

Name _____ Teacher _____

How many of the following activities can you do?

Be Responsible by cleaning your room	Be Respectful as you play a game with a friend or family member	Do something extra nice for a brother or sister	Write about a time that you Persevered	Tell someone about a time when you used Self-Control
Tell someone 5 things you are grateful for	Write or draw what it means to be a good friend	Practice sitting still for 1 minute - what sounds do you hear?	After reading a chapter in a book, write or tell someone the emotions you saw in the book	Tell someone what it takes to be a good listener
Tell someone all of the emotions you can think of	Tell someone what are 3 things you can do when you are upset?	Talk/Write/Draw about a time you showed empathy	Talk/Write/Draw about a time someone showed you empathy	List 3 positive character traits you have learned this year
Read a book and discuss the moments of caring you see	Tell about a time you felt sad	Be Responsible by helping to set the table or clean play area	Tell about a time you showed compassion	Do an act of kindness for a family member or neighbor
Send a note of compliment to a classmate telling something they do well	Write and send a thank you note to your parent	Do an extra chore around the house to help out your parents	Send a "thinking of you" note/card to your grandparents, aunt, uncle, or another adult friend	Practice Mindfulness by doing the 5 Finger Breathing (trace the fingers on your hand while breathing)
Ask an adult about a career that you are interested in	Draw a picture of your future career. What is your career?	Research a college that you would like to attend. Go on a virtual tour of the college	Research a career that you are interested in	Do this lesson on Developing Empathy https://bit.ly/2WcFBwk