

# Character Strength Summer Activities!



HUMILITY



MINDFULNESS



CURIOSITY



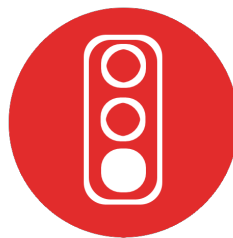
HUMOR



GRATITUDE



TEAMWORK



SELF-CONTROL



CREATIVITY

## July

### July 1

**Humility:** Today everyone has a truly secret mission. Do a random act of kindness, but tell no one.

### July 4

**Gratitude:** Take a moment as a family between the hot dogs and fireworks to appreciate the freedoms we are allowed in the United States of America.

### July 8

**Curiosity:** Encourage your younger child to 'interview' a family member that lives further away via phone or Facetime. Challenge your older child to find out one new thing about their best friend.

### July 12

**Self-Control:** Buy a bag of candy or other favorite treat as a family and see how long it will last! Maybe even try some mindful eating to savor the treat.

### July 20

**Creativity:** Snag a cardboard box from the grocery store or save a few from Amazon for your younger children and let them build and create whatever their imaginations come up with. For older children, maybe let them see and create some TikTok videos.

### July 24 (National Tell a Joke Day)

**Humor:** Everyone needs to tell a joke before dinner can begin.

### July 27

**Mindfulness:** Take a walk without headphones. What did you hear? Did you notice anything new?

### July 30

**Teamwork:** Jigsaw puzzles can be inexpensive, and can foster teamwork among a family or group of friends, especially on rainy summer days. "Find all the edges!" "I've got a corner!" "Anyone else have the other half of this..."