### The VIA Classification of 24 Character Strengths

**WISDOM**
- Originality
- Adaptive
- Ingenuity

**COURAGE**
- Valor
- Not shrinking from fear
- Speaking up for what’s right

**HUMANITY**
- Self-Love
- Not being loved
- Valuing close relations with others

**JUSTICE**
- Citizenship
- Social Responsibility
- Loyalty

**TEMPERANCE**
- Mercy
- Accepting Others’ Shortcomings
- Giving People a Second Chance

**TRANSCENDENCE**
- Awe
- Wonder
- Elevation

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**CREATIVITY**
- Interest
- Novelty-seeking
- Openness

**CURiosity**
- Openness to experience
- Openness to emotion
- Openness to relationships
- Openness to ideas

**JUDGMENT**
- Critical Thinking
- Thinking Things Through
- Objectivation

**LOVE OF LEARNING**
- Mastering New Skills 
- Systematically Attending to Knowledge

**PERSPECTIVE**
- Wisdom
- Providing Wise Counsel
- Taking the Big Picture View

**BRAVERY**
- Perseverance
- Finishing What One Starts

**HONESTY**
- Authenticity
- Integrity

**ZEST**
- Vitality
- Enthusiasm
- Vigor
- Energy
- Feeling Alive

**SOCIAL INTELLIGENCE**
- Awareness of the Natural Feelings of Self/Others
- Knowing what Makes Other People Tick

**LEADERSHIP**
- Organizing Group Activities
- Encouraging a Group to Get Things Done

**FAIRNESS**
- Just
- Not Letting Feelings Bias Decisions About Others

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**FORGIVENESS**
- Mercy
- Accepting Others’ Shortcomings
- Giving People a Second Chance

**HUMILITY**
- Modesty
- Letting One’s Accomplishments Speak for Themselves

**PRUDENCE**
- Careful
- Cautious
- Not Taking Undue Risks

**SELF-REGULATION**
- Self-Control
- Disciplined
- Managing Impulses & Emotions

**SPIRITUALITY**
- Perseverance
- Faith
- Purpose
- Meaning

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**EAT SOMETHING HEALTHY**
**WATCH A MOVIE**
**COLOR / DRAW / DOODLE**
**ORGANIZE YOUR DAY**
**GO FOR A HIKE**

**FREE CHOICE**
**GO FOR A WALK**
**WRITE IN YOUR JOURNAL**
**TAKE A WARM BATH**
**FUN EXERCISE**

**CALL A FRIEND**
**DRINK MORE WATER**
**STRETCH**
**TURN OFF ELECTRONIC DEVICES**
**DECLUTTER SOMETHING**

**TAKE A NAP**
**BREATHE DEEPLY**
**LISTEN TO MUSIC**
**GO TO BED EARLY**
**HAVE A TREAT**

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**PLAY WITH A PET**
**WRITE A THANK YOU CARD**
**SPEND TIME IN THE SUN**
**READ A BOOK**
**MEET UP WITH A FRIEND**

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**Self-Care Bingo**

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Teacher Subjective Wellbeing Questionnaire

Name: 
Age: 
Gender: 
Date: 
Grade(s): 
Race/ethnicity: 

Below are some questions about your experiences as a teacher. Read each sentence and choose the one response that best describes you.

<table>
<thead>
<tr>
<th>Almost Never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Almost Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel like I belong at this school.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. I am a successful teacher.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. I can really be myself at this school.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. I am good at helping students learning new things.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. I feel like people at this school care about me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. I have accomplished a lot as a teacher.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. I am treated with respect at this school.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. I feel like my teaching is effective and helpful.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
Crisis Team

Mental Health Provider List

Lean on the EAP

Feeder-Based Therapists

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**Health and Wellness**

**Mental Health Therapists:**

We are licensed professionals who engage with students, families, and communities to improve and strengthen student mental health and wellness for the Jordan School District.

**What we do:**

| Bridge Resources | • Assist students and their families in accessing specialized mental health services in the community
| • Support students who are transitioning back to school from acute care
| • Connect and engage with community mental health providers and partners to assist families with services outside of school |

| Collaborate with school teams | • Assist school counselors and psychologists in mental health risk identification, intervention, and prevention
| • Work with school teams to identify and support Tier 2/3 students in need of additional mental health services |

| Provide Therapy | • Provide short-term, trauma informed, evidence-based therapy for high-risk students
| • Serve students and families by doing group/family therapy
| • Administer mental health services to students and families in the home as needed |

| Support with Crisis & Suicide Risk Intervention | • Collaborate with school teams/Health and Wellness department to support with crisis situations
| • Provide crisis intervention services as well as follow-up care for individuals affected by a crisis or suicide risk |

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**Health and Wellness Clinical Mental Health Support**

Kevin Mossel, LCSW
Health and Wellness Therapist - 385-249-7932

Sharon Steadman, M.A.
Health and Wellness School Psychologist - 385-236-0322

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**Mental Health Therapists**

HB 373 School-Based Mental Health Grant

Annie Larson, LCSW
Herriman Feeder - 385-272-4220

Jeremy Etherington, LCSW
River Cotton Feeder - 385-272-4762

Kitt Curtis, M.S., CMHC
Bingham Feeder - 385-271-6955

Janine Haeen, LCSW
West Jordan Feeder - 385-272-2899

Ruth Williams, LCSW
Copper Hills Feeder - 385-272-1566

Kip Webster, LCSW
Mountain Ridge Feeder - 385-272-3296

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Personal Development

Or

Professional Development

Thrive
(achieve your potential)

Confidence
(skills, achievement, esteem)

Connection
(friendship, love, and belonging)

Safety
(stability, routine, security)

Physical needs
(food, water, rest)