

Values in Action (VIA) Directions

Everyone loves a good story. “In this activity you will be listening to another person’s story and finding the strength qualities in her story.”

An important skill to practice is to listen to others. We are going to be practicing listening in this next activity.

1. Find a partner that you do not know very well.
2. You will be telling a story in which you felt proud, accomplished, or good about what you did or what happened. Your partner will be practicing active listening - listening for strength qualities and asking questions. Let your partner know when you both have a story in mind then you can start.
3. In your group select Person A and Person B. Person A, you will have two minutes to tell your story. Person B you will be listening for strength qualities through what the person did in the story.
4. Have one person set the timer on his phone for 2 minutes and Person A can start telling the story.
5. Person B, tell person A what strengths you heard them say. You can refer to the [VIA character strengths](#) chart for ideas on the strengths that showed up in the story.
6. Reverse roles and Person B tell a story and Person A practice listening to the story.
7. Then take a few minutes to reflect back on your story and strengths.