



# April's Character Strength: Zest

# Zest

Is having or showing intense and eager enjoyment, interest, or approval. Also referred to as vitality—is an approach to life that is filled with excitement and energy.



# Wais' Wisdom: Zest

Here is some information on zest. It's such an important character strength yet there doesn't seem to be as much info on it as some of the other strengths.

Research tells us that the character strength of zest (also known as vitality) is highly correlated to emotional well-being, social well-being, psychological well-being and satisfaction with life.

According to VIA <<http://www.viacharacter.org/www/Character-Strengths/Zest>> <<http://www.viacharacter.org/www/Character-Strengths/Zest>> a zesty person approaches all experiences with excitement and energy. A zesty person never does anything halfheartedly or halfway. For them life is an adventure.

A zesty child actively participates in class, shows enthusiasm and approaches new situations with excitement and energy. (I'd love to say something about the child who is about to jump out of his/her seat wanting to answer a question, that's zest. It might need to be tempered with a little self regulation, however the essence of that scenario is zest.)

Here is a very good blog posting from the Greater Good Science Center:

[http://greatergood.berkeley.edu/article/item/four\\_reasons\\_to\\_cultivate\\_zest\\_in\\_life](http://greatergood.berkeley.edu/article/item/four_reasons_to_cultivate_zest_in_life)>

# Zest Resources

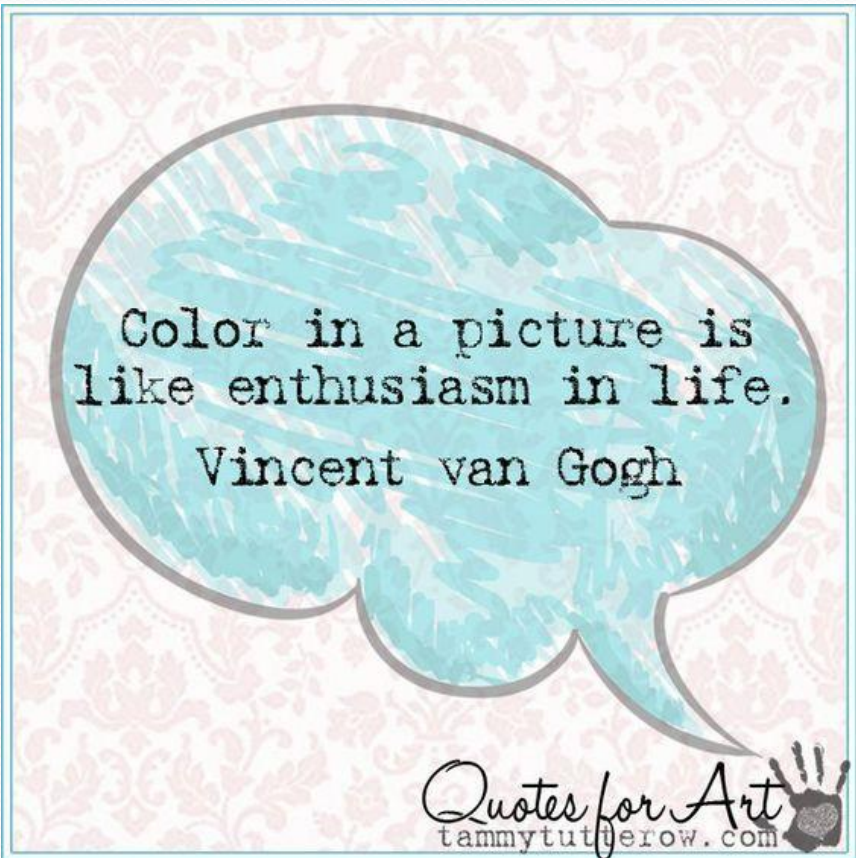
- Here is a youtube video <<http://youtu.be/YE7tNRWTDdI>> on zest that teachers might like to share with their students.
- Here is a very complete short article <<https://www.authentic happiness.sas.upenn.edu/newsletters/authenticchappinesscoaching/vitality>> on zest for both parents and teachers.
- And another summary <<https://characterlab.org/character/zest>> from Character Lab. (Both have suggestions on how to foster zest.)

# Zest Video



<https://www.youtube.com/watch?v=sK2jWSl5jkY>

# Wisdom for Your Wall



Color in a picture is  
like enthusiasm in life.  
Vincent van Gogh

Quotes for Art  
tammytutlerow.com 

**“Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.”**  
~ Ralph Waldo Emerson

AbundanceTapestry.com

SUCCESS IS WALKING  
FROM FAILURE TO FAILURE  
WITH NO LOSS OF  
ENTHUSIASM.

*Winston Churchill*





# Zest Texts

Mr. Archimedes' Bath  
by Pamela Allen  
Wombat Stew  
by Marcia Vaughan  
Doodledum Dancing  
by Meredith Costain  
OLGA the Brolga  
by Rod Clement  
Let the Celebrations Begin!  
by Margaret Wild  
Daisy All-Sorts  
by Pamela Allen  
A Nice walk in the Jungle  
Nan Bodsworth  
June 29, 1999  
by David Wiesner  
And Kangaroo Played His Didgeridoo  
by Nigel Gray

The Magnificent Tree  
by Nick Bland  
The Old Woman Who Loved to Read  
by John Winch  
The Boy Who Changed the World  
by Andy Andrews  
IGGY PECK ARCHITECT  
by Andrea Beaty  
Elmer  
by David McKee  
Mrs. Armitage on Wheels  
by Quentin Blake  
Cleversticks  
by Bernard Ashley  
Not a Nibble  
by Elizabeth Honey  
Rosie Revere Engineer  
by Andrea Beaty