

Foundations

Examples of Strengths

***NOTE** Multiple qualities can serve as an answer for each scenario, however, the quality identified for each example is designed to be the BEST option.*

1. **Considerate** – Leah and Sarah were at a hockey game. Leah saw that Sarah was shivering and offered her jacket to Sarah.
2. **Respectful** – Ashi was traveling and the only shul where he was staying was a Yeki minyan. Ashi called his friend who is a Yeki to ask if there are any customs he should be aware of when he goes there, so he can fit in appropriately with their customs.
3. **Physically strong** - Menasha prides himself on waking up at 5:30am daily to lift weights and stay in shape.
4. **Emotionally strong** - Yitzzy's friend is battling a life threatening disease. When Yitzzy goes to visit him, he is always amazed at how deep his faith is and how he is staying so positive in spite of his pain and struggles.
5. **Resilient** - Leah was so excited to go to New York for winter vacation! All her camp friends live there and they already had a reunion planned. When a big blizzard cancelled her trip, Leah felt really disappointed. After realizing there was nothing she can do about it, Leah began to plan a great winter break, right here at home.
6. **Caring** – Shaina is home with the flu so her neighbor Rina sends over a fresh batch of chicken soup.
7. **Assertive** – Yona got a job as a counselor in a sleep away camp. When Yona accepted the position, they told him they would pay him \$300 for the whole summer, and that he would additionally get tips. When the summer ended he got some great tips, but the camp did not pay him the \$300 they told him he would receive. Yona made an appointment with the Director and said, "I'm wondering when I will be paid the \$300 I was told I would receive when I accepted the position."
8. **Hard-working** – Riva wants to go to Israel next summer. Her mother suggested that she make a camp to earn money for the trip. Riva and her friend create a backyard camp for twenty 4-5-year old children, from 10am-3pm. Riva and her friend spend a tremendous amount of time and effort to make this camp a success and Riva earns the money she needs for Israel.
9. **Reliable** – Henny's sister is looking for a new cleaning lady. Henny recommends her cleaning lady of 8 years. Henny explains that no matter what the weather is or what is going on, her cleaning lady always comes and never cancels.
10. **Honest** – Ezra's afternoon job often sends him on errands in the company car. Ezra knows he has to make a personal stop a few blocks away from one of the errands he was going on tomorrow. Ezra asks his boss if he minds if he does this in the company car rather than just doing it on his own without running it by him.



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11. **Practical** – Penina just got a beautiful new sheitel for Pesach that she is so excited to wear. She and her family are going to 6 Flags for a Chol Hamoed trip and she chooses to wear a tichel instead of her brand new sheitel.
12. **Responsible** – Chaya and her husband need to travel for her sister's wedding but are not planning on bringing their 5 children with them. Chaya asks her 11th grade neighbor to babysit for them, because she has an excellent reputation for taking care of children well and is serious about the job.
13. **Mature** – Yakov (age 10) and Yossi (age 8) just came back from an exhausting field trip in day camp. They both rush to take a shower so they can change and eat supper. Yossi has a meltdown and starts crying about being at the bathroom first. Yakov tells Yossi to go ahead and that he will wait to take a shower.
14. **Creative** – Shira runs an art camp every summer, with a new theme. For each day of the month she has a brand-new original project and activity planned for her campers.
15. **Perceptive** – Moshe is 8 years old and so excited for his mother to come home from her trip to Israel! He can't wait to tell her all about his siyum, his English test that he got 100% on and everything else that happened while she was away. When his mother walked in Moshe noticed that she looked really tired and while she gave him a big hug and kiss and asked him all about his week, it seemed like she really just needed a drink and to go to bed. Moshe hugged his mother and told her that he will share everything with her tomorrow after she gets a good night's sleep.
16. **Motivated** – Malkie is really hoping for a full-scholarship to college. When Malkie is struggling to study for her tests or to do her homework, she reminds herself about this scholarship and refocuses her attention on what has to get done.
17. **Patient** – Yitzy is so excited to play this brand new board game that his family just bought for Shabbos. When Yitzy is explaining the instructions to everyone, his brother who is 1 year younger than him seems to really be struggling with understanding what he's saying. Yitzy calmly explains it as many times as his brother needs him to.
18. **Thoughtful** – Tova looks at the calendar and saw that it was November 3rd, the one year anniversary of her friend's grandmother passing away. Tova called her friend to see how she was feeling.
19. **Trustworthy** – Fayga just learned that her older brother is getting divorced. Fayga's mother told her that it is not public information yet, but Fayga can tell one or two close friends if she needs some support. Fayga calls Rochel to tell her, because she is great at listening and keeping a secret.
20. **Leadership/takes initiative** – Ahuva heard that a lot of new families were moving to her community this year. Ahuva called the school to see how many new girls there were going to be in her high school and planned a welcoming event to get them all acclimated and initiated to their new school.
21. **Flexible** – Shimmy and Yehuda plan a fishing trip for Sunday morning. On Motzei Shabbos, Shimmy calls Yehuda and asks him if he minds if his 2 brothers come along, even though this will cause some adjustments to the trip. Yehuda responds, "Sure! No problem!"



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22. **Open-minded** – Nechama grew up in a secluded area in Israel. Her parents want her to gain some exposure to other types of orthodoxy and send her to a sleepaway camp in New York. Nechama arrives excited about learning about all different types of Orthodoxy and different ways of doing things.
23. **Willing** – Devorah works for a children's after school program as a team leader. Devorah's official hours are from 4:30pm – 7pm, but when an idea for a weekend initiative arises, Devorah's boss call her for ideas and support because she is always eager to help.
24. **Logical** – Simi often gets over-whelmed and tends to make big problems out of small problems. When this happens, she calls her close friend for help. Simi's friend is always very down to earth, reasonable, and great at breaking things down and problem-solving.
25. **Supportive** – Leah and her twin sister Abby have always done everything together in life. They've gone to the same schools, camps, and even volunteered at the same programs. When Leah decided she did not want to go to seminary and preferred to go to college instead, Abby stood by her and encouraged her decision.
26. **Realistic** – Dina (16) and Esther (15) just moved with their family to a brand new, beautiful home. Their mother told them that they will be sharing the basement and can paint it whatever colors they'd like. Esther has always been the spunkier of the two and excitedly told Dina all her plans about painting the entire basement over their one week winter break. Dina suggested that they start with a goal of the two bedrooms first and then plan out the rest of the basement.
27. **Funny** – Menachem learned at an early age that even when things are difficult or serious, it's important to not take yourself so seriously. Menachem has a great balance of being responsible while also getting a kick out of things that objectively may seem stressful. Whenever his friends are having a bad day, they give him a call for some stress relief.
28. **Punctual** – Lazer does not like feeling rushed but also appreciates being on time for things. When Lazer is going somewhere new, he always gives himself an extra 15 minutes to account for unknowns or delays.
29. **Friendly** – Basha was not born naturally with a sunny disposition but learned in school the importance of greeting others with a smile. Basha began to work on herself and her demeanor and started smiling at others and greeting them warmly. Eventually, this became Basha's nature and she became known for her approachable disposition.
30. **Resourceful** – Aharon was on the way to New York when his phone, which he was using for navigation, died. Aharon looked around for a gas station and went to buy a charger. When the gas station said they did not sell chargers for that particular phone, Aharon bought a map and drove to New York, using the map.



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