



REV YOUR CHILD'S CHARACTER STRENGTHS WITH THE BATWHEELS



LEARNING BENEFIT:

Did you know that when we are aware of our best personal qualities, we are better able to harness them to manage problems, create strong relationships and feel confident like heroes? Psychologists call these qualities "character strengths" and they include things like social intelligence, teamwork and bravery.

It's never too early to help kids recognize and build their character strengths, which is something the Batwheels are doing, too! We asked Dr. Karen Reivich, Cartoonito Advisor and Director of Resilience and Positive Psychology Training Programs at the University of Pennsylvania, to discuss how the Batwheels build character strengths and how you can do the same with your child at home.

WHAT ARE CHARACTER STRENGTHS AND WHY ARE THEY IMPORTANT?

Dr. Reivich: If I asked, "Who is your child at his or her best?", you'd probably say something like, "She's so curious!", or "He's super loving and kind", or "This kid is fierce - the hardest worker in the family!" All of those things are character strengths and there are lots of them! Here are just a few:

- Creativity
- Curiosity
- Fairness
- Forgiveness
- Authenticity
- Humor
- Caring
- Judgment
- Leadership
- Caution
- Self-regulation
- Social intelligence
- Teamwork
- Bravery

You can help your child develop resilience and a deep sense of well-being by highlighting their character strengths – what makes them THEM - and encouraging them to use these strengths in all kinds of ways! Read on for some tips...





REV YOUR CHILD'S CHARACTER STRENGTHS WITH THE BATWHEELS

THE BATWHEEL'S CHARACTER STRENGTHS

Just like your child, each of the Batwheels have unique character strengths. Bam is loving and a budding leader. Bibi is learning to self-regulate. Below are some of Dr. Reivich's favorite examples of character strengths among the Batwheels that you can discuss with your child..

Episode 102: Bam's Upgrade

In this story, Bam gives himself an upgrade, hoping he will be better able to help Batman with the latest technology. But he comes to realize that his own personal strengths, rather than high tech bells and whistles, are what he needed all along.

Dr. Reivich: Bam is developing the character strengths of **AUTHENTICITY** and **GENUINENESS** in this story. When he tries to make himself like the other Batwheels, he isn't able to help the team. But, when he realizes that his strengths are valuable –he's not only being true to himself – he's also better able to help Batman out of a tough situation.



Episode 103: Stop that Ducky

When the troublemaker Ducky becomes the fastest wheels in Gotham, Bam must rally the Batwheel's team to stop him. But being a leader is harder than it looks...

Dr. Reivich: This story showcases how Bam develops the character strength of **SOCIAL INTELLIGENCE** as he works to understand others' thoughts and feelings and **LEADERSHIP** as he figures out how to encourage others and help everyone work well together. I also noticed Bam's self-awareness and honesty. He says "It's my fault for being so bossy and not listening", showing that we can always course-correct, a fundamental aspect of resilience!

Episode 104: Keep Calm and Roll On

Bibi's short temper gets the best of her when the unkind Jestah insults her. Her intense emotions distract her from helping Batgirl. Can she learn to "keep calm and roll on" so she can help Batgirl save the day?

Dr. Reivich: This story does a great job of depicting the character strength of **SELF-REGULATION** – the ability to manage our feelings and actions – and shows kids that character strengths can be developed through practice. This episode is one of my favorites because Bibi learns two specific tools (breathing and the use of a mental cue –Keep Calm and Roll On). Plus, she puts these into practice exactly when it matters most – when she is losing her temper. Ultimately, this allows her to regulate her emotions and stay focused on the task at hand – foiling the bad guys!



REV YOUR CHILD'S CHARACTER STRENGTHS WITH THE BATWHEELS

BUILD YOUR CHILD'S CHARACTER STRENGTHS

Here are three ways to build your child's character strengths and develop ones they value before and after viewing!

1. Spot Character Strengths in the Batwheels and in your favorite stories: Make a list of character strengths on index cards or your phone. After viewing or reading, ask your child to name a character strength they saw in the show or in a book! By noticing strengths in others, they'll be better able to notice the strengths they see in themselves.

2. Praise Strengths: When you see your child use one of his or her strengths to solve a problem or help someone, praise the specific strength you saw. For example, instead of saying "Good job fixing that broken wheel", you can say "Wow, your perseverance really paid off. You tried three different ways to fix the wheel." Or instead of saying "You were a good friend to your brother today", you can say "Your playfulness helped him feel a lot better."

3. Practice Strengths: You can help your child further develop a top strength or grow a desired strength through good old-fashioned practice. Ask your child to identify a character strength they want to make stronger from your list. Then help them think of three specific ways they will use that strength this week. After they practice the strength, ask how they felt using the strength and how it helped others. It might look like this:



THE CHARACTER STRENGTH I AM GOING TO PRACTICE THIS WEEK IS: KINDNESS

Three ways I will use this strength are:

1. I'll pick up 5 pieces of trash from the park.
2. I'll let my friend pick what game we play and I won't be grumpy about it.
3. I'll call Grandma on Saturday and tell her about my day.

It can take a while to develop a strength, so be patient and encouraging. Growing strengths can be a long ride, but it will fuel your Batwheel's happiness and confidence!