



## **Mindfulness and Resilience**

- Check out this video- [What Does Being Present Mean?](#) (Mindfulness)
- Debrief-
  - Part of mindfulness is being present in the moment. What does being present mean to you?
  - Using the video for help, what good things can come from being present?
  - Do you feel like you're more often present or distracted?
  - How can you use your senses (vision, hearing, touch, smell, and taste) to be more present in your life?
- Check out this video- [A Lesson On Resilience](#) (Resilience)
- Debrief-
  - Part of resilience is being able to bounce back from failure. What can you learn from the dolls in the video?
  - Think of someone in your life who is resilient. In what ways do they show they are resilient?
  - Do you think resilience looks the same for all people, or in all situations? Or is it different?
  - What steps can you take to become more resilient?

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



### **Home Theater**

Make some popcorn and curl up as a family with a good movie. All other distractions turned off and put them away. Take it up a notch by moving things around to make it more of a theater experience. Bust out some blankets or build a mini fort or get some extra cups from a local restaurant or theater and make it feel like the real thing. Afterwards talk about the movie as a family by sharing favorite parts or lessons learned.

Family  
PurposeFull Pursuits

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## The Mindful Family

Download one of the free mindfulness apps and spend 5 minutes a day trying out some of the techniques.

You can also search for some mindful moments online and play a video. Can you work your way up this week to 10 minutes of silence in a room together? Sometimes silence is golden.

Purpose  
FULL  
People

### **The Mindful Family**

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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/>.*