











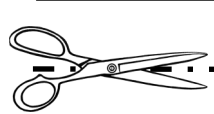


CHARACTER STRENGTHS HOME CHALLENGE

We all use our character strengths to thrive. Each day choose 1 or 2 character strengths to focus on with your family. In each box are some simple examples of what you could do. Send your teacher a photo or video on Google Classroom, Seesaw or Class Dojo throughout the week of you flexing your unique combination of character strengths!

<p>Prudence</p> <ul style="list-style-type: none"> -Make a list of things that will improve your day -Plan a time to go outside or exercise with your family 	<p>Appreciation Of Beauty</p> <ul style="list-style-type: none"> -Lay in your yard and watch the sky or stars. -do something you enjoy for at least 10 minutes today 	<p>Leadership</p> <ul style="list-style-type: none"> -Help a someone cook a meal to eat 	<p>Fairness</p> <ul style="list-style-type: none"> -Listen to a family member with an open mind -Treat others the way you would like to be treated 	<p>Teamwork</p> <ul style="list-style-type: none"> -Play songs that the whole family enjoy -Play a boardgame as a family 	<p>Forgiveness</p> <ul style="list-style-type: none"> -Hug a family member, it's beneficial for both of you. - write or draw a letter to one of your family members 
<p>Gratitude</p> <ul style="list-style-type: none"> -Tell a family member something you are grateful for today -Enjoy the time you spend with your family 	<p>Spirituality</p> <ul style="list-style-type: none"> -Make up a song about something you are thankful for about your family 	<p>Self-regulation</p> <ul style="list-style-type: none"> -Do some mindfulness breathing (5 finger breathing) -Take 3 or 4 deep breaths before responding 	<p>Humility</p> <ul style="list-style-type: none"> -Write or draw one thing that you are proud of today -give a compliment to a family member 	<p>Humour</p> <ul style="list-style-type: none"> -Tell a joke to make someone laugh -Send a funny photo or video to your teacher to make them laugh 	<p>Hope</p> <ul style="list-style-type: none"> -Draw and write 3 things you are hopeful for today. 



When I show **HOPE**, I find the silver lining, I look for the good in life!

Three things that I am **HOPEFUL** for this week are....

Draw and write in the clouds 3 things you are hopeful for this week during home learning. Cut out the clouds and make a mobile with string or paper and display somewhere in your home.

