

July Activities



Love of Learning:

I get excited about discovering new things.

Engage your kids in their strength of Love of Learning by taking a virtual field trip. You can see the world and overcome boredom. Check out Slime in Space, a 15-minute virtual field trip with two astronauts on the International Space Station who demonstrate how slime reacts to microgravity. Curious? Check it out at: <https://www.weareteachers.com/best-virtual-field-trips/>



Honesty:

I am open and truthful.

We usually think of Honesty as telling the truth, but Honesty is also about being true to yourself and being open about your feelings. Take an opportunity to talk with your child about their feelings and the things they notice happening around them and in the community.



Self-Control:

I can stop, wait, and manage my emotions.

There are many fun games that promote Self-Control. Here are a few for your family to enjoy:
Red Light, Green Light
Musical Chairs
Freeze Dancing
Balloon Volleyball
What games can you add to this list and try out this summer?



Creativity:

I can think of lots of ways to solve problems and use my imagination.

Get creative with your strengths this week! Assign each day a specific strength your family will practice. For example, try the following schedule: Monday-Creativity, Tuesday-Bravery, Wednesday-Love of Learning, Thursday-Honesty, Friday-Hope. Schedule check-ins throughout the day to stay on track!



Hope:

I feel positive when I think about the future.

What motivates you? Being hopeful can give you something to look forward to. Set intentions to accomplish something your family has been wanting to do. As you move toward the accomplishment, celebrate your milestones along the way.



Mindfulness:

I am present and fully engaged in the moment.

Set an intention to be Mindful today! Take a moment to stop what you are doing, close your eyes, and take three deep breaths three different times throughout the day. Set a reminder on your watch, phone, or smart speaker to remind yourself and invite your child to join in.



Bravery:

I take on challenges and speak up for what is right.

What does it mean to be color brave? Being color brave means having candid conversations about race that can help us better understand each other's perspectives and experiences so that we can make better decisions and secure better prospects for future generations.

Practice being comfortable with being uncomfortable.



Appreciation of Beauty:

I value and respect the unique qualities in everything I see around me.

Begin the day by Appreciating the Beauty of the world around you. You may even want to create a photo board of images that ignite admiration and amazement.



Humility:

I let my accomplishments speak for themselves.

Humility can be taught to children in many forms:

- In an apology
- In serving others
- In being grateful

Don't confuse the strength of Humility with humiliation.

