





AUGUST 2022

No matter your age or life stage, learning (just like character strengths development) is a lifelong journey. The [love of learning](#) strength can be motivating because it helps people persist through challenges, setbacks and negative feedback. Other strengths that are helpful to bolster during back-to-school season include [kindness](#), [gratitude](#) and [bravery](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 If you like to gather information and do research, you demonstrate love of learning.</p>	<p>2 Think about one of your favorite teachers. What made them special?</p>	<p>3 Empower your team with customized training.</p>	<p>4 It's Family Fun month. What tradition does your household enjoy?</p>	<p>5 Consider reading Mindfulness and Character Strengths: A Practical Guide to Flourishing.</p>	<p>6  KINDNESS</p>
<p>7 Think of a brave role model in your family or community. How do they inspire you?</p>	<p>8  LOVE OF LEARNING</p>	<p>9 Celebrate what's strong and unique in the youth in your life.</p>	<p>10 REMINDER: Mindfulness - Based Strengths Practice begins 9/2022.</p>	<p>11 Help your child activate their strengths to kick off a successful school year.</p>	<p>12 Identify your top strength and commit to using it this week.</p>	<p>13 Practice this strength-spotting activity at home, focusing on bravery.</p>
<p>14 Practice kindness. Let someone merge in front of you or take a primo parking spot.</p>	<p>15 Add these tips to your stress management toolkit. #RelaxationDay</p>	<p>16 Be brave. Share a relationship concern with your partner, sibling or parent.</p>	<p>17 Try this planner that weaves character strengths into daily activities.</p>	<p>18 Do you easily empathize with others? If so, you may be high in the strength of kindness.</p>	<p>19  GRATITUDE</p>	<p>20 Boost your strength of gratitude with our Three Good Things activity.</p>
<p>21 During your next grocery trip, offer to help someone load their car.</p>	<p>22 When was the last time you sent a handwritten thank you note?</p>	<p>23 Discover strategies to help your kids stay mentally strong.</p>	<p>24 Share about a recent book you read and what you learned.</p>	<p>25 Express gratitude today by thanking a service worker.</p>	<p>26 Kindness for Kids! Encourage a child to give someone a high five today.</p>	<p>27 Weekend warriors: Check an item off your to-do list.</p>
<p>28  BRAVERY</p>	<p>29 5 ways to promote gratitude in children.</p>	<p>30 Ask your child what they like about a new teacher.</p>	<p>31 Help your teens increase optimism and resilience.</p>	