

August Activities



Perseverance:

I work hard to achieve my goals and I don't give up.

Make Ice Cream in a Bag!

Check out the directions from PBS Kids at: https://www-tc.pbskids.org/fetch/parentsteachers/activities/pdf/FETCH_IceCreamShake_AG.pdf

How does this activity relate to the strength of Perseverance?
Perseverance yields positive results for a tasty treat!



Perspective

I can see other people's points of view and offer good advice.

Family discussions about the return to the school building may be necessary to help everyone with the "Post-Covid Jitters." Your child may have many questions going from virtual school back to in-person learning. Answer their questions as best you can. When the question is asked "Is it safe to go back?", explain the safety measures you will reinforce for them to help them feel safe.



Gratitude:

I appreciate the good things that happen to me.

A Gratitude Minute

- Close your eyes and take three deep breaths. Pay attention to each inhale and exhale.
- Think of three people you're thankful for.
- Picture yourself with each of them.
- Smile, breathe in and breathe out, and open your eyes.



Teamwork:

I like being part of a team and doing my share.

Did you know jumping rope is not just a solo activity? It can be an awesome team building activity for a group or family. All you need is a large rope to get started. Take turns holding the two ends of the rope and jumping. What other strengths does this activity require?



Forgiveness:

I believe that everyone deserves a second chance. I can let things go.

To demonstrate the importance of the strength of Forgiveness, fill a backpack or sack with five heavy objects (like rocks or books) and label them Revenge, Hurt, Hate, Resentment, and Anger. Label the backpack "Unforgiveness." Take turns lifting the heavy backpack and try to hold it off the ground for a few minutes. Carrying the backpack is a lot like carrying these five feelings inside your heart. When you forgive, you let go of all these heavy feelings and feel much lighter.



Mindfulness:

I am present and fully engaged in the moment.

Before heading back to school, consider setting up a Home Relaxation Station to help your child recharge and reset when they are feeling upset or overwhelmed. Visit our website to learn more at: <https://thecharactereffect.org/blog/bring-the-character-effect-relaxation-station-home/>



Curiosity:

I explore the world around me with an open mind and ask questions often.

Children begin to practice their strength of Curiosity from a very young age. They are constantly wondering and asking "why?" about the world around them. You may not have all the answers to every question, but you can take the opportunities to learn together. It's okay to be vulnerable in uncomfortable conversations.



Mindfulness:

I am present and fully engaged in the moment.

Begin your morning with some mindful listening.

Head outside and focus on what you hear around you. What sounds do you hear? Traffic, birds, sirens, the rustling of the leaves in the trees? How many different sounds can you notice?



Judgment:

I am open minded and think through my decisions.

- 6 ways to improve your strength of Judgment. Take a moment to embrace a different point of view.
- Listen and consider the Perspectives of others before making a decision.
- Understand that new ideas and experiences can broaden your mind and challenge your thinking.
- Be eager to learn new things and build on existing knowledge, even if challenges exist.
- Be an effective team player and collaborator.
- Be fair and objective while building trust with others.

