

Tips + Activities for Getting Started

Thank you for joining the challenge! Here are some tips and activities to get started.

The Moments a Day Family Challenge:

My family will spend a few moments every day engaging in a meaningful activity to help us all develop a quality of the heart.

Tips:

Make this challenge a success with these simple ideas

- **Don't make things complicated.** Simply spend a few moments a day doing something with your kids, and use it as an opportunity to learn about a value that is important to you. Simple role plays, puppet shows, and made-up stories are easy, fun, and work great. See the next page for a list of easy activities.
- **Put “character building” into your routine.** Would breakfast time work best for you? What about on the way home from school? Find a time and stick to it.
- **Get your family involved.** Tell them you want to take the challenge. Ask them what activities they like the best! Do they want to spend more time outdoors? Would they enjoy some more arts and crafts? Find out what they will enjoy and then use my handy resources to find the activities that are right for you.
- **Team up with a friend, or a few other families.** Would your best friend and her family like to be in on the challenge? Ask her and find out how you can support each other. Check in once a week and talk about what your family has enjoyed and what you have tried. Or you can theme a playdate with activities to teach values. Browse my [group activities](#) for ideas to use.
- **Keep your vision in the forefront.** Don't just use this challenge as another item on your to-do list. Use it to create the family culture you have always wanted. No family is perfect but family members love each other and respect each other, and that is what we are trying to encourage.
- **Sign up for my Newsletter (if you haven't already).** I will share an overview of my past month's activities and articles plus some other resources and/or ideas that I haven't had time to blog about.
- **Find more resources online.** Browse the character-building resources I recommend on my Feature Friday series [here](#). Follow a group of intentional bloggers on Pinterest who have joined together to pin character related posts [on this board](#). (You can still look at the board even if you don't have Pinterest!)

Activities:

Every day opportunities you can use to build character

- **Learn how to greet each other in the morning.** Smiling, asking how you slept, sharing dreams and hopes for the day is a great way to practice courtesy. Model this to your child and ask them to take a turn, as well.
- **Discuss something you are thankful for over breakfast.** Going around the table and sharing one thing you are thankful for can help everyone start the day with some gratitude.
- **Practice patience when mistakes are made.** Mistakes are inevitable. Did your child drop a dish or spill some milk? Take a deep breath and model patience. Give your child the opportunity to “right their wrong” and take on a patient attitude. You can even say, “I’ll be patient while you clean that up.” Then role play a similar situation as a game, giving your child the chance to be patient.
- **Make morning responsibilities into a game.** Say, “Can you guess the three things we need to do before we leave the house today?” These might be using the toilet, getting a lunch box, and putting on a jacket. After your child guesses, ask them to do these things as fast as they can while you set the timer. Each day they can try to “beat” the previous days’ time until they get very efficient.
- **Find a new person to be friendly to.** Wherever you go during the day, whether it is to the post office, grocery store, or playground, challenge yourself and your child to be friendly to someone new. This may be asking them how their day is going or simply smiling. Enjoy finding new faces to bring smiles to.
- **Tidy up to your favorite song.** Talk about the importance of keeping the house clean and sing (or turn on a CD) with a favorite song to use as your “cleaning up theme song.” Work to clean up for the duration of the song. Help your child choose a specific task they can focus on and accomplish during that time.
- **Share special moments to say “I love you” before bed time.** Love is the glue that holds families together. Be sure your child knows you love them and give them opportunities to hug you and cuddle as they need. Moments of connection before bed time are very meaningful for children. Ask your child to come up with a special hand shake or code word that means “I love you” which only your family will know, which you can share to say good night.