

# Character Strong

## Connection and Reflection

- Check out this video- [Can We Auto-Correct Humanity?](#)
- Summary: Prince Ea addresses the lack of human interaction due to technology. He encourages students to look up and into the eyes of the people around them. Through spoken word, he emphasizes that each of us have a choice to work towards a more human-centered future.
- Debrief-
  - What are the downsides of technology in regards to human connection?
  - What does Prince Ea describe as the choice facing each of us?
  - How does technology affect your relationships?
- Check out this video- [Carol Dweck: The Power of Believing You Can Improve](#)
- Summary- Carol Dweck researches “growth mindset” — the idea that we can grow our brain’s capacity to learn and to solve problems. In this talk, she describes two ways to think about a problem that’s slightly too hard for you to solve. 1) Are you not smart enough to solve it? 2) Or have you just not solved it yet?
- Debrief-
  - How does Carol describe the power of the phrase “not yet”?
  - What does the brain look like when using the “growth mindset”?
  - What can we do to cultivate this mindset?

## Student Character Workouts

**Tip of the Iceberg**

Identify a recent time when you've felt disrespected or annoyed. Reflect on it and choose to see the situation in the bigger picture.

Remember, you only see less than 1% of what is going on in someone else's life. Maybe something happened that you don't know about that is causing this behavior. Rather than react, patiently and understandingly move on.

*Patience*

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Reflect:

- How can thinking about the fact that we see less than 1% of what is going on in anyone else's life impact the way we interact with everyone?
- Were you able to pause before reacting? What was the result?

**Stay In Touch**

Write a letter to a family member in another state or city letting them know that you miss them and hope to see them soon. Ask them what is going on in their life. What's keeping them busy. How their dog Frederick is doing. Make it a handwritten note! It means so much more.

Kindness

Icons: two people, alarm clock, two hearts, heart with plus sign

A red graphic with a background image of a building. The text is centered and bold. Below the text is a horizontal line with the word 'Kindness' in a cursive font. To the right of 'Kindness' are four icons: two stylized human figures, an alarm clock, two hearts, and a heart with a plus sign. Below the icons is another horizontal line.

**Stay In Touch-** Write a letter to a family member in another state or city letting them know that you miss them and hope to see them soon. Ask them what is going on in their life. What's keeping them busy? How their dog Fredrick is doing. Make it a handwritten note! It means so much more.

Reflect-

- When was the last time you wrote a handwritten letter? Why is that?
- Who did you choose to send it to? Why?

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

TAKE 5

FAMILY (C.A.R.E.)

Take 5 minutes in the morning to share (and have everyone in the family share) one thing they are grateful for today.

This allows everyone to start their days with a mind and heart filled with gratefulness. As Scarlett Lewis says, "It's hard to have a grateful thought and a negative thought at the same time!"

Icons: two people, alarm clock

Character Strong

A light green graphic with a background image of a person. The text is centered. 'TAKE 5' is in large, bold, black letters. Below it is a horizontal line, and then 'FAMILY (C.A.R.E.)' in a smaller, bold, black font. To the right of this text is a paragraph of text. Below the paragraph are two icons: two stylized human figures and an alarm clock. At the bottom right is the 'Character Strong' logo in a cursive font.

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# LYRICAL CONVERSATIONS

FAMILY (C.A.R.E.)

While hanging out at home turn on the radio or a song and pick a lyric (or have your student pick a lyric) to use as a conversation starter.

As soon as you have the topic or word, turn the music off until that conversation is over. Turn it on to play again!



*Character  
Strong*

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*\*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/>.*