



Discovering your Why? And Happiness

- Check out this video- [How Great Leaders Inspire Action](#) (The Why)
- Summary- In this 18 minute TEDTalk, Simon Sinek explains the importance of starting with the “why” using Apple, Martin Luther King Jr., and the Wright Brothers as examples. He begins with the Golden Circle model, which is used to determine how people inspire. Comprised of three circles in one, it works from the inside out. The circles are labeled as why, how, and what. While most companies, initiatives, groups, and people focus on WHAT they do, the WHY is constantly overlooked. It is the why, however, that is vital to inspire others. Sinek explains that, “People don’t follow what you do, but why you do it.” The resulting action is merely proof of your belief.
- Debrief-
 - What is your mission statement? For life? For school?
 - How does Sinek explain how others are able to achieve things that defy assumptions?
 - How can you embody the “Golden Circle” within your school?
 - What does Sinek say about the difference between “those who lead” and “leaders?”
- Check out this video- [Daily Affirmation](#) (Happiness)
- Summary- Jessica is a four-year-old girl with a very positive attitude. In this video, she begins her morning affirmations of how great her life is. She states how everything is great and how much she loves everyone and everything in her life!
- Debrief-
 - What in your life would you give daily affirmation to? Do you think you show your appreciation enough?
 - In what other ways can you show your daily appreciation for those you care about? How do others show their appreciation for you?
 - What are the benefits of positive affirmation?
 - What would be your “daily affirmation?”

Student Character Workouts- Humility and Selflessness

Credit Where It's Due

Find an opportunity today to give someone else credit for their work.

If you're a part of a group project or team or just sitting with your friends at the lunch table, take a moment to compliment someone on how they contribute to the project/team/group.

Humility 🏋️   🕒   ❤️   🤝

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Reflect:

- This is even more challenging being stuck inside, but when was the last time you told your parent or guardian they were doing a good job at something? What about a sibling?
- Are there people who have been working hard to make this current situation more pleasant and connected? Have you told them you appreciate it?

The Grass Is Greener Where You Water It

Offer to mow the lawn for an older couple who may have trouble doing it themselves. Free of charge!

It doesn't have to be mowing - but find something that would normally be hard for them. Maybe it's pulling a few weeds. Perhaps it's hanging a mirror. Maybe it's helping them cook a nice meal.

Selflessness 🏋️   🕒   ❤️   🤝

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Reflect:

- What was the reaction when you went out of your way to take care of a neighbor?
- Is this something you could do more often?

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

HOME THEATER

FAMILY (C.A.R.E.)

Make some popcorn and curl up as a family with a good movie. All other distractions turned off and put 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.



*Character
Strong*

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THE MINDFUL FAMILY

FAMILY (C.A.R.E.)

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!



*Character
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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/>.*