

Character Strength

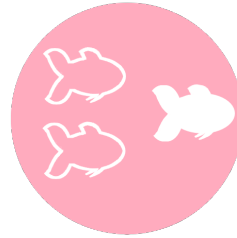
Summer Activities!



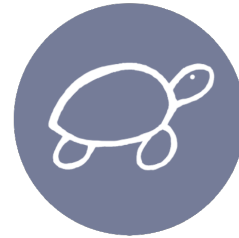
FORGIVENESS



MINDFULNESS



LEADERSHIP



PRUDENCE



PERSEVERANCE



PERSPECTIVE



SENSE
OF MEANING



FRIENDSHIP



HONESTY

August

August 1

Leadership: Ask your child to plan a meal, assign cleaning duties, or plan a family afternoon activity and build on their strength of leadership.

August 4 (International Forgiveness Day)

Forgiveness: Encourage siblings to forgive & forget during a squabble. Role model forgiveness during the day when you are cut off in traffic or a door is not held open.

August 9

Perseverance: Next time your child does not let up about a request, "Can I have some candy?" "I'm old enough for a phone now." Strength spot them for their perseverance, and then use your strength of perseverance to continue to say 'no' or use your strength of judgment to hear their point of view.

August 13 (Left Hander's Day)

Perspective: Try using your non-dominant hand to do a simple task, putting yourself in another person's shoes.

August 17

Sense of Meaning: Is helping your child find their place in this big cosmic world... a little intimidating? Try simply flipping your language from 'what do you want to be when you grow up?' to 'who do you want to be when you grow up?' or 'what type of person do you want to be?'

August 21

Prudence: Take a moment to remind younger kiddos about safety around cars, crossing the street or in parking lots. For your older children, perhaps email or print an article for them about paying attention to privacy options on social media.

August 24

Mindfulness: Test out Apple's Screen Time or Google Digital Wellbeing to watch your & older kids' screen time.

August 27

Friendship: Ask your child to name 3 qualities they like in a friend. Then ask if they think they share those characteristics with friends or do they share different ones.

August 31

Honesty: Family strength spotting! It's hard to tell the truth sometimes, so celebrate someone admitting to taking an extra cookie or sneak reading at night.