



## Respect and Commitment

- Check out this video- [Karate Kid](#)
- **Summary:** The Karate Kid is asked to repeatedly place his jacket on the hook and then remove it. He tires of this routine and thinks it is pointless. What he doesn't realize is that this simple task gave him the perfect form for karate. Like the Karate Kid, sometimes we don't see the significance in keeping a routine when there isn't a direct result. Even though we don't see the significance, both ourselves and others may be impacted. For example, when you consistently smile at someone in the hallway, their entire day may brighten up. The effect of smiling at someone every day for a whole year is much greater than the effect of just smiling at someone every once in awhile, which shows just how important keeping a routine can be.
- Debrief-
  - Following a routine can be tedious and takes determination. What are some ways in which you can keep yourself accountable and stay motivated to follow a routine?
  - In what areas of your life can following a routine benefit yourself?
  - In what areas of your life can following a routine positively affect others?
  - What is one goal that you can consistently practice in your community or school throughout the year? For Example: Open the door for five people every day.

## Family Character Workouts- Tools to connect and build character while at home.

TAKE A  
HIKE

FAMILY (C.A.R.E.)

Search for hiking or walking trails in your area and pick one you haven't tried before.

Even if it's just walking around the block, get some family fresh air and keep technology or distractions at home. See if your students wants to come up with the topic or theme of the conversation while you walk.

Character Strong

The graphic features a light green background with a faint silhouette of a hiker. At the bottom, there is a dark green bar containing a play button icon, a camera icon, and the 'Character Strong' logo.

### Take a Hike

Search for hiking or walking trails in your area and pick one you haven't tried before. Even if it's just walking around the block, get some family fresh air and keep technology or distractions at home. See if your kids want to come up with the topic or theme of the conversation while you walk.

## WALKING TRASH PICK-UP

FAMILY (C.A.R.E.)

Go for a walk in your neighborhood or at a local park and pick up any trash you see along the way.

Come prepared! Bring some gloves and your own trash bag so you can be clean while you clean. Try making it a competition between all family members: who can pick up the most trash or pick up trash the fastest?



*Character  
Strong*

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*\*Please note: Character Strong has graciously provided these materials to all schools at no charge for use during this time. Character Strong has given permission to the Spring Branch Independent School District to share these resources with SBISD families. For more information about Character Strong, go to <https://characterstrong.com/>.*