

## Share Your Character on Character Day, Sept. 22

Mark your calendars for Character Day on Sept. 22 – a global event when students and adults have the opportunity to engage in an online global conversation around character, focusing on who they are, who they want to be in the world, and how to develop the whole child with the development and focus on character strengths: resilience, grit, empathy, courage and kindness. Now in its third year, Character Day is a time to engage your school community in the importance of supporting the [Whole Child](#). Get started by learning more about our Personal Success Factors by watching our [PSF Documentary](#) and visit the [Character Lab Website](#).

Below are some ideas, both big and small, to help your team get involved:

### Try something ...

#### Small

- Mindful Minute
- Practice gratitude by writing thank-you notes to people in your school or a family member
- Read “How Full is Your Bucket”
- Lead students in drawing a self-portrait that represents their character strength

#### Medium

- Growth Mindset in the classroom
  - [Click](#) for the latest from the Teaching Channel
  - [Test your Mindset](#)
- Create a Gratitude Journal and write in it at least once a week
- Middle and high schools can study books such as “To Kill A Mockingbird,” “The Boy Who Harnessed the Wind” or the “Alchemist,” with a lens around what character strengths the people in the story are demonstrating

#### Big

- Explore a DPS approved curriculum:
  - Random Acts of Kindness [Free K-12 Lessons](#)
  - [Second Step](#)
  - [Peace for Kids](#)
    - P – Parent Empowerment
    - E – Empathy
    - A – Anger Management
    - C – Character Education
    - E – Essential Social Skills
  - [Learning to Breath](#)
- Commit to your UIP whole child focus area by sharing with staff and writing it down

If you have any questions about Character Day, reach out to Kim Price at [kim\\_price@dpsk12.org](mailto:kim_price@dpsk12.org).