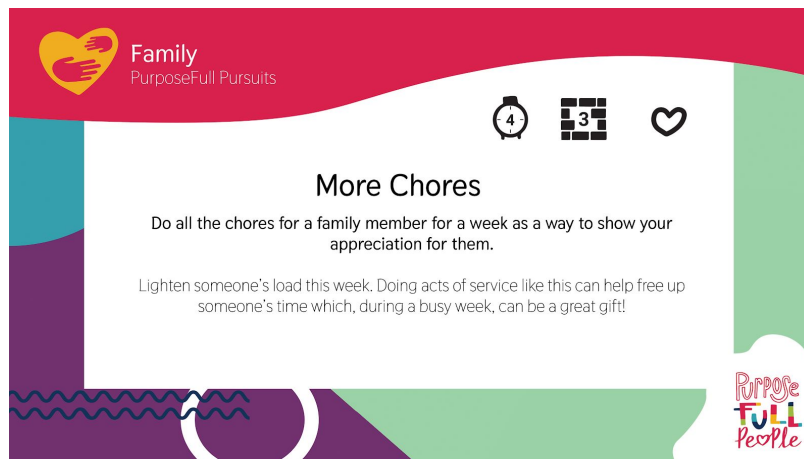




Empathy and Courage

- Check out this video- [Sesame Street- Empathy with Mark Ruffalo](#)
- Debrief-
 - How do Mark and Murray define empathy?
 - What feelings does Mark feel that Murray also starts to feel?
 - Did Murray go through the exact same things as Mark in order to feel those feelings?
 - What are you feeling today? This week?
- Check out this video- [What is Courage?](#)
- Debrief-
 - Do you have to wear a cape to show courage?
 - Is courage the same as being brave?
 - Do you think having Courage is important? Why or why not? What are some things that scare people, that might keep them from feeling courageous? What scares you?

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



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/>.*