



Target competency	Know and value oneself
Cross-curricular competencies (QEP)	<ul style="list-style-type: none"> Construct their identity Cooperate with others
General objectives	<ul style="list-style-type: none"> Recognize what's a quality Identify a quality in oneself and in others Use a quality in a cooperative activity

INTRODUCING THE CHARACTERS AND THE PROGRAM

If this is the first year your students are participating in the program, introduce the characters and the program using the materials provided for this purpose on the [OFF-TRAIL website](#), under Workshops and tools for students/Basic workshops/Introduction to the program and the characters. You can use the pattern found there to make puppets of Leo and Charlie with your students.

THE ADVENTURES OF LEO AND CHARLIE

This year's OFF-TRAIL camp promises to be full of great adventures! On the bus ride to the camp, Leo and Charlie are already trying to guess what activity they'll be doing.

Last year, they loved the hike. Leo discovered that he is curious and determined, and Charlie learned that she was very resourceful and energetic. All year long, they put these qualities to good use and really enjoyed their outdoor activities.

By the time the bus arrives at the camp, it's almost the end of the day, and the sun is getting low in the sky.

The group is greeted by Mr. Julian, an adventurer and nature lover, who is waiting for them next to a big pile of objects. Everyone knows that Mr. Julian is sociable, hard-working and always in a good mood.

Once everyone is standing around the pile of objects, Mr. Julian announces that they'll have to help each other set up the camp for their first night of camping.

Night is coming, so they'll have to move fast. Everyone must use their strengths and qualities to get the job done, and they must work as a team.

DID YOU KNOW?

According to French psychologist Jeanne Siaud-Facchin, a quality is a strength that is part of everyone's identity, that characterizes an individual.

A quality is a personality trait that brings something positive into the life of the person who possesses it, or into the lives of others around them. For example, people may feel good and want to spend time with someone who is smiling and friendly.

When students learn to recognize their qualities, they learn to know themselves, to realize what they do well and to be open to the qualities of others. What's more, when they use their strengths, they help make the classroom climate more enjoyable.

Here are some examples of qualities you can discuss with the students:

- Resourceful
- Courageous
- Helpful
- Curious
- Creative
- Funny
- Kind
- Smiling
- Calm
- Friendly
- Generous

(Apprendre à éduquer, 2015)

INSTRUCTIONS

1. Ask the students if they know what a quality is. You can add that it's what describes a person, what we find special about them, what we like about them.
2. Ask students what qualities Leo and Charlie have in the story presented earlier.
3. By drawing names at random, form teams of about three or four students. Ask each group to gather together in a separate space in the classroom. Next, explain to the students that each of them has qualities. Suggest that students pay attention to the different roles they'll adopt during the activity and the strengths each one uses. This explanation will help them discuss the qualities observed in themselves and others at the end of the workshop.
4. Give the teams five minutes to create a cabin using materials you gave them. For example*:
 - 3 chairs
 - 1 floor mat
 - 4 dictionaries or other books at your disposal
 - 3 x 30-cm rulers
 - 2 water bottles
 - 1 blanket or large sheet of paper

* The materials used are not really important. Use what you have on hand. If you're worried about the hubbub in the classroom, use binders, pencils or other small materials, and ask teams to complete the exercise on a table.
5. Bring the students back into one group. Ask each student to say how they contributed to the cabin building activity in their team and what quality they used. Then ask their team members to name a quality for them, in turn. If students have difficulty naming qualities, you can give them examples by referring to the list of qualities in the slide show and on the *List of qualities* supplementary sheet (below). You can also explain what you observed during the workshop. *Facilitation strategy: If some students have difficulty finding qualities that are specifically required in the cabin-building activity, you can use qualities observed in everyday life in the classroom or school.*
6. Complete the activity by asking the following questions:
 - Does everyone have qualities? Are they the same for everyone?
 - Why do we want to know what our qualities are? Why are they important?
7. To conclude the workshop, help the students fill in the *Finding Your Qualities* handout (in writing or with a drawing) and suggest they colour it in.

 7

 8

 9

 10

 11

 12

CHALLENGE

Suggest the following challenge:

- Before the next OFF-TRAIL workshop, name a quality you notice in a friend.

ENABLING REINVESTMENT

To encourage discussion of qualities and reinvest them in everyday life, stick each student's photo on a large cardboard. Ask the students to write two qualities below their photo and one quality below the photo of at least one other student. Ask them to add more regularly throughout the year. It's quite normal for your students to have difficulty grasping the concept of qualities. The more you reinvest in this concept with them, the more they'll be able to develop their learning on the subject.

READING SUGGESTIONS

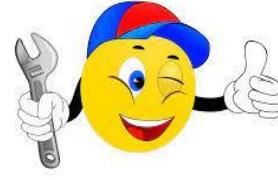
- Gravel, É. (2016). *The Cranky Ballerina*. HarperCollins.
- Spires, A. (2014). *The Most Magnificent Thing*. Kids Can Press.
- Willems, M. (2011). *Can I Play Too? An Elephant and Piggie Book*.



Text is under a [CC BY-NC 4.0](#) licence. Graphics designed with Canva are under [Canva's content licence](#). © [OFF-TRAIL program](#) by Centre RBC d'expertise universitaire en santé mentale (2025), Université de Sherbrooke.

SUPPLEMENTARY SHEET

List of qualities

			
Smiling	Smart	Friendly	Calm
			
Brave	Creative	Resourceful	Energetic
			
Funny	Determined	Patient	Handy
Curious 			
Curious	Kind	Imaginative	Encouraging

HANDOUT TO PRINT
Finding your qualities



I can't find my qualities...



No problem, Charlie!
You've got a lot of good
qualities, and I'm going
to help you.

What are your own qualities?
