

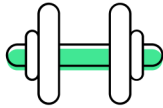


## **CharacterDare**

Our family CharacterDare challenges provide a variety of opportunities to engage in activities designed to increase connection and conversation at home. They also provide students with more opportunities to practice habits and skills discussed in class.

# THE KEY

**In addition to the title and the challenge itself, you'll notice a couple of symbols in the top corner.**



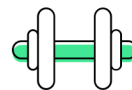
This represents how challenging we think the Dare is to complete. The single plate weights are lower level Dares. The more weight added, the more the Dare is designed to stretch you!



Some of the Dares are designed to be quick wins that can be accomplished in less than a minute. Others may require a bit of time outside the classroom. A full clock represents a more ongoing Dare that might extend throughout or beyond a week.



## **FAMILY**



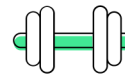
# **Kind Conference Call**

**Use a video-call platform to call a family member or friend that, as a family, you haven't talked to in a while. 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.



## **FAMILY**



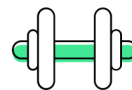
# **Gratitude Grams**

**Create a card or note about a favorite moment you shared (or just something you appreciate) with a neighbor or someone that lives nearby. Sign it as a family and deliver it to them.**

If delivering it in person feels uncomfortable, send it in the mail or email. Want to take it to the next level? Offer a date and time to connect for a neighborhood hangout with food or games!



## **FAMILY**



# **No Tech Table Time**

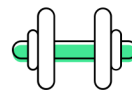
**Challenge yourself to put away phones and other tech distractions, put on some music, and enjoy a meal or snack together.**

Be intentional about connection! Compliment a family member, express why you're thankful for them, or use some question stems like these:

- What was a highlight of your day?
- Share a moment you always want to remember as a family.
- What is something you are grateful for right now? Why?



## **FAMILY**



# **Thank You for Your Service**

**As a family, write handwritten thank you notes to leave for the person who delivers your mail and/or picks up the garbage.**

Think creatively about how to leave your message, like using string to hang it somewhere nearby or creating a larger note or poster. Practicing gratitude as a family not only leaves the recipient feeling good, but helps the family feel accomplished for making someone's day better.

## FAMILY

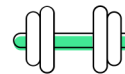


# Love Language

**Ask each family member how they prefer to receive kindness and love from others in the family.**

Some people prefer words of affirmation or acts of service, whereas others may prefer a hug each day. Post the list of people's preferences in a place everyone will see and use as a reminder. Dr. Gary Chapman, counselor and author, has created materials on the "5 Love Languages" that could be a helpful frame of reference for this family conversation.

## FAMILY



# Pieces of Me

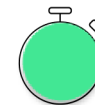
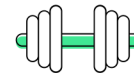
**Choose an item (or think of an item) that is an important physical possession of yours. Invite other members of the family to do the same and have a night of show-and-tell where you share the story of that item and why it's important to you.**

We all hold onto things for different reasons and this is a fun opportunity to connect over the objects that have significance in our life.





## **FAMILY**



# **Hour by Hour**

**Plan a family date night or day together. Have each member of the family plan 30 minutes to 1 hour of the event.**

Each person gets to own their portion and then you can all work together to figure out how to fit all the pieces into 1 agenda.



## FAMILY



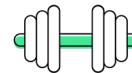
# The Collaborative Cook

**Plan and cook a meal you've never tried before as a family. Make sure everyone helps create the meal. Then, sit and enjoy it together.**

How many phases can you involve the whole family with? The shopping? The prepping? The cooking? The cleaning? At the end, give yourself a Yelp review by assigning a number of stars and reviewing the atmosphere of the "restaurant."



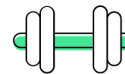
## **FAMILY**



# **Future Adult Advice**

**At home, ask your students what advice they have for their future parent or adult selves. Be ready to hear some hard things along with the good things you have taught them.**

If it feels safer, ask them to write it down and share it via a letter. It helps if you role model what this process looks like by reflecting first on the advice you wish you had.



## Take a Hike

**Search for a good space near your house to spend time outside and get some family movement in.**

Even if it's just moving around the block, get some fresh air and keep technology or distractions at home. See if your student wants to come up with the topic or theme of the conversation while you walk with your family.