

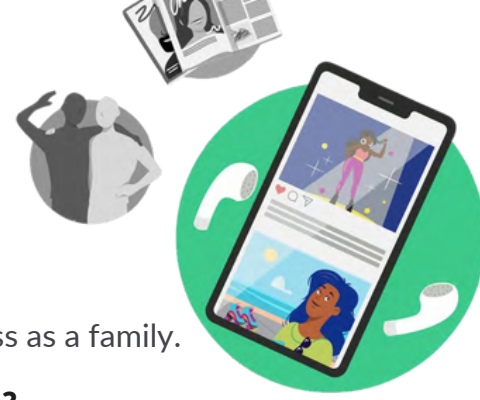
Character Playbook

At-home Activities

These activities are designed to help students and families have productive conversations about a variety of character-related topics, including self-awareness, self-regulation, social awareness, communication skills, and decision-making.

Activity 1

Understanding Yourself



Internal Influences - What impacts you from the inside?

Instructions: Read the questions and write your responses, then discuss as a family.

Why is it important to recognize your emotions, values, and thoughts?

When do you reflect on them?

Social identities

Instructions: Read the questions and write your responses, then discuss as a family.

What are your social identities? Examples could include race and ethnicity, gender, social class and socioeconomic status, sexual orientation, (dis)abilities, interests, religion and beliefs.

Which social identities are most important to you? Why?

External influences - What impacts you from the outside?

Instructions: Read the questions and answer in the boxes provided. Then discuss as a family.



- **What are some recent examples of how the following things have influenced a decision you've made? For example, maybe an ad you saw influenced you to buy a product.**
- **Why do you think these things influenced you the way they did?**

Advertisements

Peers

Social media

Other

Activity 2

Identifying Complex Emotions



Think about a time when you felt really intense emotions.

Situation: _____

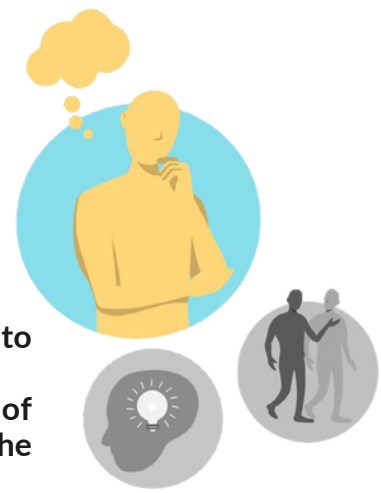
Circle the emotions you felt.

POWERFUL	JOYFUL	SCARED	SAD	PEACEFUL	MAD
<p>Complexity Level 1</p> <p>Proud Respected Appreciated Hopeful Important Faithful</p>	<p>Complexity Level 1</p> <p>Excited Vibrant Energetic Playful Creative Aware</p>	<p>Complexity Level 1</p> <p>Rejected Confused Helpless Submissive Insecure Anxious</p>	<p>Complexity Level 1</p> <p>Sleepy Bored Lonely Depressed Ashamed Guilty</p>	<p>Complexity Level 1</p> <p>Nurturing Trusting Loving Intimate Thoughtful Content</p>	<p>Complexity Level 1</p> <p>Hurt Hostile Angry Rage Hateful Critical</p>
<p>Complexity Level 2</p> <p>Cheerful Satisfied Valuable Worthwhile Intelligent Confident</p>	<p>Complexity Level 2</p> <p>Daring Fascinating Stimulating Amused Extravagant Delightful</p>	<p>Complexity Level 2</p> <p>Bewildered Discouraged Insignificant Weak Foolish Embarrassed</p>	<p>Complexity Level 2</p> <p>Apathetic Inferior Inadequate Miserable Stupid Bashful</p>	<p>Complexity Level 2</p> <p>Thankful Sentimental Serene Responsive Relaxed Pensive</p>	<p>Complexity Level 2</p> <p>Jealous Selfish Frustrated Furious Irritated Skeptical</p>

- Did you feel many feelings at once?
- Did you notice your initial feeling evolving into another feeling?
- Were your feelings related to each other? If so, how?

Activity 3

Managing Your Emotions



Part 1

- Highlight or circle the coping skills that you feel would be most helpful to you. If any others come to mind, write them down as well.
- After you've identified the coping skills you'd like to use, make a note of how they could have helped you in the situation you described on the previous page.

Short-term coping skills	Long-term coping skills
<ul style="list-style-type: none">• Taking deep breaths• Getting some fresh air• Journaling your feelings• Talking to someone you trust	<ul style="list-style-type: none">• Focusing on the impact of your action/decision• Considering what you want to come out of the situation• Developing a responsible action plan

Part 2

In what area do you most want to build or grow your self-management skills?

- Managing emotions
- Communicating emotions
- Setting goals
- Taking action

Write your choice in the box below, then answer the following questions:

- Why do you want to grow in that area?
- How will you do it? What goal(s) can you set for yourself?
- How will you measure your success?



Opportunities to improve

Activity 4

Reading Social Signals

Cut out the squares below, then choose 2-3 people to role play each example. Everyone else watch and discuss the following questions:

- How is each person affecting the interaction?
- Does each person look attuned to the other people in the interaction?
- How is each person behaving differently?
- Do you think this conversation will be successful? Why or why not?



Example 1

Person A ✂

Face Person B and smile.
Hands open at your side.

Feeling/Posture: eager, happy

Person B ✂

Stand with your arms crossed.
Don't make eye contact with Person A.

Feeling/Posture: sad, down

Example 2

Person A ✂

Stand over Person B.
Make direct eye contact.

Feeling/Posture:
angry, aggressive

Person B ✂

Shrink down and look away.
Don't make eye contact with Person A. Pretend to bite nails.

Feeling/Posture:
anxious, nervous

Example 3

Person A ✂

Smile and interact with Person B. Do not pay attention to Person C.

Feeling/Posture: happy

Person B ✂

Smile and interact with Person A. Do not pay attention to Person C.

Feeling/Posture: happy

Person C ✂

Keep distance from both A and B. Do not show interest in the interaction. Look down or possibly look at phone or time.

Feeling/Posture: bored

Together, practice the 4 steps of active listening - 1) focus 2) wait 3) ask and 4) respond - while each person shares what makes them unique.

Activity 5

Communication Methods

Instructions: In each table, list the pros and cons of communicating using each method.

In-person

Pros	Cons

Phone Call

Pros	Cons

Text Message

Pros	Cons

Social Media

Pros	Cons

When have you seen miscommunication happen in each category? What steps could you take to improve communication in each category?

Activity 6

Applying Decision-Making Steps



Instructions: Read the following case study and fill in each decision-making step that follows.

Alejandro's dilemma

Alejandro got a friend request on social media from someone who used to bully Emmett when they were younger. Alejandro wasn't sure whether he should accept it or not.

Alejandro's first instinct was to accept the request right away. Alejandro would like to be nice to her. Perhaps he could get to know her better. But then Alejandro considered that may hurt Emmett's feelings. Friendship is one of the most important values to Alejandro, so he doesn't want to hurt Emmett.

Alejandro also thought about just ignoring the request. That way, Alejandro wouldn't hurt Emmett's feelings. But then Alejandro was worried that the person who sent a friend request might be hurt. Alejandro had always tried to be responsible for himself and others, so he wondered if just ignoring someone could be seen as irresponsible.

It also occurred to Alejandro he could talk to Emmett about it. Alejandro could share what he was thinking and feeling. He could ask Emmett if he'd be cool with Alejandro being friends with her on social media. Though it might be hard to communicate feelings, Alejandro wanted to be honest and maintain closeness with friends by telling the truth. After giving it some more thought, Alejandro felt this would be the best decision option for him.

Alejandro texted Emmett to see if he was available to chat. Alejandro went to the library to meet Emmett and talked about what he had been thinking and feeling. Alejandro also asked Emmett if he'd be okay with him being friends with this person. Emmett told Alejandro that this person was more of a reinforcer, who supported the bullying without joining directly. In fact, she actually apologized to him a couple of years ago. Emmett said he wouldn't mind Alejandro befriending her on social media because he wanted to give her a second chance as well.

After talking to Emmett, Alejandro accepted the friend request. He reflected on his decision. He feels great because his decision to talk to Emmett aligned with what was important to him. Alejandro was happy that he was honest with Emmett. Now Alejandro has the opportunity to get to know this new friend better while staying true to his closest friend.

Step 1: Identify the problem

Applying Decision-Making Steps continued



Step 2: List possible solutions

Solution option 1

Solution option 2

Solution option 3

Step 3: Review your options and values

Solution option 1

Pros

Solution option 2

Pros

Solution option 3

Pros

Cons

Cons

Cons

Cons

Cons

Cons

Value alignment

Value alignment

Value alignment

Value alignment

Value alignment

Value alignment

Step 4: Make a decision and take action

Step 5: Reflect on the decision

Your Decision-Making Steps

Instructions: Now that you've practiced with Alejandro's situation, think about one of the most complex decisions you have recently made. Reflect on how you made your decision and fill in each decision-making step in the following table. Alternatively, if you have any complex decisions to make at the moment, you can use this worksheet to make that decision.



Step 1: Identify the problem

Step 2: List possible solutions

Solution option 1

Solution option 2

Solution option 3

Step 3: Review your options and values

Solution option 1

Solution option 2

Solution option 3

Pros

Pros

Pros

Cons

Cons

Cons

Value alignment

Value alignment

Value alignment

Your Decision-Making Steps continued

Step 4: Make a decision and take action

Step 5: Reflect on the decision