

We've been exploring Character Strengths all year at school! What Strengths will you use this summer at home?



Mindfulness
I am present and fully engaged in the moment.



Appreciation of Beauty
I value and respect the unique qualities in everything I see around me.



Bravery
I take on challenges and speak up for what is right.



Creativity
I can think of lots of ways to solve problems and use my imagination.



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



Fairness
I believe everyone should have the same opportunities.



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



Friendship
I get along well with others and my friends can count on me.



Gratitude
I appreciate the good things that happen to me.



Honesty
I am open and truthful.



Hope
I feel positive when I think about the future.



Humility
I let my accomplishments speak for themselves.



Humor
I like bringing a smile to others.



Intentional
I am thoughtful in working to improve myself and my world.



Judgment
I am open-minded and think through my decisions.



Kindness
I am helpful and nice to others.



Leadership
People value my opinion and look to me for direction.



Love
I value my close relationships with others.



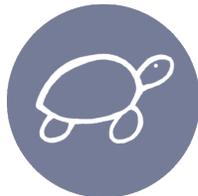
Love of Learning
I get excited about discovering new things.



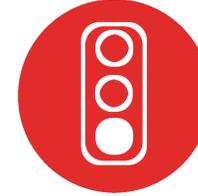
Perseverance
I work hard to achieve my goals and don't give up.



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



Prudence
I carefully and thoughtfully approach situations I encounter.



Self-Control
I can stop, wait and manage my emotions.



Sense of Meaning
I am discovering my purpose and place in the world.



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



Zest
I approach daily life with energy and excitement.

Family Summer Challenge:

Are you up for a challenge? Try these fun and interactive activities from The Character Effect™ with your family this summer! Take this opportunity to plan Intentional fun together and take on all the challenges as a family!



Kindness & Gratitude

Begin dinner with each family member naming one thing that they are grateful for and an act of kindness they are willing to complete during the week.

Bonus: Make this a new family routine and begin dinner each night this way.



Friendship

Encourage your child to invite a new friend over. Depending on your child's age you can help to arrange this "play-date." Help your child come up with different games or activities that they can play.

Bonus: Prepare a special snack with your child before the friend arrives.



Gratitude

As a family, design and write cards to send to members of the community expressing gratitude for them. This could be family members, neighbors, co-workers, postal workers, garbage collectors, police officers or firefighters.

Bonus: Take a special treat when you deliver the card or create multiple cards throughout the summer!



Love

Invite each family member to draw a picture of themselves doing their favorite activities with people in their life that love them.

Bonus: Make the time to complete everyone's favorite activity this summer!



Intentional & Hope

Carve out time during dinner or before bed to discuss the answers to these questions as a family:



- Think of a time you felt proud of yourself. What made you feel proud?
- Think of a time you overcame an obstacle. How did you do it?
- What is one dream or goal that you have?

Bonus: Think of a different curiosity question each day to make part of your family routine.



Self-Control

Play music and dance together as a family. Stop the music abruptly and

call out "Freeze" while putting your body in an interesting position (i.e. arms out in a T shape or standing on one foot); everyone tries to freeze and mimic your position. Start the music and try again! Then rotate who leads each round.

Bonus: Check out videos from The Character Effect™ on YouTube and learn more about Character Strengths and practicing Mindfulness.



Bravery

Create personalized Bravery medals to acknowledge your child's strength of Bravery. A brave moment could be going back to bed after a bad dream or jumping into the pool for the first time.

Handout the medals to remind them that they are brave.
Bonus: Remind your child of their strength of Bravery the next time they feel scared.



Perseverance & Teamwork

Complete a jigsaw puzzle as a family. Help each other complete the puzzle and encourage each other if you get stuck or frustrated.
Bonus: Once you finish the first puzzle choose another activity or game that you can participate in together as a family!



Creativity

Create instruments as a family from items that you have around the house to form your own band! For instance: Make a homemade guitar by cutting a hole in the lid of a shoe box and gluing the lid down. Then, stretch rubber-bands long-ways around the box and start strumming! Once everyone has made their instrument – play some music together!
Bonus: Have a summer concert or karaoke night with your family.



Humor

Create a joke jar and have one family member share one joke each day. Be sure to include jokes that would be funny to the whole family and not hurt someone's feelings!

Bonus: Take your comedy to a new level and take turns being the comedian "on stage."



Zest & Leadership

Play 'Follow the Leader' as a family. Make a single-file line. The leader picks motions—waving arms or hopping like a frog—and the line follows! Take turns leading.

Bonus: Have a conversation with your family about the strength of Leadership. What makes a good leader?



Curiosity

The warm summer weather is perfect for stargazing. Gather your family and head outside on a clear night to try to count all the stars you can see in the sky.

Bonus: Try this during the day and have fun identifying shapes in the clouds.



Love of Learning & Creativity

Launch a lemonade stand. Promote math and science skills by making and measuring the recipe and determining pricing. Develop social skills by shopping for supplies and working with the customers. Be creative in developing signage and teach responsibility with money.

Bonus: Do another activity as a family that promotes your child's Love of Learning in something they are especially interested in.



Mindfulness

Take a walk as a family. While you walk, use your senses to observe what's around you.

- I Hear... Practice being silent and focus on things you hear (birds singing, wind blowing, dogs barking).
- I See... Look around – what do you see (small flowers, strange bugs, cool rocks)?
- I Smell... What can you smell (cut grass, mud or dirt, flowers)?
- I Feel... How do things feel (rough tree bark, prickly grass, smooth rocks)?

Bonus: Check out videos from The Character Effect™ on YouTube and try out a Mindful Minute.