

# LAUGHTER

In your own words, how would you describe **laughter**?

How does the dictionary describe **laughter**?

Describe a time or times in your life that you believe you have shown this **Character Strength**.

In the boxes below describe a time you have shown this **Character Strength** and think of two things you will start doing in your roles as a student, family and community member. Also, which of your signature strengths will benefit from this **Character Strength**?

|                              | Describe a time/s I used this Character Strength well | What are two things I will start doing to build this Character Strength |
|------------------------------|-------------------------------------------------------|-------------------------------------------------------------------------|
| As a student at School       |                                                       |                                                                         |
| As a family member at Home   |                                                       |                                                                         |
| As a member of the Community |                                                       |                                                                         |