

Try it Out!

How would you describe yourself? What makes you you? What are 3 things you do very well? Add them to the "Strengths" board!



Trait 2 Empathy

Try it Out!

Practicing Gratitude can help you step out of your shoes and consider others. Write a thank you note to someone. (If you have an address - we'll mail it for you!) How do you think they will feel opening their mailbox?





Try it Out!

Try 1-2-3 breathing. Sit in your chair with your feet on the floor and:

1. Tell yourself to relax.

2. Take a deep breath from your belly and feel your breath going up your nose.

3. Let your breath leave your lips as your tummy goes down. **Repeat 4 times** Also try Box breathing: Inhale through your nose for 4 seconds Hold your breath for 4 seconds Let the breath out through your mouth for 4 seconds Pause for 4 seconds Repeat 4 times "Smell the roses, blow out the candles!" (In through your nose, out through your mouth."



Trait 4 Integrity

Try it Out!

Who inspires you? What virtue do you admire? What was one time you did the "right thing" even when it was hard?



Try it Out!

For one minute, write every answer you can think of (no matter how silly it is) to the following question: What is the ground squirrel thinking?



Trait 6 - Perseverance

Try it Out!

Standing behind the putting line, Putt the ping pong ball using a pool noodle so it lands between the two goal lines (not touching them). The game is over when all team members accomplish this. Reflection: How difficult was that? Did you feel like quitting at any point?



Trait 7- Optimism

Try it Out!

Share the positive vibes! On the white board, write or draw things that you have experienced within the last week that you find beautiful or extraordinary. If someone has written it already - write it again or give an affirmation (e.g. "Yes!" "Me too!") Reflection: How does this wall of positivity make you feel?

