

Character Strength Summer Activities!



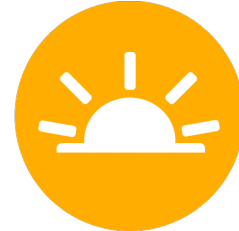
BRAVERY



MINDFULNESS



**LOVE OF
LEARNING**



HOPE



LOVE



**APPRECIATION
OF BEAUTY**



FAIRNESS



JUDGMENT

June

June 1

Bravery: Encourage your child to set an intention to accomplish a summer goal that makes them a little nervous.

June 4

Mindfulness: Encourage your child to listen to a friend's conversation without thinking about what they are going to say next... grown-ups can try this too!

June 7

Love of Learning: Reserve the 3-D printer or test out the button-making machine at Cincinnati Public Library's downtown Makerspace or check-out any of their local programming all summer long.

June 10

Hope: This morning ask a family member what they are looking forward to today. It will send them on a path of positivity & hope; and then ask about that thought later.

June 14

Love: Any day can be Valentine's Day. Encourage younger kids to make a card for someone. Suggest to older kids to send a quick text (from your phone or theirs) to a loved one.

June 21 (Summer Solstice)

Appreciation of Beauty: Take a mindful moment to notice the light in the evening during the longest day of the year.

June 24

Fairness: What about a mini book club within your family? Encourage older children to read or listen to the audio book of *Ghost Boy* by Jewell Parker Rhodes and leverage public book club questions to spark a conversation about race. For younger ones, have a movie night and talk about Harry Potter's life vs Dudley's life while living at 4 Privet Drive.

June 28

Judgment: Siblings arguing? Teens reading a twitter war thread? Ask them to argue the opposite side for 2 minutes today and encourage them to remain open-minded before coming to a conclusion.