

Fall Family Challenge!



Post this Fall Family Challenge up in your home and work as a family to complete. Pick a treat you are all working towards to celebrate!

Being Mindful.

- Take a slow & patient walk together, noticing the change in the season.
- Try deep breathing. Breathe through your nose like you are smelling a mug of hot chocolate. Exhale through your mouth like you're blowing off the steam.
- Each family member starts the day by pointing out a loved one's positive strength or characteristic.
- Try SLOOOWLY eating one of those Halloween candies. Notice the color of the wrapper. Notice the sound as you unwrap. How does it feel in your mouth? How does it taste? Now enjoy!

Building Strengths.

- Discover you & your children's top 5 strengths at viacharacter.org.
- Build on the strength of 'Hope'. Make a family goal and the steps to accomplish it.
- Build on the strength of 'Gratitude'. Begin dinner with everyone sharing something good that happened today.
- Build on the strength of 'Perseverance'. Put together a jigsaw puzzle as a family.


The Character Effect™
Being mindful. Building strengths.