



Dear Parents,

SBISD's Guidance and Counseling Department wants to support you as you support your students while they are at home. To that end, we would like to make available to you short lessons for Social Emotional Learning as well as Family Character Workouts from Character Strong. Each week we will provide new lessons and Family Character Workouts for your students and for you.

SBISD has been using Character Strong materials in all middle schools this year. Advisors and teachers have been teaching the Character Strong curriculum which focuses on positive character traits through lessons and through Character Dares.

The mission of Character Strong is to help schools more effectively teach strong character and social-emotional skills to their students.

Character Strong has provided these free resources for schools during this time of online learning, and we are excited to share them with all SBISD grade levels. Please feel free to reach out to your student's counselor should you have questions regarding these lessons.

Digital Backpack: Week 2

[Elementary \(K-2\)](#)

[Elementary \(3-5\)](#)

[Secondary](#)