

Character Strong

Respect and Perseverance

- Check out this video- [Kindness Boomerang](#)
- Debrief-
 - In what ways did you see respect shown in the video?
 - Do you think the man who helped the boy up from his skateboard, in the beginning, knew that his respectful actions would cycle back to him?
 - What can stand in the way of paying respect forward?
 - How can you create a chain reaction of respect in your own life?
- Check out this video- [Power of Not Giving Up](#)
- Debrief-
 - What situation is this girl trying to work through? What do you think she is feeling?
 - What challenges or obstacles is she facing? What is her attitude like? Is there something in your life where you have a similar attitude?
 - Share about what you saw her experience at the end. What makes her reaction important? How is she being supported? How is she being independent?

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

Family
PurposeFull Pursuits

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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.

Purpose Full People

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

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.

**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/>.*