

THE FAMILY

Character Dare

40 WEEKS OF THOUGHTFUL CONVERSATIONS, RELATIONSHIP
BUILDING, AND CHARACTER DEVELOPMENT FOR THE HOME

BY: *Character Strong*

LEARN MORE AT: [CHARACTERSTRONG.COM](https://characterstrong.com)

LET'S GET STARTED

At CharacterStrong, we are always looking provide practical tools for weaving social-emotional skills and character development into the daily fabric of campuses and classrooms. A key component of all of our curricula is the CharacterDare: actionable ways to bring the sometimes abstract concepts, values, and traits of character to life. We believe that character is a set of skills and all skills require practice!

If we are going to ask our students to participate in the CharacterDare process, we believe that we as educators, administrators, counselors, and beyond need to role model this growth ourselves! So, here are 40 weeks - a full school year - worth of character challenges designed for personal and professional growth.



THE KEY

The Dares were crafted with care using some of the very best proactive classroom management strategies, relationship-building tools, behavior interventions, self-care techniques, and culture-shifting resources that we have found through research and through the thousands of educators in the schools we serve.

You'll notice that each Dare has, besides the title and actual challenge itself, a few other pieces of information.



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.



These icons show you how many people are involved in the Dare. One heart is more personal or reflective. Two hearts mean it will require you to reach out to someone or multiple people one-on-one. Three hearts mean you are doing something for a whole group or the whole campus.



THE C.A.R.E. MODEL

Conversation Starters

Prompts and tools to practice positive communication for the whole family.

Acts of Kindness

Simple ideas to do good and feel good while supporting each other at home and in the community.

Recreation and Rest

Fun and relaxing ways to unwind and enjoy each other's company.

Expressions of Love

A variety of actions for families to express love to each other that speaks to all the ways we give and receive love.



THE POWER OF WHY

FAMILY (C.A.R.E.)

Tonight, after asking, "How was your day" don't stop with the "good" or "ok" reponse! Follow it up with "why" or "tell me more about that." Do it several times to really get deep into understanding.

Better yet, change up the question! How about, "Who did you help today?" or "What was the most challenging part of your day?" or "What's one way I can help make today better?"



*Character
Strong*

WALKING TRASH PICK-UP

FAMILY (C.A.R.E.)

Go for a walk in your neighborhood or at a local park and pick up any trash you see along the way.

Come prepared! Bring some gloves and your own trash bag so you can be clean while you clean. Try making it a competition between all family members: who can pick up the most trash or pick up trash the fastest?



*Character
Strong*

FAMILY BUCKET LIST

FAMILY (C.A.R.E.)

Sit together as a family and see if you can brainstorm a list of 25 things you want to do together this year.

Get creative and collaborative! Make sure the items range from totally doable in a day to something that may seem silly or impossible. Work to check things off each month until you make your next one.



*Character
Strong*

LOVE LANGUAGE

FAMILY (C.A.R.E.)

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 be reminded.



*Character
Strong*

TAKE 5

FAMILY (C.A.R.E.)

Take 5 minutes in the morning to share (and have everyone in the family share) one thing they are grateful for today.

This allows everyone to start their days with a mind and heart filled with gratefulness. As Scarlett Lewis says, "It's hard to have a grateful thought and a negative thought at the same time!"



*Character
Strong*

CARING CAR WASH

FAMILY (C.A.R.E.)

Have a car wash in your front yard or parking lot and offer to wash the neighbors cars for free.

If people want to pay, think about a local nonprofit ahead of time that you can donate the proceeds to. Make it a team effort by giving everyone a specific job and a silly, specific title. "Lead Side Mirror Scrubber" sounds pretty sweet.



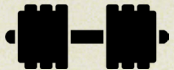
*Character
Strong*

THE HARD THING RULE

FAMILY (C.A.R.E.)

Have everyone in the family write down, in a place that everyone at home can see, one hard thing they are signing up for that they are committed to this year.

Angela Duckworth, a lead researcher on resilience and grit, has her family sign up for Hard Things. The 3 rules? 1) Everyone must choose one and it has to be something that requires consistent, intentional practice. 2) You cannot quit (until there is a natural stopping point like the end of a football season or until after a recital). 3) You get to pick your own passion - no one can choose it for you.



SWEET SURPRISE

FAMILY (C.A.R.E.)

Grab what you know to be a family members favorite candy or snack and surprise them with it by leaving it somewhere you know they will find it.

See if you can get away with it being totally anonymous and pretend like it wasn't you if they ask.



*Character
Strong*

NO TECH TABLE TIME

FAMILY (C.A.R.E.)

Have a no technology dinner night.

Have everyone store phones and other distractions away and enjoy a meal or snack together.



*Character
Strong*

FAMILY VOLUNTEER DAY

FAMILY (C.A.R.E.)

This weekend, research local organizations or nonprofits together and plan a way to support one this school year that stands out to you as a family.

It could be giving of your time, money, or energy - but finding some small way to contribute can be an amazing way to connect and do good!



*Character
Strong*

HOUR BY HOUR

FAMILY (C.A.R.E.)

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

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



*Character
Strong*

NO MORE CHORES

FAMILY (C.A.R.E.)

Do all the chores for a family member for a week as a way to show your appreciation for them.

Lighten someone's load this week. Doing acts of service like this can help free up someone's time which, during a busy week, can be a great gift!



*Character
Strong*

START WITH "I"

FAMILY (C.A.R.E.)

Try to resolve some resentment or disagreement today by using the opening, "The story I am telling myself is..."

Brenè Brown shares this as a tool for all of us to help focus on our own feelings and actions instead of finger pointing and blaming. See how much it improves communication and helps you resolve conflict without the other person.



*Character
Strong*

HELP ME HELP ME

FAMILY (C.A.R.E.)

Have everyone write down a list of 3-5 things that they would appreciate if someone helped them with, said to them, or shared with them.

Put it in a public place and see if, each week, everyone can get something checked off the list.



*Character
Strong*

TAKE A HIKE

FAMILY (C.A.R.E.)

Search for hiking or walking trails in your area and pick one you haven't tried before.

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



*Character
Strong*

LETTER OF GRATITUDE

FAMILY (C.A.R.E.)

Everyone think of one person in the family they are really thankful for and write them a letter telling them all the reasons they appreciate them.

Get specific about how they've influenced you, why you look up to them, what sacrifices you know they've made, and why you are grateful for the role they play in your life! Seal it up and deliver it in person or through the mail.



*Character
Strong*

FUTURE PARENT ADVICE

FAMILY (C.A.R.E.)

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

If it feels more safe, 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.



*Character
Strong*

SWEET NEIGHBORS

FAMILY (C.A.R.E.)

Bake something sweet and share the goods with a neighbor or friend nearby.

If you have a special recipe, teach your student how to make it! If not, look something up together and see if you can make something delicious. If it doesn't turn out the way you want, you can always eat it yourself and try again next week!



*Character
Strong*

HOME THEATER

FAMILY (C.A.R.E.)

Make some popcorn and curl up as a family with a good movie. All other distractions turned off and put away.

Take it up a notch by moving things around to make it more of a theater experience. Bust out some blankets or build a mini fort or get some extra cups from a local restaurant or theater and make it feel like the real thing. Afterwards talk about the movie as a family by sharing favorite parts or lessons learned.



*Character
Strong*

MIX TAPE

FAMILY (C.A.R.E.)

Create a playlist of songs for a family member and send it to them with a note explaining why you chose those songs.

Even if you just find one song online or copy and paste some lyrics that stand out to you, music can be a beautiful way to connect! And, each time they hear that song, they'll think of you (and you of them!).



*Character
Strong*

CLICK ON!

FAMILY (C.A.R.E.)

While your family is having on conversation pay attention to moments you can “click on” and ask more about.

When someone shares something that excites them or something difficult they are dealing with ask them to tell you more and offer a listening ear.



*Character
Strong*

KIND CONFERENCE CALL

FAMILY (C.A.R.E.)

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 to 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!



*Character
Strong*

THE MINDFUL FAMILY

FAMILY (C.A.R.E.)

Download one of the free mindfulness apps and spend 5 minutes a day trying out some of the techniques.

You can also search for some mindful moments online and play a video. Can you work your way up this week to 10 minutes of silence in a room together? Sometimes silence is golden!



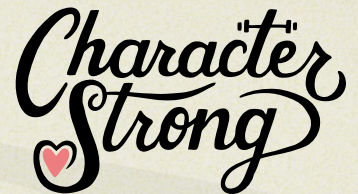
*Character
Strong*

THEIR THING

FAMILY (C.A.R.E.)

Offer to spend time with a family member doing something that you know means a lot to them. For example, playing chess with grandpa or learning the new video game your student loves.

Even though it might not be interesting to you, investing in other people's interests is a great way to have them feel appreciated and validated.



FAIL FORWARD

FAMILY (C.A.R.E.)

Ask the question, “What did you fail at this week?” Then, engage in a conversation about how we learn and grow from failure.

In order to get the best answers, and role model well, share with them a time this week you felt you had failed either at work or as a family member.



*Character
Strong*

YOU KNOW THAT'S MY FAVORITE

FAMILY (C.A.R.E.)

Make your student their favorite meal or dessert out of the blue.

Give them the full treatment by letting them know that you'll take care of the dishes too - a total treat from start to finish.



*Character
Strong*

THE COLLABORATIVE COOK

FAMILY (C.A.R.E.)

Plan and cook a meal you've never tried before as a family. Make sure everyone helps create the meal and 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."



*Character
Strong*

HOW CAN I BE OF SERVICE?

FAMILY (C.A.R.E.)

Each day this week, ask a family member the simple question, "How Can I Help?"

Whatever they share, see if you can meet that need. Do it with quality and enthusiasm!



3:02:01

*Character
Strong*

LYRICAL CONVERSATIONS

FAMILY (C.A.R.E.)

While hanging out at home turn on the radio or a song and pick a lyric (or have your student pick a lyric) to use as a conversation starter.

As soon as you have the topic or word, turn the music off until that conversation is over. Turn it on to play again!



*Character
Strong*

THE HOME GAMES

FAMILY (C.A.R.E.)

Set up a 5 event tournament that involves some silly games and some clean up games to make tidying up fun.

Look up some “minute to win it” type games and combine them with some household chores. For example, see who can fold and put away 10 pieces of clothes the fastest and then see who can use a clothes hanger as a golf club to hit some balled up socks the farthest. Winner gets the grand prize...whatever you want that to be!



*Character
Strong*

PICK UP GAME

FAMILY (C.A.R.E.)

Grab your old basketball, soccerball, baseball, kickball, etc. and head to the park and play together.

Better yet, gather some neighbors or friends and see if you can get a community game going with families and kids.



*Character
Strong*

A ROUND OF APPLAUSE

FAMILY (C.A.R.E.)

At dinner tonight, everyone share one thing they really appreciate about the family or a family member and then everyone clap after each one.

If clapping feels too weird, figure out a simple way to acknowledge each thing shared like a toast or snaps.



*Character
Strong*

STORIES FROM A HAT

FAMILY (C.A.R.E.)

Have your family write down words or ideas on slips of paper and put them into a hat or a jar. Find a night this week to have story time as a family and have each member pull a topic out of the hat and use it as a prompt to tell a story.

Sometimes we need prompts to remind us of moments long forgotten or unshared! Use this weekly as a simple way to connect and talk story.



*Character
Strong*

GRATITUDE GRAMS

FAMILY (C.A.R.E.)

Create a card with a note about a favorite memory or moment that you've shared with a neighbor or someone that lives nearby. Sign it as a family and drop it off in their mailbox or at their door.

Want to take it to the next level? Offer a date and time to connect for a neighbor hangout for food or games!



*Character
Strong*

BOOK CLUB

FAMILY (C.A.R.E.)

Choose a book as a family this week and spend the next few weeks reading it together and checking in.

Decide on how many pages or chapters you'll get through each week and make time to chat about it with consistency until it's finished! Or do a read aloud as a family and anyone who is comfortable can read it out loud for everyone.



*Character
Strong*

RECORD OF ACCOMPLISHMENTS

FAMILY (C.A.R.E.)

As a family, write down all that you have accomplished together over the last year.

Use photos that you've printed, documents that you've saved, or pictures on your phone as a way to jog your memory and create a one page paper that represents the highlight reel of the past few months. Take some time to celebrate and be grateful of the good you've gone through.



*Character
Strong*

A PIECE OF ME

FAMILY (C.A.R.E.)

Choose an item (or think of an item from the past) 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!



*Character
Strong*

THANK YOU FOR YOUR SERVICE

FAMILY (C.A.R.E.)

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

Practicing gratitude as a family not only leaves the recipient feeling good, but helps the family feel accomplished for making someone's day better.



*Character
Strong*

GAME NIGHT

Play a board game together as a family this week.

If you don't have any games at home, try make-your-own Pictionary or a classic game of Charades.

FAMILY (C.A.R.E.)



*Character
Strong*

QUALITY CATCH UP

FAMILY (C.A.R.E.)

Invest 10 minutes each day this week right when everyone gets home to sit together and share about your day. No distractions, just full attention to what matters: each other.

Use intentional questions like, "What was a high and a low today?" or "From 1-10, how was the day and how will tomorrow be better?" or "What's a snapshot from today you want to remember?"



*Character
Strong*

CHARACTERSTRONG ADVISORY CURRICULUM

Our Advisory Curriculum combines social-emotional skills, character development, and community building activities into a highly engaging, relevant, and culture-shifting program that includes 200 lessons, vertically-aligned, grades 6-12. Schools use the CharacterStrong Advisory Curriculum as a Tier 1 Universal Support System to ensure all students are learning these essential skills.

- 6th-8th grade - 35 lessons per grade level
- 9th-12th grade - 25 lessons per grade level
- Built by educators, for educators
- All lessons are plug-and-play - no need for another prep!
- Supports different learning styles. Experiential activities, beautiful images, built-in videos, thoughtful questions
- Hosted online in an easy-to-use space that is constantly being updated based on teacher-driven feedback to make sure each lesson is relevant and powerful.



CHARACTERSTRONG LEADERSHIP CURRICULUM

Amplify your student leadership program with this semester-long, servant-leadership and character-based curriculum that has been time tested over the course of a decade by hundreds of teachers and thousands of students. This curriculum is being used by thirty year veterans and first year leadership teachers, providing a roadmap to positively impact student lives and school climate and culture.

- 90, 60-minute lessons
- Practical resources like syllabus, letters home, and assessments
- Supports different learning styles. Experiential activities, beautiful images, built-in videos, thoughtful questions
- Can be taught as an elective, infused into health & PE classes, or even as a Tier 1 strategy for every new student in your school to take
- Hosted online in an easy-to-use space



CHARACTERSTRONG GYM

With the purchase of any of our curricula, you get access to the CharacterStrong Gym - an ongoing library of resources for all educators.

- Over 170 CharacterDares with printable reflection sheets
- Digital 40 Week Staff CharacterDare
- Constantly updated library of relationship-building Entry Tasks
- Huge library of community building activities for your classroom
- Huge library of categorized videos with debrief questions
- Resources for administrators, advisors, parents, and more



CHARACTERSTRONG TRAININGS

Our signature 1 and 2-Day trainings are designed to equip any educator, counselor, classified staff member, or administrator in your building with the skills to weave character and social-emotional learning into their daily practice and the fabric of your school. This is THE training to help improve your school climate and culture through practical examples, high-leverage strategies, research-backed tools, and ongoing support from a community of educators dedicated to teaching the Whole Child.

"I have been in education for over a quarter of a century and this is, hands down, the BEST training that I have ever been privileged to be a part of. This presentation allows for professional and more importantly personal growth. I recommend it for EVERYONE that is involved in education. Teachers, secretaries, custodians, cooks, IT department, bus drivers, coaches and administrators. VALUABLE BEYOND BELIEF!!!"

-Pam Roh, Wisconsin Educator



CHARACTERSTRONG PROFESSIONAL DEVELOPMENT

Looking for a way to inspire your staff and equip them with the best, high-leverage tools to make an impact on academics and behavior? Our CharacterStrong Professional Development team will deliver a 60 minute to 6 hour presentation that will leave your staff engaged and empowered to bring this critical work to life. There is no better investment right now than investing in teachers!

All of our PD days cover the CharacterStrong Culture model in depth - ensuring a foundation of clear and common purpose for this work, building and clarifying the competencies necessary for staff and student success, and giving practical and consistent opportunities for the practice of teaching the Whole Child so it becomes a part of the daily fabric of your school. Fast-paced, interactive, and filled with ideas and resources that your staff can put into action RIGHT NOW.



Character Strong

TO TALK WITH ONE OF OUR SCHOOL SUPPORT SPECIALISTS

☎ 888-958-1396



CONTACT@CHARACTERSTRONG.COM

WWW.CHARACTERSTRONG.COM

TWITTER: @CAREACTER