

Topic: Relationship Building

## Breathe

Being grumpy can get in the way of building relationships. One thing that helps improve our mood is getting enough sleep. Use this mindfulness activity to help transition you away from electronics and into a sleep space.



## Learn

Relationships are so important (especially right now!) and can also give you insight into how you view and understand yourself.

Watch to learn:  
[How to Be a Relationship Ninja](#)



How can we be creative so that we aren't isolated? Socializing and connecting is essential in the midst of the uncertainty around us. **It is a great time to reach out to friends and family that we rarely talk to!** Let's intentionally counter isolation in any way we can, despite any limitations placed on us!

## Move

Today's lesson is on Relationship Building, so grab a family member for this partner workout!



## Grow

**In your journal: List the people you see each day, then list 3 things you are grateful for about each person.** After you have created your list, get creative about how to tell them: in person, in a song, poem, or write a note.

**Have you signed up for the [Kindness Challenge](#) yet?** Challenging you for 10 minutes of kindness each day!  
From Character Strong



**Challenge: Have you connected with a friend today?** Challenge yourself to connect with someone you care about every day! Try a phone call, or to be able to see their face, try facetime, a zoom chat or other way to connect with those you care about daily!

[Bonus Video: The Power of Human Relationship](#)