How Many Of The Following Activities Can You Do?

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| Be Responsible by cleaning your room | Be Respectful as you play a game with a friend or family member | Do something extra nice for a brother or sister | Write about a time that you Persevered | Tell someone about a time when you used Self-Control |
| Tell someone 5 things you are grateful for | Write or draw what it means to be a good friend | Practice sitting still for 1 minute - what sounds do you hear? | After reading a chapter in a book, write or tell someone the emotions you saw in the book | Tell someone what it takes to be a good listener |
| Tell someone all of the emotions you can think of | Tell someone what are 3 things you can do when you are upset? | Talk/Write/Draw about a time you showed empathy | Talk/Write/Draw about a time someone showed you empathy | List 3 positive character traits you have learned this year |
| Read a book and discuss the moments of caring you see | Tell about a time you felt sad | Be Responsible by helping to set the table | Tell about a time you showed compassion | Do an act of caring for a family member or neighbor |
| Send a compliment note to a classmate telling something they do well | Write and send a thank you note to your parent | Do an extra chore around the house to help out your parents | Send a “thinking of you” note/card to your grandparents, aunt, uncle, or another adult friend | Practice Mindfulness by doing the 5 Finger Breathing (trace the fingers on your hand while breathing) |