

Objectives:

- Students will review the difference between Personality and Character.
- Students will start the CharacterDare process to give weekly opportunities to engage in the practice of building their character through challenges and reflection.

Materials:

- Image: Current CharacterDare
 - Image: Personality vs. Character
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Introduction (5-7 minutes):

- Say, "I want to keep learning about who you are. This week's random question is 'What is the strangest food you've ever eaten?'"
 - Share your answer to the question.
 - Share out 3-5 answers from around the room.
 - Say, "Today, we are talking about the difference between Personality and Character. What do you know or what do you remember about how to describe the difference between the two? Personality is what we _____ and character is what we _____!" (Answers: prefer, practice)
 - Ask, "What might be an example of something you do because of your personality?"
 - Get 3-5 answers from around the room.
 - Clarify, if necessary, that an example of your personality might be the way you keep track of your to-do list, how often you feel comfortable speaking up, the way you organize your closet, or if you feel more energized listening or talking.
 - Ask, "What might be an example of something you do because of your character?"
 - Get 3-5 answers from around the room.
 - Clarify, if necessary, that an example of your character might be the way you take time to learn people's names, the compliment you give to someone on their outfit, your decision to clean up garbage that isn't yours, your choice to forgive someone who said something hurtful, or your willingness to wait until everyone gets their food first before you eat.
 - Say, "While we have a lot of control over our character, our personality is something that comes pretty naturally to us. It is important to understand how our personality affects the way we do things so we can use it more effectively when practicing our character!"
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Activity - Your Ideal Shoe (12-15 minutes):

- Say, "Today, we are going to dive in a little deeper to the difference between personality and character and begin the CharacterDare."

- Have students take out a blank piece of paper and something to write with. If there is easy access to colored pencils or markers, you can make them available for this activity.
- Explain that they will have 3-4 minutes to draw and/or describe their ideal shoe on their piece of paper. Their ideal shoe can be made of ANYTHING and have any features they want. Let them know that the sky's the limit - that their shoes can look anyway they want and do anything they want.
- When they are done, have them turn and share with a partner all about their ideal shoe.
- Have 3-5 students share about their ideal shoe with the whole group.
- Ask, "How do you think the description or drawing of your ideal shoe relates to your personality? What do you think your ideal shoe says about your personality?"
- **Project Image: Personality vs. Character.**
- Say, "We all have different things we prefer, different styles, different ways that we view the world, and different things we like. Personality is like our ideal shoe - we all have different things that we prefer in our footwear. Some people here prefer bright, flashy shoes. Those people probably have more of an outgoing personality. You wouldn't wear loud shoes unless you were willing to be kind of loud yourself! Some people prefer comfortable shoes. Some people just want a shoe that does the job - a practical shoe."
- Say, "So if personality is like our ideal shoe, a good way to describe character is where we choose to walk! Character isn't a preference, it is a practice. It is something we choose to do. We all prefer different kinds of shoes, but it is where we decide to go with our shoes that helps define our character! With that in mind, it is time to get practicing and start walking the walk toward stronger character in our life with the CharacterDare!"

CharacterDare (5-7 minutes):

- **Project Image: Current CharacterDare.**
- Say, "Just a quick reminder - this is what the CharacterDare looks like. The number of weights shows you how difficult the Dare is, the clock shows you how long the Dare might take you, and the heart icons show you if the Dare is something you do by yourself, something you do with a partner, or something you do for a large group of people or a place!"
- Say, "Each time we meet, you will given one of these challenges - a simple way to practice building your Character. This time around, we are going to focus on one way to get strong Character by practicing Respect! It is important to know that these CharacterDares are 'challenge by choice,' which means it is your choice whether or not you do the Dare! This whole process is not about being perfect - it is about practicing to have great Character so

we can be strong at things that help ourselves and other people! To start our time together each time we meet, we will begin by talking about the last CharacterDare using the Truth or Dare technique. Everyone will have a chance to talk about it, whether you completed the dare or not. If I call on you, you can choose Truth and talk about what you thought about the challenge or why you chose not to take it! You could also choose Dare and talk about your experience with the challenge. I can't wait to talk with you all about it next time we connect!"

- Answer and clarify any questions about the Dare for this week that is projected. Encourage students to modify the CharacterDare if it does not seem to specifically fit your school situation.
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Exit Intentionally (1 minute):

- Say, "As Helen Keller once said, 'Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.' This is hard work everyone! I am glad to get to do it alongside you."
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Mad Respect, Yo

Think about the person or people that you most look up to and make a list of characteristics that this person (or these people) have.

Why do you respect them? What can you learn from them? As you make your list, write down what you think their definition of respect is and how it's different from your own.

Respect



PERSONALITY VS. CHARACTER

Personality is: the shoes we like to wear
Character is: where we choose to walk

