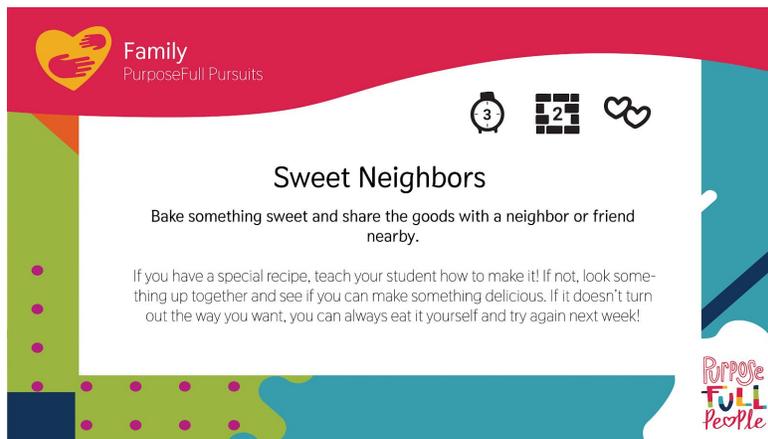




Empathy and Forgiveness

- Check out this video- [Empathetic Listening from Inside Out](#) (Empathy)
- Debrief-
 - Part of empathy means being able to understand another's feelings. How was empathy shown in this video?
 - How did Joy and Sadness differ in the way they tried cheering up Bing Bong?
 - Why do you think Sadness was able to empathize more with Bing Bong? Were there specific actions or words she used to demonstrate empathy?
 - How can you practice empathy in your life?
- Check out this video- [Singa and the Kindness Cubbies- Forgiveness](#) (Forgiveness)
- Debrief-
 - How did Singa, Sher, and Kalle all show forgiveness?
 - What are the downsides of not forgiving? What are the benefits of forgiving?
 - How is forgiveness a sign of strength?
 - Do we always have to wait for an apology in order to forgive?

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



Sweet Neighbors

Bake something sweet and share the goods with a neighbor or friend nearby. If you have a special recipe, teach your student how to make it! If not, look something up together and see if you can make something delicious. If it doesn't turn out the way you want, you can always eat it yourself and try again next week!



Gratitude Grams

Create a card with a note about a favorite memory or moment that you've shared with a neighbor or someone that lives nearby. Sign it as a family and drop it off in their mailbox or at their door. Want to take it to the next level? Offer a date and time to connect for neighbor hangout for food or games! (With appropriate social distancing)

**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/>.*