












# May

## Character Strengths Calendar

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