

May

Character Strengths Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Appreciation of Beauty -Go for a nature walk. 	2 Bravery -Try to learn a new skill such as: riding a bike, roller-blading, baking a cake, etc.
3 Creativity -Draw with chalk or paint a picture.	4 Curiosity -Do an outdoor scavenger hunt. 	5 Fairness -Play a board game with your family. 	6 Forgiveness -Give someone a hug and apologize when you hurt them.	7 Gratitude -Make a card for someone you are grateful for. (parent, nurse, teacher)	8 Honesty - Think about a time you told A lie, how did it make you feel? Would you consider telling the person you lied to the truth?	9 Hope -Call someone that can't be with you. 
10 Humility -Do something nice for your neighbor.	11 Humor -Tell a funny joke.	12 Judgment - During a disagreement, ask to hear their side of the story without interrupting.	13 Kindness -Do something to help others.	14 Leadership -Help with chores around the house.	15 Love -Tell someone you love them. 	16 Love of Learning - Visit a new website about animals to learn something new.
17 Perseverance -Finish a book, project, etc. that you have started. 	18 Perspective -Look for positive stories in the news to share.	19 Prudence -Wash hands and take care of yourself. 	20 Self-Control -Have a tech-free day. 	21 Sense of Meaning -Play outside. 	22 Social Intelligence -Listen to someone when they are sharing their feelings.	23 Teamwork -Help your family cook a meal.
24 Zest -Get active. Move and stretch. Try yoga.	25 Appreciation of Beauty -Plant a garden or flowers.	26 Bravery -Do something that you think is hard.	27 Creativity -Do a science experiment.	28 Curiosity -Try a new food. 	29 Fairness -Share a treat or snack.	30 Kindness -Write a letter to someone. 
31 Love of Learning -Onomatopoeia, What does it mean? Search the word on Google and then name as many as you can!						<div style="border: 2px solid blue; padding: 5px; text-align: center;"> <h1>2020</h1> </div>