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Back to Content Outline

ACTIVITY 2.1
The Science of Character

Concept

In this lesson, the students will be introduced to the concept of character strengths and the different virtues.

Units it could embed into

Personality, or this could be a stand-alone assignment

Learning Targets

1. Students will be able to identify and provide examples of character virtues.
2. Students will be able to explain the relationship between the prefrontal cortex and the development of character strengths.

Materials

Handout 2.1: The Science of Character Questions

Video Link: youtu.be/U3nT2KDAGOc

Time

20 Minutes

Instructions

1. Provide the students Handout 2.1: The Science of Character Questions
2. Students complete the following pre-viewing questions before watching the video:
    - » What are your personal strengths? Can you list and describe at least 5?
    - » Identify one person that you admire. What do you admire about them?
3. Students watch the video "The Science of Character" together as a class. The video is 8 minutes long. After watching the video, students should complete the questions below on Handout 2.1.
    - » What is the relationship between the prefrontal cortex and the development of character strengths?
    - » The narrator identifies 7 strengths that she calls "game changers": optimism, gratitude, social intelligence, curiosity, self-control, enthusiasm, and perseverance. Which of these strengths is most evident in your life? Please justify your choice with a specific example of how you have demonstrated this strength in your own life.
    - » Complete the following sentence based on what you learned in the video, "I want to be..."

Back to Content Outline

HANDOUT 2.1

The Science of Character Questions

Learning Targets

1. Identify and provide examples of character virtues.
2. Explain the relationship between the prefrontal cortex and the development of character strengths and/or personality.

1. Answer the following questions BEFORE viewing the video:

What are your personal strengths? Can you list and describe at least 5?

Identify one person that you admire. What do you admire about them?

2. Processing Questions: Complete the following questions after watching the video.

What is the relationship between the prefrontal cortex and the development of character strengths?

The narrator identifies 7 strengths that she calls "game changers": optimism, gratitude, social intelligence, curiosity, self-control, enthusiasm, and perseverance. Which of these strengths is most evident in your life? Please justify your choice with a specific example of how you have demonstrated this strength in your own life.

Back to Content Outline

Complete the following sentence based on what you learned in the video, "I want to be..."