

Character Dares



Introduction:

You build muscle by using your muscles. You gain smarts by thinking smart. And, you can become a person of character by challenging yourself to *be* a person of character. Below you will find character dares for student leaders. Pick one from each category you are willing to attempt in the next month.

Create a Culture Culture is both what you do and do not do. To create an awesome school climate at your school, you need to do positive things and avoid doing negative things. Remember, all eyes are looking at you. If other students see you being kind, showing respect and standing up for what is right, they will follow your lead.

- **Trash Monster** Go through your entire school or after lunch finding and collecting all the trash. Once it is collected and put in a trash can, let out a roar or alternative monster sound. That part's important.
- **Selfless Sweets** Bring treats (like cookies, candy, donuts, or kale chips) for the group you sit with at lunch. Or, better yet, ask your lunch buddies to help you deliver the treats to other tables!
- **Here We Go** Gift a pencil or a pen or a piece of paper or a piece of candy to a classmate. If they ask why, look at them very seriously and say, "Because you win." Or just tell them it's because you like sharing
- **Every Bit Counts** Count how many positive interactions you can make in the hallway today between classes. Include smiles, high fives, hellos, compliments, and moonwalking attempts-in that order.
- **The Organizer Ovation** Write a thank you note to whoever organized an event you attended this week—include specifics about what you enjoyed.
- **We're New Here** With a group of friends, go to an activity or game you normally wouldn't go to and cheer enthusiastically (when appropriate). Face paint is optional.
- **Whatta Character** Think about a person in your life who you think has great character. Write a story about who that person is and what they have done to build their character or demonstrate good character to you or the people around them. Share the story with others.

Ensure Safety The adults at your school – from the principal to the bus drivers – take care of your physical safety at school. They plan drills for emergencies, they make sure all the buildings meet safety codes and they know the health needs of each and every student. As student leaders, you have a great influence on the social and emotional safety of the students in a school. Small acts of kindness and inclusion go a long way in ensuring school is a safe place for every student.

- **Hallway Highfives** Get a group of friends to join you in a busy hallway or at the school entrance doors and make a high-five tunnel. Greet as many people as you can by their name!
- **It Must Be A Sign** Make a poster telling the people of your school that they are awesome and hold it up as buses pull in.
- **Howdy, Stranger!** Get to your next class as fast as possible. Use the remaining time in passing period to talk to a student sitting in your classroom who you may not have talked to before or don't know that well.
- **Love Ninja** Write positive letters to students based on your observations. Place them in the student's locker or in an envelope addressed to the student for the office to deliver. You never know who may need some words of encouragement, especially from a ninja.
- **Awkward Amigos** Invite someone new to go to an event with you that you might not normally go with, or if you see someone in the commons or hallways alone before school starts, introduce yourself and start a conversation with them.
- **Most Valuable Participant** Give someone a compliment for their effort in planning or participating in an event.

Close the Gap Schools can be stressful and demanding places for both students and staff. A decrease in stress leads to higher motivation and better work, which in turn leads to student success. There is a simple thing student leaders can do to help decrease stress around a school: help. Help other students, help your teachers and help your support staff!

- **Better Than An Apple** Write a note to one of your teachers today thanking them for their help and put it on their desk. Be specific on how they helped you.
- **Musical Chairs** Make sure all of the chairs in the classroom are pushed in and in the right place at the end of every class. Leave every room you walk out of better when it was when you entered.
- **Life Line** After being presented with a challenging assignment in a class that you understand, offer "life lines" to other students. Explain you are available in the evenings and before and after school to help them with the assignment if they ask.
- **Neat Freak** Following an extracurricular activity, offer to sweep, vacuum, collect garbage, etc. in the area of the activity.
- **Extra-Thankful** Thank a teacher or adviser who you know puts in a lot of additional effort to help with a club or activity. Volunteer to help them one day after school.
- **Students Unite** Organize a library night where students arrive at a specific time to help each other with assignments. You might even be able to utilize your school's library in the evenings.

Final Dare...Character is made up of different traits: kindness, respect, honesty, forgiveness, commitment, humility, selflessness and patience. Out of the eight character traits share which one is going to be the hardest for you to practice and why?

In appreciation...*The Character Dare concepts are adapted from the work of the AWSL Mt. Adams High School Leadership camp staff and motivational speaker Houston Kraft. Visit Houston Kraft's website (www.houstonkraft.com) to download a free app called Character Strong. This app is a daily character "workout" designed for students by students.*

Digital Dares What would happen in schools across Washington if the more than 2,000 participants in Middle Level Regionals decided to take the Character Dare concept into Cyberspace? What positive Digital Dares can you think of that would make interacting in Cyberspace better? Wouldn't it be awesome if every student not only had a positive face to face experience at school, but a positive screen to screen experience in cyberspace.

Create a Culture	Ensure Safety	Close the Gap