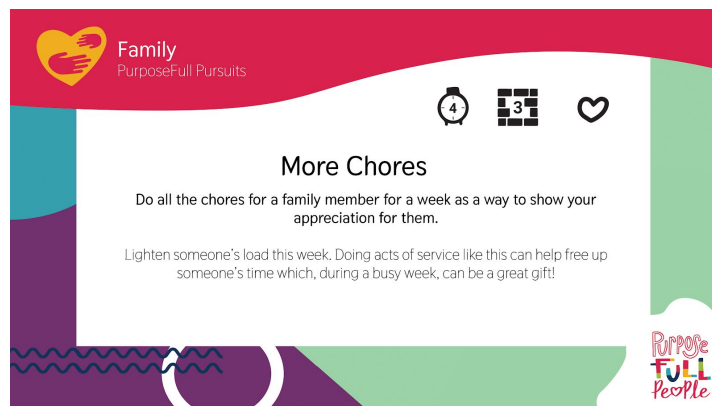


Character Strong

Courage

- Check out this video- [George Springer Finds Courage](#)
- Debrief-
 - Who encouraged George Springer to face what frightened him?
 - Who is someone that you think is really courageous and why?
 - When have you done something courageous? How did it turn out?
 - What did you learn the last time you were really courageous?
 - Have you ever shown Courage but hoped or planned for a different outcome?
 - How does Courage look, sound, feel?

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



The card features a red header with a yellow heart icon containing two hands, the text "Family PurposeFull Pursuits", and three icons: a clock with the number 4, a calendar with the number 3, and a heart. The main title is "More Chores". The text reads: "Do all the chores for a family member for a week as a way to show your appreciation for them." Below this, it says: "Lighten someone's load this week. Doing acts of service like this can help free up someone's time which, during a busy week, can be a great gift!" The bottom right corner has the "Purpose Full People" logo.

More Chores

Do all the chores for a family member for a week as a way to show your appreciation for them. Lighten someone's load this week. Doing acts of service like this can help free up someone's time which, during a busy week, can be a great gift!



The card features a red header with a yellow heart icon containing two hands, the text "Family PurposeFull Pursuits", and three icons: a clock with the number 1, a calendar with the number 1, and a heart. The main title is "Help Me Help Me". The text reads: "Have everyone write down a list of 3-5 things that they would appreciate if someone helped them with, said to them, or shared with them." Below this, it says: "Put it in a public place and see if, each week, everyone can get something checked off the list." The bottom right corner has the "Purpose Full People" logo.

Help Me Help Me

Have everyone write down a list of 3-5 things that they would appreciate if someone helped them with, said to them, or shared with them. Put it in a public place and see if, each week, everyone can get something checked off the list.

**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/>.*