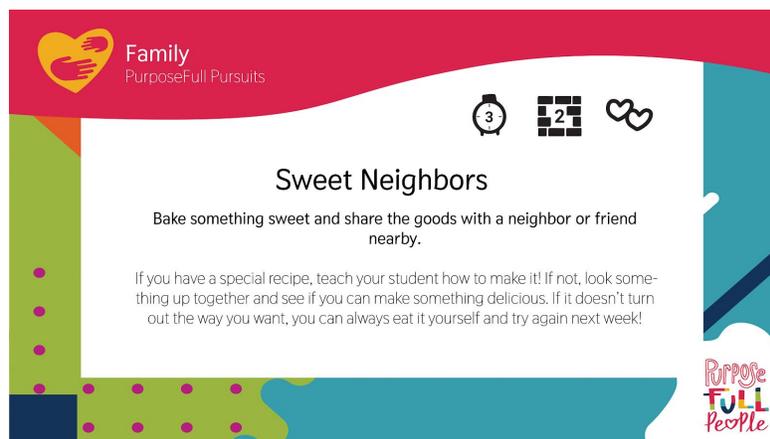


Character Strong

Empathy and Forgiveness

- Check out this video- [Singa and the Kindness Cubbies](#) (Empathy)
- Debrief-
 - How does Tosh define empathy?
 - How do you think Tom felt when Tosh did not treat him with empathy?
 - How and why does Tosh's behavior change?
 - Tosh and Tom show how empathizing with one another strengthened their friendship. What other outcomes of empathy are shown in the video?
 - How can you avoid making assumptions about others, and instead show empathy towards others?
- Check out this video- [The Angry Bee](#) (Forgiveness)
- Debrief-
 - How do you think the bee felt after being angry all day? How do you think the other bees felt?
 - The bee eventually became angry with the other bees, beyond the one who originally flew into him. Have you ever taken your anger out on someone other than the person who originally upset you? How come?
 - What helped the bee overcome his anger?
 - How can you practice forgiveness in your life?

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/>.*