

Character
Strong

@characterstrong



Launching the best school year yet

A practical back-to-school guide

One-Worders



In the chat, share your **ONE WORD** answer...but get ready, we're going to move fast.

One-Worders



What is **ONE WORD** to describe how you're feeling today?

One-Worders



What is the **ONE FOOD**
you'd eat for the rest of your
life?

One-Worders



What is the **ONE SMELL**
you'd smell for the rest of
your life?

One-Worders



What is the **ONE WORD** that comes to mind that rhymes with “LIVE”?

One-Worders

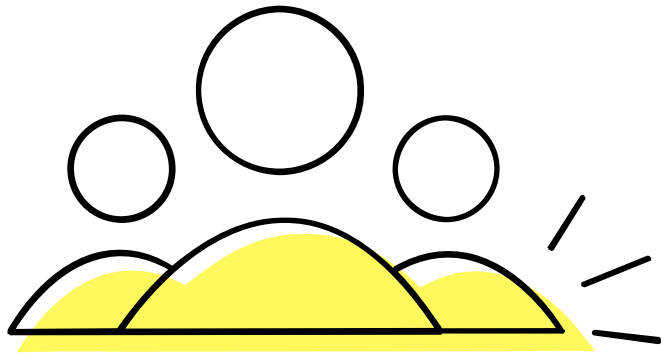


What is the **ONE WORD** that
is synonymous with JOY?

Idea Generation



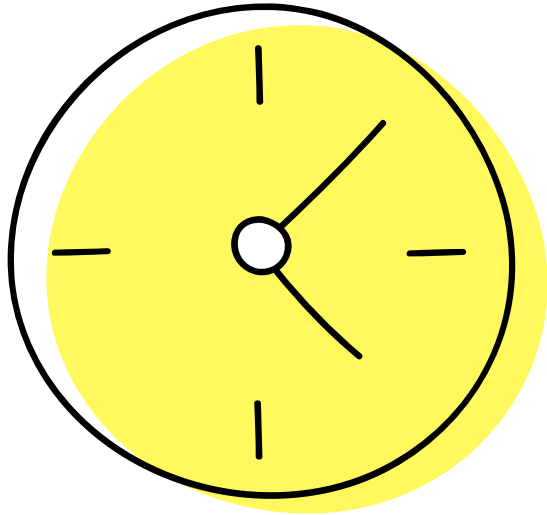
The **Creative** Process



People

- Administrators
- Administrative Assistants
- Cafeteria Staff
- Classified Staff
- Classroom Teachers
- Coaches/Advisors
- Community Partners
- Custodial Staff
- District Staff
- Families
- School Counselors
- Students
- Student Leaders
- Transportation Staff



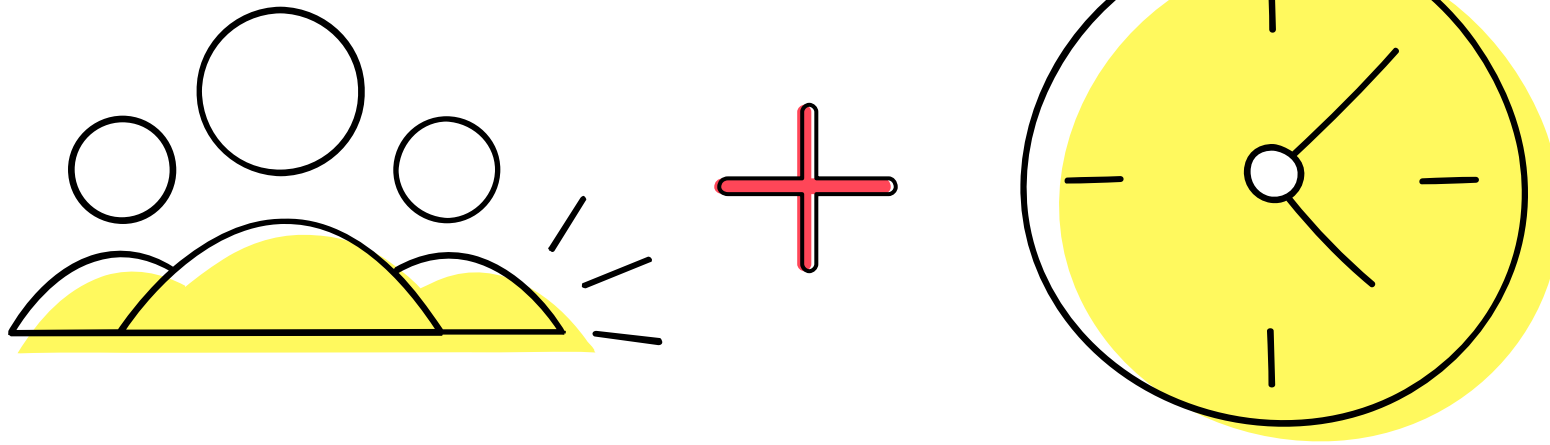


Time

- 4 Weeks Out
- 3 Weeks Out
- 2 Weeks Out
- 1 Week Out
- The Day Before
- The First Day
- The First 2 Weeks
- 3 Weeks In
- 1 Month In
- Homecoming
- Sports Season
- The Fall Play
- Club Competitions

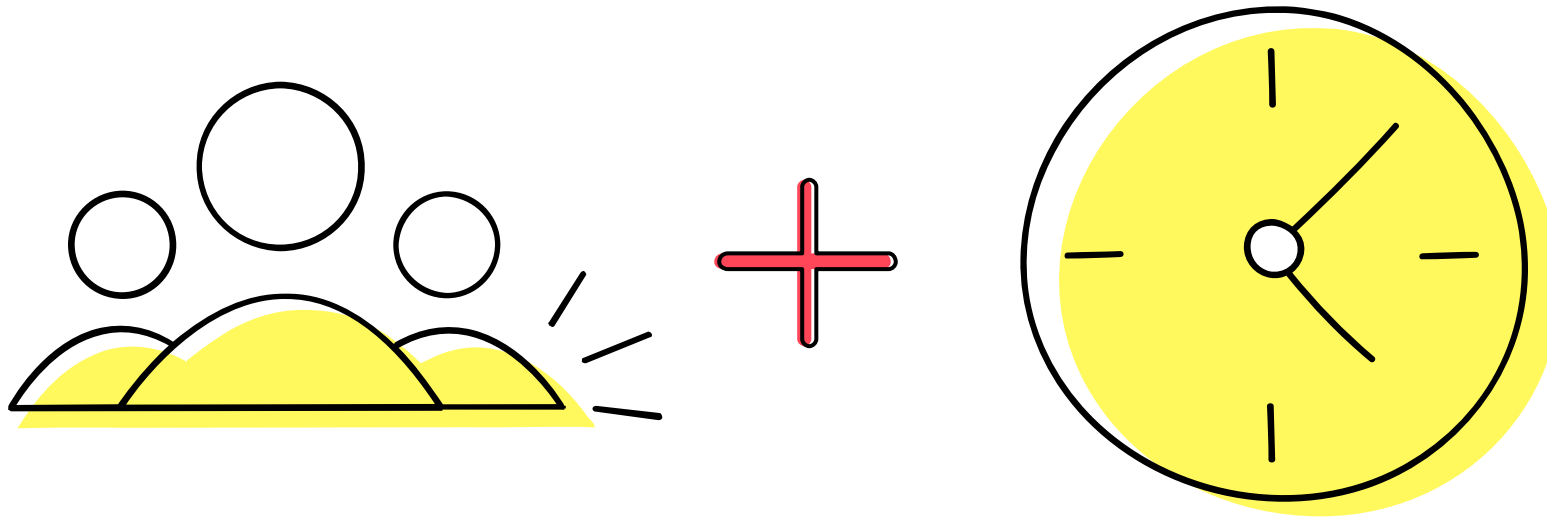


People + Time

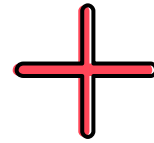
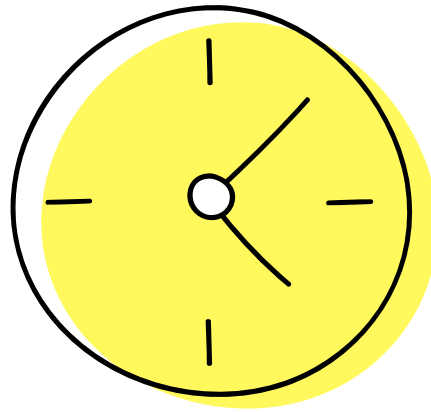
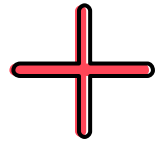
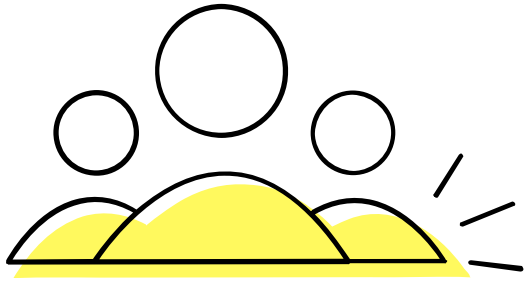


People + Time

How do we empower our **custodial staff** to
build relationships on the **first day**?

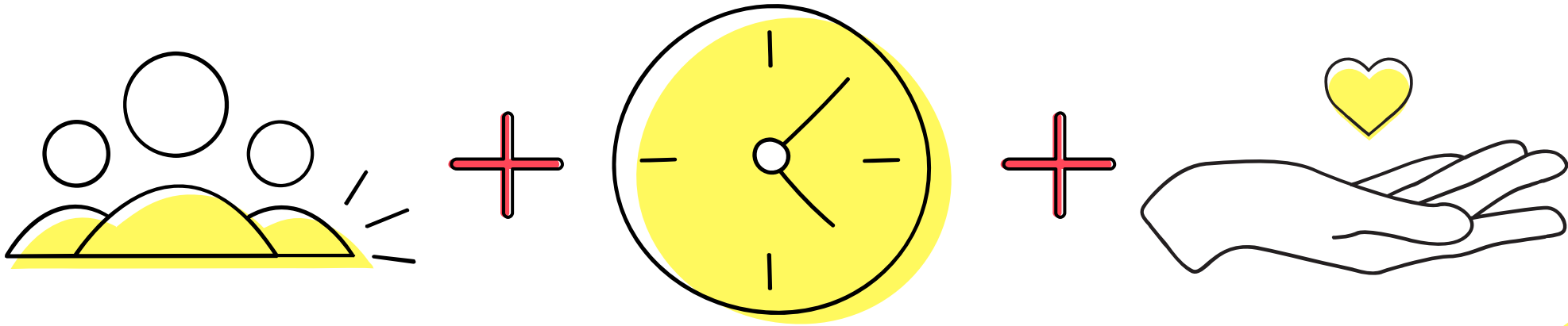


People + Time + Love Language



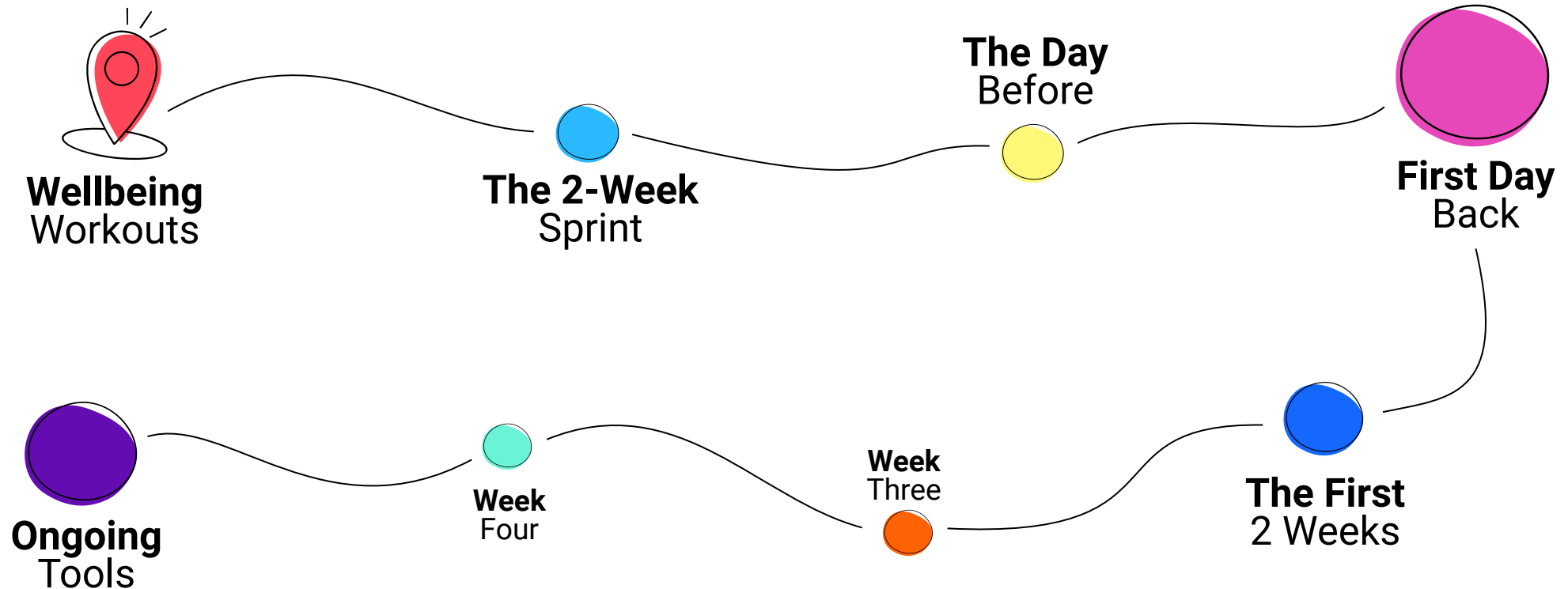
People + Time + Love Language

How do I serve our **front office staff** once we are **1 week** into the year with an **Act of Service**?



Back-to-school

The Relational Roadmap





Well-Being Workouts



Sleep Well



Move Well



Eat Well



Know Well




Support Well

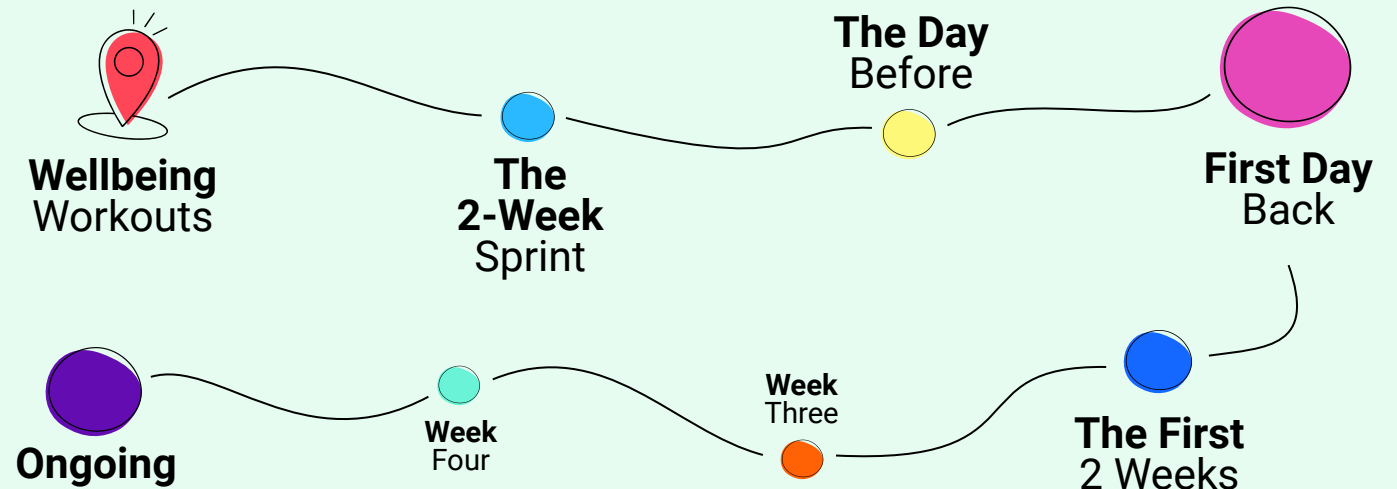


Draw from the Well



Be Well

Welcome to the Roadmap! Select an option on the menu to the left to navigate between ideas. Use the Roadmap Icon  in the upper right to jump back to the original map at any time.





Well-Being Workouts



Sleep Well



Move Well



Eat Well



Know Well



Support Well



Draw from the Well



Be Well

Sleep Well

Nearly 80% of the time, sleep problems and mental health problems occur together. Getting better sleep has been shown to improve well-being. See if, over the next 3 days, you can increase your sleep by 10 minutes a day. Here is a music meditation by our friend Connie (aka MILCK) to help get you in the right mindset.

Listen Here





Well-Being Workouts



Sleep Well



Move Well



Eat Well



Know Well



Support Well



Draw from the Well



Be Well

Be Well

Create a *To Do List*, but put a *To Be List* above it. Write down 2 things you want “To Be” and the specific ways you will practice those qualities today. See if you can integrate this **Be Well approach into your daily practice. Watch this video with CharacterStrong’s co-founder, Houston Kraft, to learn more about the difference between *To Do Lists* and *To Be Lists*.**

Watch Here





The 2-Week Sprint

Staff to Student

We're Grateful

We're Here for You

Staff to Family

 Our Partners

Our Kids

Student Leaders

The Purpose

The Work

Our Partners

Send out a Family CharacterDare and explain that you want to be partners this year in helping develop students who are not only competent, but kind. *If applicable*, share that you will be sending Dares throughout the school year to prompt connection, conversation, and character-building.

[See Sample Here](#)

[Family Dares in the Gym](#)



The 2-Week Sprint


Staff to Student

We're Grateful

We're Here for You

Staff to Family

Our Partners

 Our Kids

Student Leaders

The Purpose

The Work

Our Kids

Send home a questionnaire (have it available online and in paper form) asking families to tell you 3 things that will help you know their children better. Make this collected data a spreadsheet for staff to refer to as you begin the year. Bonus points if your staff divvy up and read through the messages to identify where you can meet needs.

 **The Day
Before**

- { Administrators
- Administrative Assistants
- Cafeteria Staff
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- Classroom Teachers
- Coaches/Advisors
- Custodial Staff
- District Staff
- School Counselors
- Student Leaders
- Transportation Staff

Administrators

Spend a few minutes today writing out a meaningful pump-up message as you head into this year with your staff. Film it or write it up in an email and send to your staff. Include these critical components:

- Why you got into this work and one thing you're committed to personally this year
- Why you believe in your staff
- What you believe the most important focus is this next year and how you will protect time to make that happen



The Day Before

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{ Classroom Teachers
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Student Leaders
Transportation Staff

Classroom Teachers

Write a short note about why this work is important to you to be shared on the first day of school. It could include some meaningful thoughts around:

- Why you got into education
- What makes your job hard, but worthwhile
- Your favorite thing about your role



The Day Before

Administrators
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{ School Counselors
Student Leaders
Transportation Staff

School Counselors

Make 5-10 direct phone calls today to families and/or students who you know have had a tough time these past few months.

Let them know 1 thing about you personally and see if you can learn 1 “favorite” something about them. Bonus points if you take a note about their “favorite” something and surprise them sometime early in the year.



First Day Back

- Administrators
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Administrators

For Day One, commit to being the first person there and the last person to leave. Greet staff and students as they come and go from school today and try to create as many smiles and waves as possible. Bonus points if you can schedule time during lunch where people can sit with you and learn more about who you are.



Virtual Tip: Commit to dropping into as many virtual classrooms as you can over the course of the first 2 weeks. Spend a few minutes saying hello and sharing your “Why” for your work.



First Day Back

Administrators

{ Administrative Assistants

Cafeteria Staff

Classified Staff

Classroom Teachers

Coaches/Advisors

Custodial Staff

District Staff

School Counselors

Student Leaders

Transportation Staff

Administrative Assistants

Make it a goal to learn at least 5-10 new family names today. Bonus points if you make this a daily practice for connecting with families throughout the year.



Virtual Tip: Send 5 emails today to random families with notes of encouragement.



First Day Back

Administrators

Administrative Assistants

{ Cafeteria Staff

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Student Leaders

Transportation Staff

Cafeteria Staff

Print out welcome back posters and hang them at the entrance(s) to the cafeteria. Bonus points if you say, "We are glad you're here" and/or learn as many names as you can during one of the meals you serve today.

 **First Day
Back**

Administrators
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 Classified Staff
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School Counselors
Student Leaders
Transportation Staff

Classified Staff

**Make it a goal today to form 5 positive connections.
Use these prompts as your guide:**

- Say something kind about someone's attitude
- Say something kind about someone's behavior
- Say something kind about a colleague's work
- Meet 1 new person and share a smile
- Meet 1 new person and see if you can plan a reconnection within the week



Virtual Tip: Send 3 notes to staff members celebrating their work and how they are handling these new realities.



First Day Back

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Classroom Teachers

Start each class by reading your “Why I Teach” letter and then post it somewhere people will see consistently.

Prompt reminders:

- Why you got into education
- What makes your job hard, but worthwhile
- Your favorite thing about your role



First Day Back

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{ Coaches/Advisors
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Coaches/Advisors

See if you can interact with 3 veteran players/members and 3 new students in a meaningful way. Perhaps share 1 way you think this year is going to be the best one yet. Then, ask them to share something positive they want to see this year.



First Day Back

Administrators

Administrative Assistants

Cafeteria Staff

Classified Staff

Classroom Teachers

Coaches/Advisors

{ Custodial Staff

District Staff

School Counselors

Student Leaders

Transportation Staff

Custodial Staff

Write positive messages on the bathroom mirrors letting the students and staff know that you are on their team and glad to have them back!



First Day Back

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Coaches/Advisors

Custodial Staff

{ District Staff

School Counselors

Student Leaders

Transportation Staff

District Staff

Have everyone at the district office pitch in a \$5 coffee gift card or some other fun silent auction style item. Do drawings once every 30-60 minutes and give away the goods to staff working in schools.



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School Counselors

Have 3 interactions (in person or phone call) with students and 3 with staff today. See if you can both share 1 thing you are grateful for and 1 thing that's important for the other person to know about you or your work.



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Student Leaders

Your job is to make sure that no one has to open their own door - that means all doors, the classroom, the front door, the cafeteria door. If you are near a door - you are opening it for someone else and smiling and saying hello.



First Day Back

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Transportation Staff

Greet every student that gets on the bus with a smile and say I'm glad you're here. Bonus points if you can ask them their name then repeat their name back with a statement that sounds something like, "I'm glad you're here (Name)."



The First 2 Weeks

- Day One
- Day Two
- Day Three
- Day Four
- Day Five
- Day Six
- Day Seven
- Day Eight
- Day Nine
- Day Ten

Day One

Names are important. There are some students who will go their entire educational career and not have their names pronounced right on the first day of school (or they are called something that isn't their preferred name).

On Day One, have students write out their preferred name phonetically or record it on a phone so you can practice getting it right!



The First 2 Weeks

Day One

1 Day Two

Day Three

Day Four

Day Five

Day Six

Day Seven

Day Eight

Day Nine

Day Ten

Day Two

Come back to names by asking students to share their name and then share, in 30 seconds or less, the story of their name. Have them choose the one that feels comfortable to share:

- What is something you like about your name?
- Where did your name come from?
- What does your name mean?
- Why were you given your name?
- Where were you given your name?



The First 2 Weeks

Day One

Day Two

Day Three

Day Four

 Day Five

Day Six

Day Seven

Day Eight

Day Nine

Day Ten

Day Five

Have students focus on positivity by going through a Top 10 of the Week. Ask each student to think of their Top Thing from the week.

Have students discuss with each other and then randomly call on 10 students to share their personal Top Thing so you have 10 different students contributing to the Top 10. Students listening can snap their fingers or nod if they relate to what is shared.



The First 2 Weeks

Day One

Day Two


Day Three

Day Four

Day Five

Day Six

Day Seven

 Day Eight

Day Nine

Day Ten

Day Eight

Be a Kindness role model. See if you can send off 5 text messages or emails with notes of specific encouragement. Better yet, send 1 of these messages in front of your students!

Send a note to these 5 people in your school:

- A person that inspires you to educate better
- A person that has mentored you
- A person that has been doing this work a long time
- A person who is new to your school
- A person who you want to learn from this year



What's Coming Up At CharacterStrong

- **Behind the scenes look at the CharacterStrong Gym**
 - **Wednesday, August 24th** - 9am PST / 11am CST / 12pm EST
- **Live curriculum walkthroughs**
 - Elementary: **Tuesday, August 23rd** - 10:30am PST / 12:30pm CST / 1:30pm EST
 - MS & HS: **Thursday, August 25th** - 10am PST / 12pm CST / 1pm EST
- **Next Webinar**
 - **The Top Three Reasons Implementation Fails**
 - August 24, 2022 @ 9:00am PST / 11am CST / 12pm EST
- **Virtual Conference**
 - **October 6th**



Back

MILCK's Musi-tation Experiment:
Gold





Back





Back

Family



Kind Conference Call

Call a family member or friend that, as a family, you haven't talked to in awhile. Try it "out of the blue" and surprise them by having everyone on the line say hello, catch up, and share why you've missed them.

If they don't pick up, leave an epic voicemail filled with some kind words from each person!