

## 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

# Building Character Calendar

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