Characte Strong

OVERALL SCHOOL HOME



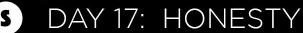
Truth?

What do you think about this week's dares?

Reflect on your experience with this week's dares.











Character, like any other muscle, requires intentional and consistent practice.

This is a sample of our full year curriculum supplement - 1 week out of 32 total weeks.

The full supplement takes 8 character traits and breaks them down into clear, relatable categories and provides real, daily ways to practice & reflect on them throughout the year.















If you're interested in the full version of **CharacterStrong**, please contact us! email: info@characterstrong.com

How To Read The Dares

Scientists suggest our personality (extrovert vs. introvert, dominant vs. passive, perfectionist vs. free-form) is more or less set by age 6. However, our character (our interpersonal traits, our morals, our reputation) is built & created by the choices we make every day.

Character is a skill - meaning it can be learned and practiced. If we spend a little time, intentionally, each day working on them, we can

Dare Types



Public

These dares help the community or many people.



Partner

These dares connect with one other person.



Personal

These dares challenge you - it's a solo dare.

Dare Difficulty



Quick

Dare Length

Anywhere from a few moments



Short

Somewhere between 15 minutes and 30 minutes.



Longer

These dares will run anywhere from 30 minutes to 2 hours.



Investment

Could be a few hours, could be a thoughtful day, or could be a weeklong commitment.

1-1

Level 1

Basic dares. Meant to develop the most basic awareness of



Level 2



Level 3

and break down old ones.



Level 4

Advanced. Meant to push our

Character Traits



kindness



patience





commitment



honesty



respect



humility



lorgiveness

