomenon which often occurs in groups of individuals. We can often copy and mimic other people's behaviours without being aware of them. We can then put more value onto this behaviour than needed. Knowing this can really help us to stop and reflect if this is just a copied behaviour, and if we can simply do our own thing.





Reflection for you:

When was the time you noticed social benchmarking, and social proof around you?

- What really happened?
- Were you able to resist it, or did you feel you needed to follow the crowd?

Emotional agility

The ability to acknowledge our own emotions and feelings and see them as normal behaviour.

To accept and understand that it is normal that our emotions go up and down during a day and in our lives.

Affective forecasting

When the brain tricks us that something we are going to do in the future might be more difficult or harder than it might be in reality. Remember this is usually a brain-trick, and rarely a reality.

Reflection for you:

When did your brain do affective forecasting last? What happened?

Think of a time when you were going to do something out of your comfort zone and how it felt. Did your brain tell you it would be worse than it ended up being?

How can you hack your brain to tell yourself, it is just the brain tricking you?

Remember that any changes to our habits can take time, and we need to be kind to ourselves when we are changing behaviours. Use this a chance to look and observe firstly.

