

Building Character Calendar

Glue cover here				
Gratitude Draw around your hand and, on each finger, write down something you are thankful for.	Neighbourliness Create a colourful piece of art for your front window to cheer up people who walk past.	Generosity Choose to help someone else in your house today with a task. How did it make you feel?	Reflection Find an example in the news of a person (or group) who are helping others in this time. What are they doing? What virtues are they using?	Empathy Watch this video about empathy: https://www.youtube.com/watch?v=9_1Rt1R4xbM . What is empathy?
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Resilience Interview an older member of your family and ask them to describe a time that they had to overcome something difficult.	Kindness Make a bird feeder for your garden or windowsill. There are some ideas here: https://www.bbc.co.uk/cbeebies/makes/bird-feeder	Curiosity Find out 5 new facts about your favourite animal and tell someone you live with.	Perseverance Practice building a house of cards e.g. https://www.realplaycoalition.com/activities-for-kids/how-to-build-a-house-of-cards/	Courage Make a shield using these instructions: https://www.jubileecentre.ac.uk/userfiles/jubileecentre/pdf/character-education/Parents/Shield.pdf
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Gratitude Write a letter or make a card for a friend or family member. Tell them what you like about them.	Reflection Which virtue have you found easiest so far this month? Which one has been trickiest?	Creativity Using objects you can find around the house e.g. saucepans, create a piece of music.	Resilience Reflect on a time when you succeeded and the steps you took, and also a time when you failed and what you learned.	Responsibility Ask a parent/carer which chore you can help with today.
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Empathy Make finger puppets to retell your favourite story. Think about how the characters feel.	Perseverance Learn a new magic trick e.g. https://www.youtube.com/watch?v=V2tDK9wFCYs and perform it for your family.	Neighbourliness Make a map of your local neighbourhood and mark out all of your favourite places	Gratitude Send a thank card to a local hospital (or a NHS worker you know) to thank them for their hard work.	Curiosity Take a virtual tour of a museum e.g. https://naturalhistory.si.edu/visit/virtual-tour
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Generosity Collect up all the loose change you can find and research a charity you can donate it to.	Responsibility Tidy your room today, without being asked.	Kindness Ring a family member or friend and ask them how they are.	Creativity Write your own short story, there are ideas to help here: https://home.oxfordowl.co.uk/kids-activities/creative-writing	Perseverance Practice drawing your favourite character. There is some inspiration here: https://www.kennedy-center.org/education/mo-willems/
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Curiosity Research someone you admire and make a poster, video or presentation about them. What virtues do they show?	Courage Find an example of when someone faced their fears in a book or film. How did they do it?	Creativity Use Lego or recycled materials to make a new vehicle or product. Make an advert for it.	Responsibility Clear everyone's plates from the table after one meal today.	Reflection Which activities have you enjoyed most? Which were hardest? Have you learned anything about yourself?

Character calendar instructions

1. Cut along the solid lines and fold along the stars.
2. Glue each cover strip to the calendar by gluing the purple strips to the white strips labelled 'glue cover here'.
3. Now fold up each flap or rip it off every day to reveal the character building activity.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
27	28	29	30	31