



## Humility and Selflessness

- Check out this video clip- [Schindler's List Clip](#)
- Summary: Oskar Schindler was dedicated to saving as many Jewish people as he could during the Holocaust. Even when surrounded by all those who he had saved, he wept, wishing he could have saved more. His Jewish friend through it all expressed gratitude for the generations that would follow because of Schindler's choices.
- Debrief-
  - Why do we study and examine our past, present, and future?
  - How does Schindler show humility?
  - What sacrifices did Schindler make in order to help people? Why do you think he was willing to make those sacrifices?
- Check out this video- [Sarah Tucholsky- Sportsmanship](#)
- Summary: Sara, a college senior, has been committed to softball her entire athletic life. Today, she hit her first home run. Sara's ACL tore as she ran to first base so she held on that base, knowing it was her only way to NOT be tagged out. Her dedication stirred empathy in the competing team, who picked her up, and carried her around each base, even though doing so resulted in a loss. These girls had choices and they chose to use their powers for good. They influenced Sara's perspective about her career and those she competed against forever.
- Debrief-
  - How can small actions eventually change the world?
  - How can we ensure that conflicts lead to constructive change and a positive outcome for everyone involved?
  - If you could choose one rule for the entire world to adhere to, what would it be and why?

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

NO MORE  
CHORES

FAMILY (C.A.R.E.)

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 graphic features a light blue background with faint images of a laptop and a smartphone. At the bottom, there is a dark blue bar containing a play button icon, a camera icon, and the 'Character Strong' 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!



## 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/>.*