



Forgiveness and Honesty

- Check out this video- [Integrity Test](#)
- Summary- Javier is a man with a wife and two kids who had been struggling to support his family financially. He finally got steady work and to a place where his family was starting to feel some security. Javier was even offered a promotion. However, when he interviews for a position, the interviewer asks him to make an unethical decision. He knows that he needs the money but chooses to act with integrity. His integrity and honesty is put to the test, and these powerful clips demonstrate what can happen when you do what is right.
- Debrief-
 - What does Javier's wife say makes a man rich?
 - Do you agree? Why or why not?
 - When have you made a decision that went against your morals?
 - How about a decision that lined up with your morals? How did it feel to make a decision that was in alignment with your personal beliefs when it could have been easier to choose against it?
- Check out this video- [Marion Jones: Disgraced Track Star Apology](#)
- Summary- USA track star Marion Jones is an American former world champion track and field athlete. She won three gold medals and two bronze medals at the 2000 Summer Olympics in Sydney, Australia. In this clip, she admits to using steroids to enhance performance. It is a quality example of what a genuine apology looks like.
- Debrief-
 - What makes Jones' apology genuine?
 - What are the elements of a good apology?
 - In what ways do you need to be more responsible for your actions?

Student Character Workouts

Time Drain

Spend today keeping track of where you dedicate your time. Think about what you want for your life and evaluate if you're putting time into the right things.

Do you want to learn how to code, but spend an hour checking Facebook? Do you want to be a faster runner, but binge-watch on Netflix nightly? Unless we take a moment to keep track of our time, the hours can disappear quickly and our priorities become not so prioritized.

Honesty

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The graphic is a green rectangular box with a background of a forest. It contains the title 'Time Drain' in white bold text. Below the title is a paragraph of text in white, followed by a smaller paragraph. At the bottom left is the word 'Honesty' in a cursive font. At the bottom right are five icons: a left arrow, a right arrow, a pause symbol, a right arrow, and a heart symbol.

Time Drain

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Reflect:

- Were you surprised by where the majority of your time was spent? Why or why not?
- Did where you spend your time align with your life goals? Why or why not?

Social Media Mad

As you scroll through your Twitter, Facebook, or Instagram and see something that annoys you, try to understand where it is coming from.

Sometimes we see things that annoy us, make us angry, or drive us crazy. Take today to scroll through and pay attention to these things. Then, take a step back and think about what might be causing people to post like this. Are they crying out for attention because they are lacking it elsewhere in their life? Are they venting because they need someone to listen to them?

Forgiveness

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Reflect-

- Did pausing provide you a new perspective?
- What was the most challenging part of this dare? Why?

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

MIX TAPE

FAMILY (C.A.R.E.)

Create a playlist of songs for a family member and send it to them with a note explaining why you chose those songs.

Even if you just find one song online or copy and paste some lyrics that stand out to you, music can be a beautiful way to connect! And, each time they hear that song, they'll think of you (and you of them!).

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Character Strong

Mixtape

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THE HOME GAMES

FAMILY (C.A.R.E.)

Set up a 5 event tournament that involves some silly games and some clean up games to make tidying up fun.

Look up some “minute to win it” type games and combine them with some household chores. For example, see who can fold and put away 10 pieces of clothes the fastest and then see who can use a clothes hanger as a golf club to hit some balled up socks the farthest. Winner gets the grand prize...whatever you want that to be!

Character Strong

Home Games

Set up a 5 event tournament that involves some silly games and some cleanup games to make tidying up fun. Look up some “minute to win it” type games and combine them with some household chores. For example, see who can go and put away 10 pieces of clothing the fastest and then see who can use the clothes hanger as a golf club to hit some balled socks the farthest. Winner gets the grand prize...whatever you want it to be!

**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/>.*