



HELLO PARENTS,

Character building is intentionally investing in and strengthening the positive and useful qualities in a human being. It is intended to develop the integrity and morals that benefit not only the individual but also society. In this newsletter, we will provide some interesting character building activities related to important life values, which will help children to develop a strong sense of self and strengthen their emotional intelligence.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

BE GENTLE

MATERIALS:

- ¶ Stuffed animals

DIRECTIONS:

- ¶ Have your infant play with a stuffed animal.
- ¶ Teach your infant to be gentle and kind by modeling this behaviour. For example, lightly pet the stuffed animal while saying "gentle".
- ¶ Help your infant be aware that their movements and tone of voice are just as important as a gentle touch.

[Click here](#) to listen to "Sharing is Caring" song.

TODDLERS (19 MONTHS – 2.5 YEARS)

PLEASE AND THANK YOU TEA PARTY

MATERIALS:

- ¶ Tea party set (plastic cups, plates, spoons, food, etc.)

DIRECTIONS:

- ¶ Set up a tea party with your child.
- ¶ Pretend to share food/drink with your child, and model good table manners.
- ¶ Encourage them to say "please" when they ask for food/drink, and add "thank you" and "you are welcome" as they share their food/drink.
- ¶ Create opportunities during meal times and other daily routines to practice good manners with your child.

[Click here](#) to listen and learn dance moves to the "Kindness song".

[Click here](#) to find more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

PROBLEM-SOLVING PUPPETS

MATERIALS:

- ¶ Two puppets

DIRECTIONS:

- ¶ Brainstorm with your child situations which can result in a conflict. For example, arguing over a toy (you can also use real-life scenarios that your child has experienced).
- ¶ Use two puppets, one for you and one for your child, to act out the chosen scenario.
- ¶ Tell your child, "These are the problem-solving puppets. Each believes that it is their turn to get the toy. Let us help them solve the problem".
- ¶ Freeze the puppet role-play at a critical point in the conflict and ask your child for suggestions on ways to resolve the conflict.
- ¶ Incorporate these suggestions and finish the puppet play.
- ¶ Discuss with your child which suggestion they think works best.
- ¶ Using puppets to role-play conflicts help children to experience which behaviours and words are involved in carrying out the solutions.

[Click here](#) to read "What Does It Mean to Be Kind" by Rana DiOrio.

JK/SK (4 – 6 YEARS)

GROWING A GRATEFUL TREE

MATERIALS:

- ¶ Coloured paper
- ¶ String
- ¶ Twig or small tree branch
- ¶ Scissors
- ¶ Vase
- ¶ Hole punch (optional)
- ¶ Pebbles
- ¶ Markers

DIRECTIONS:

- ¶ Draw large leaves on the coloured paper and cut them out.
- ¶ Punch or poke a hole at the top of each leaf and loop a piece of string through the hole.
- ¶ Put pebbles in the vase to stabilize it and stick the tree branch inside.
- ¶ Have your child draw or write about one thing they are grateful for on one leaf and hang it from a branch.
- ¶ Have other family members make their leaves, too.
- ¶ Keep adding one grateful leaf for each family member to a branch every day until it grows into a big tree.

[Click here](#) to read "Have You Filled a Bucket Today" by Carol McCloud.

SCHOOL-AGERS (6 – 12 YEARS)

THE POWER OF WORDS

MATERIALS:

- ¶ Paper
- ¶ Pencils and markers
- ¶ Old magazines

DIRECTIONS:

- ¶ Make a list of different character traits that you think are important. For example: kind, honest, respectful, empathetic, compassionate, confident, cooperative, etc.
- ¶ Pick one word at a time, find out its meaning, and think of a situation where that trait of character was important.
- ¶ Draw a picture that depicts what the word means or looks like in action (you can also use pictures from magazines and create a collage to illustrate the meaning of the word).
- ¶ When you collect several traits with illustrations, write a story that ties them all together to describe positive behaviours.

[Click here](#) to find more activities for character building.

A TIP FOR TODAY

- ¶ Model positive behaviours at home by everyday actions and choices.
- ¶ Use teachable moments to spark family discussions on valuable lessons about responsibility, empathy, kindness, and compassion.
- ¶ Tell stories from literature and life, and encourage your child to share their thoughts, beliefs, and concerns.
- ¶ Take a few moments each day or week to talk with your family about people or events that you are grateful for.