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.
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: 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 sit 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>
Zest Resources

- Here is a youtube video<http://youtu.be/YE7tNRWTdI> on zest that teachers might like to share with their students.

- Here is a very complete short article <https://www.authentichappiness.sas.upenn.edu/newsletters/authenti-chappinesscoaching/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
Color in a picture is like enthusiasm in life.
Vincent van Gogh

“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
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