

Critical Thinking - Helpful vs. Hurtful

Have a look at a range of current social media posts and reflect on those which encourage and those which can be hurtful. What might be motivating the person writing the posts?

Service - Difference Makers

Plan an opportunity to get outside and help others. This might be an event for the future or something coming up. Talk is great, but putting good character into practice is even more important. How can you serve people in your community?

Kindness - Paying It Forward

What are you currently grateful for? Make a list of 5 things. How might you be able to demonstrate the things you are grateful for and "pay it forward" by doing similar kind acts for others?

Curiosity - Strength Finders

Identify your strengths and identify how those qualities can help you become someone who can help others.

<https://www.viacharacter.org/survey/account/register#youth>

Empathy - Text to Talk

You're probably spending even more time on your phone than normal, but how much of your interaction with friends is encouraging and empathetic? Lots of us are anxious and worried about our families, friends and wider communities. Send a text/message/chat to someone you know and let them know you're thinking about them

Leadership - TED Talk

We have all changed someone's life - usually without even realizing it. In this funny talk, Drew Dudley calls on all of us to celebrate leadership as the everyday act of improving each other's lives.

https://www.ted.com/talks/drew_dudley_everyday_leadership

Integrity - Door of Integrity

What does integrity mean? Find a definition and print/write it out. What would it look like for you to be a person that displayed integrity in your life? Designate one door in your house as a 'door of integrity'. Use the door as a makeshift board and attach examples of people acting with integrity from books you've been reading, newspapers/magazines and social media.

Generosity - Do I need all this stuff?

Use this opportunity to have a look at all your belongings and clothes. Have a route around in your bedroom, wardrobes and drawers. Is there anything that you might be able to donate to someone after the crisis has finished? Do you need all 7 pairs of trainers or jeans? Are there any old toys or games you own that are gathering dust? What could you give away? How might you simplify? See if you can get your friends to pitch in too!

Self-motivation - Upskilling and improving

This is an opportunity to develop a new skill or take up a new hobby? There are lots of opportunities to learn an instrument, a new language or read some new books! Check out <https://try.fender.com/play/playthrough/> for free guitar lessons!

Reflection - This is me!

Chose 2-3 of your belongings that represent who you are and convey your individuality or unique experiences and talk about what they say about you. Present to your family or a friend online.