

# **Character Activities and Group Rituals to Build Strengths**

Character strengths are positive qualities in our thoughts, feelings, and actions that support our moral integrity, personal growth, and overall well-being. These core virtues help us navigate life, build strong relationships, and contribute to society. Developing character also involves taking time to reflect on ourselves, our actions, and how we've grown.

### **COMMON CHARACTER STRENGTHS ARE:**

Courage	Perseverance/Grit
Curiosity	Respect
Creativity	Responsibility
Forgiveness	Resilience
Fairness	Social intelligence
Honesty	Relationship skills
Integrity	Teamwork
Hope	Trust
Gratitude	Perspective
Leadership	Open-mindedness
Kindness	Enthusiasm

In the Pocket Guides, programs are listed with their: **TITLE**, Author, **Character Strengths**, Social-emotional learning skills (SEL), and *Materials*.

# As staff, you have opportunities to develop character in campers:

## ROLE MODEL

Growing your awareness and demonstrating character. It's your responsibility to be the best version of yourself every day. The campers see you doing it!

## ATTITUDE

Bringing your enthusiasm, positivity, generosity, and flexibility to your role.

## BEHAVIORS

Narrating your thoughts as you employ problem solving and positivity. Saying it out loud and naming the strengths you and your group are using throughout the day.

## How can you provide these character-building opportunities for campers every day?

**COMMUNITY** —inclusion, belonging and friendship.

**AUTONOMY** —choice and voice;  
give campers chances to problem-solve.

**MASTERY** —appropriate challenges and practice.

**PURPOSE** —being a part of something bigger, serving others.

These are rituals for you to incorporate into your group or cabin's regular routine, so they are repeated throughout the session. For example, you might include a new reflection exercise every Shabbat or use a daily morning breathing exercise. By consistently focusing on character-building, you'll help campers develop important social-emotional skills and improve their ability to reflect on themselves.

**Watch your thoughts, they become your words;  
watch your words, they become your actions;  
watch your actions, they become your habits;  
watch your habits, they become your character;  
watch your character, it becomes your destiny.**

**—LAO TZU**



# Twosies: Character Interviews

## TRUST, HONESTY

### Self-awareness, self-management

To better understand your campers and help them feel seen and valued, share the list of strengths above with them and interview each camper. Asking them how they prefer to be supported at the start of the summer will help you build trust, get to know each camper individually, and provide the right kind of support throughout the season. You can share your responses to these questions as well. Or you can have campers interview each other.

- Tell me about someone important to you, which strengths do they have?
- Which strengths do you possess a lot of? Which ones are your superpowers?
- What strength do you want to grow in the most this summer? Why?
- How do you like to be treated when you are sad? When you are mad?
- What is a strength you've noticed in someone else at camp? How do they use it?
- Which strength would you want to borrow from a friend for one day? What would you do with it?
- When do you feel the most confident or proud of yourself?
- How do you show kindness or empathy when someone is having a hard day?
- What's something you've learned about yourself this summer?
- How do your strengths help you be a good friend, bunkmate, or teammate?
- Think about a challenge you've faced recently—what strengths helped you get through it?
- What does it look like to use your strengths to help the whole group?
- How can we support each other in growing our strengths this summer?
- What makes you feel safe and supported when you're trying something new?
- Which Jewish value do you feel most connected to? Why?

### Group reflection:

- How do your strengths relate to our camp's core Jewish values?
- How do our strengths work together like pieces of a puzzle?
- What have we learned about each other's strengths this summer?

*Twist: Have partners dress up as "dynamic duo" partners (ketchup and mustard, salt and pepper, Mickey and Minnie Mouse, etc.)*

# Making the Secret Sauce

## Teamwork, Collaboration

Campers work together to “cook up” the ultimate recipe for a magical summer as a bunk. They get to reflect on the experiences, values, and relationships that made this summer special.

Materials:

- Large mixing bowl
- Blank “recipe cards” (or large paper/posters)

Instructions:

1. Tell the kids that you’ve discovered that the best summers aren’t random, they’re made with a top-secret recipe! And now, it’s your bunk’s turn to write one together.
2. Ask reflection prompts, like:
  - What moments made us laugh the hardest?
  - What helped us feel safe or supported?
  - What was something new we tried?
  - What values did we live by? (friendship, kindness, teamwork...)
  - What’s something we want to bottle up and take home with us?
3. Campers can write or draw these “ingredients” on slips of paper.
  - Examples: (3 cups of belly laughs, 2 heaping tablespoons of inside jokes)
4. One by one, campers “add” their ingredients to the bowl and read them aloud, sharing stories or specific moments when those things happened.
5. As a group, write out the official bunk recipe on a poster or giant recipe card.
6. Hang it in the bunk or present it to other groups.

Kids could even take home a “recipe card” with the recipe they created together.

# Cup of Kindness

**Kavod (Respect), Gratitude**

In this simple yet impactful bonding activity, each camper received a cup, not to fill with water, but to fill with words. Campers turned to the person next to them to share something they appreciated about them and recall a meaningful memory they shared together. This activity created an atmosphere of kindness, vulnerability, and genuine connection.

Instructions:

1. The counselor began by giving each camper a cup and explaining that this was a symbolic vessel, one that would be filled not with drinks, but with positive words and shared memories.
2. Campers paired off (either in a circle or sitting next to each other) and took turns saying:
  - a. One thing they liked or appreciated about the other person
  - b. One good memory they shared together during the summer
3. Optional Round Two: Depending on time and group dynamics, campers could rotate and repeat the activity with another partner or go around the circle and have a few people share out loud with the group.
4. Reflection: The group reflected briefly on how it felt to both give and receive kind words.

# My Jewish GPS

## Personal Identity, Kavod (Respect)

Campers explored the idea that each person's Jewish journey is unique, like a road trip with its own route, landmarks, and unexpected turns. Through honest staff storytelling and a thoughtful Q&A, campers learned that while everyone may be heading in a similar direction, there's no single path to being Jewish. What matters is having the courage to keep asking questions, checking the map, and staying curious. This activity invited campers to begin identifying the coordinates of their own Jewish GPS.

### Instructions:

1. **Setting the Scene with The Journey Metaphor:** The facilitator introduced the idea of a Jewish GPS, not something that gives turn-by-turn directions, but something internal that helps guide who we are, where we come from, and where we're headed in our Jewish identity.
2. **Staff Storytelling:** Each staff member shared a short "travel log" which was a personal reflection on their own Jewish identity. Stories included family traditions, moments of doubt, meaningful experiences, and how their "routes" have changed over time.
3. **Jewish Identity Q&A:** Campers were invited to ask open-ended questions about what it means to be Jewish. The questions were deep and thoughtful, sparking meaningful conversations.
4. **Making Your Own Path:** After the discussion, each camper received a blank "Map of Me". Campers were prompted to illustrate or write in:
  - a. Places or moments that shaped their Jewish identity so far (traditions, family, holidays, questions, etc.)
  - b. Words or values they want to bring with them going forward
  - c. Dreams or destinations they hope to explore in their Jewish journey (learning Hebrew, leading Shabbat, asking more questions, visiting Israel, etc.)

# Little Moments, Big Memories

## Hakarat HaTov (Gratitude)

This reflective yet lighthearted activity encouraged campers to notice and treasure the small, everyday moments at camp — the ones that often become the most special in hindsight. Through storytelling and a little creative twist, the bunk shared and celebrated their own “little moments” together, turning them into funny, heartfelt, and memorable keepsakes.

### Instructions:

1. The facilitator begins by sharing the idea that while big camp events are exciting, it's often the small moments (like a silly joke in the bunk, braiding someone's hair, sharing snacks, getting caught in the rain) that end up meaning the most.
2. Campers brainstorm and share short memories from the summer that felt small at the time but brought them joy. These could be funny, weird, heartwarming, or a mix of all three.

### Reflection:

- What's a “little moment” from this week that made you smile?
- How do you notice when a little moment is happening?
- Why do you think small moments can be just as important as big ones?
- How can we help each other notice and appreciate little moments at camp?
- What are some little joys you can look for when you're at home during the year?

### *Madlibs Memory Swap (optional twist)*

- Each camper wrote one short “little moment” on a strip of paper, leaving out a few key words (e.g., “[Name] and I [verb] during [time of day] and we couldn't stop [verb-ing]”). Papers were swapped, and other campers filled in the blanks Madlibs-style, making funny remixes of the memories.

# Belonging Bracelets

## Achdut (Unity), Memory, Reflection

Campers will make matching bunk bracelets that are both cute and personal. Each camper will choose a bead that represents their answer to a camp-themed question, turning the bracelets into wearable souvenirs full of memories, inside jokes, and shared meaning.

Instructions:

1. Begin by explaining that the bunk will be making matching bracelets to symbolize their summer together with each bead telling part of their story.
2. Present campers with a variety of beads (different colors, shapes, and sizes).
3. For each camper's turn, ask a camp-related question, such as:
  - a. "What's your favorite moment from this summer so far?"
  - b. "What's something that made you laugh the hardest?"
  - c. "What's something new you tried?"
  - d. "If our bunk were a color, what would it be?"
4. The camper will pick a bead that they feel represents their answer.
5. As each camper chooses their bead, everyone will add one to their own bracelet in the same order. By the end, each bracelet will tell the exact same story.
6. Once the bracelets are done, campers will have a matching keepsake to wear as a reminder of their shared summer and the little moments that make it special.

# The Compliment Shoe Game

**Chesed (Kindness), Kavod (Respect), Gratitude**

This playful, interactive activity helps campers give and receive compliments while visually showing the group's progress toward filling the circle with kindness. Through sharing appreciations, every camper will have a chance to both recognize others and be recognized themselves.

Instructions:

1. Explain that this is a chance to fill the space with kindness and gratitude. Remind campers to be specific with compliments so each person feels truly seen and appreciated.
2. Everyone stands in a circle.
3. Everyone takes off both shoes. Place one shoe facing in toward the circle and one shoe facing out away from the circle in front of each person.
4. One person starts by giving a compliment or appreciation to someone else in the circle.
  - a. If you give a compliment, you remove the shoe facing out.
  - b. If you receive a compliment, you remove the shoe facing in.
5. The goal is for everyone to end up with no shoes left in front of them, meaning they've both given and received kindness.
6. Continue around the circle, encouraging everyone to share with different people so all campers feel included.
7. When all shoes are gone, celebrate the group for spreading kindness. Optionally, invite each camper to share one compliment they received that really made them smile.

# Quotes of the Week

## Memory, Joy

Each week, campers collect and share their favorite quotes from around camp. anything from funny one-liners to deep and meaningful reflections. This tradition helps the bunk notice the special things people say, celebrate humor and wisdom, and relive shared moments together. For extra fun, campers can reenact their favorite quotes during the weekly share.

### Instructions:

1. Throughout the week, campers keep their ears open for memorable lines. These might be:
  - a. Funny moments (“I can’t believe I just ate five marshmallows in a row!”)
  - b. Sweet comments (“This is the best Shabbat I’ve ever had”)
  - c. Deep thoughts (“It’s not about winning Yom Sport, it’s about the friends you make playing”)
2. Quotes can be written on a shared “Quote Board” in the bunk or submitted privately to a counselor.
3. At the end of the week, gather the bunk to read the collected quotes out loud. Take time to laugh, reflect, and remember the moments behind the words.

### Group Reflection:

- Which quote made you laugh the hardest?
- Which quote felt the most meaningful?
- What do these quotes tell us about our bunk this week?

### Optional Twist:

1. For extra fun, choose a few quotes to reenact. Campers can:
  - a. Dramatically perform the scene where the quote happened.
  - b. Act it out in a silly or exaggerated way.
  - c. Switch roles so the speaker becomes the listener and vice versa.

# Mission Possible

## Teamwork, Creativity

In this high-energy, team-based activity, campers are split into three groups and given a series of creative missions to complete, from goofy dance routines to Jewish hero skits to bunk-themed handshakes and chants. Each mission blends Jewish and non-Jewish elements, encouraging campers to be imaginative, collaborative, and just a little bit silly. Teams are scored on creativity, teamwork, and spirit, with a prize for the winners.

### Instructions:

1. Announce that the bunk has been chosen for a top-secret mission: to complete challenges that will test their creativity, teamwork, and camp spirit.
2. Split campers into three balanced groups. Give each team their three mission prompts and a set amount of time to prepare.
3. The Missions
  - a. Crazy/Unique Dance
    - i. Create an original dance routine that is as wild, weird, or creative as possible. Bonus points for matching moves to music or including a surprise ending.
  - b. Jewish Hero Skit
    - i. Pick a Jewish hero (historical or modern) and act out a short, funny, or inspiring skit about them.
  - c. Group Handshake/Chant
    - i. Invent a bunk-themed handshake or chant that shows team unity. Bonus points for rhyming or incorporating camp lingo.
4. Gather together so each team can perform their dance, skit, and handshake/chant in front of the rest of the bunk. Assign points for creativity, teamwork, and spirit.
5. The team with the highest score wins a small prize, but the real reward is the fun of watching each other's creations and working together.

# Time(line) of Our Lives

## Teamwork, Hakarat HaTov (Recognizing the Good), Memory

Campers create a visual timeline of their summer, highlighting meaningful moments, funny memories, inside jokes, and standout activities. This activity encourages reflection, storytelling, and a celebration of their personal journey at camp.

### Materials:

- Long paper strips or poster boards (or butcher paper hung up for a group timeline)
- Markers, pens, stickers, washi tape
- Scissors, glue, photos (optional), magazines for collage bits
- Sticky notes or index cards (optional)

### Instructions:

1. Begin by talking about how a lot happens over a summer at camp, some things planned, some spontaneous, and some deeply personal. This timeline is a way to look back and celebrate the little and big things that made this summer special.
2. The poster board / butcher paper has a long time line drawn across it, with marks for each day of the summer.
3. They can mark the beginning (arrival day) and end (the last day of camp), and then create “stops” or “moments” along the way.
4. Campers work together to fill in their timeline with:
  - Meaningful moments
  - Funny things
  - Favorite activities
  - Milestones

### Group Reflection:

- Invite campers to share a few moments from their timeline with the group, either in small groups or as a bunk. If done on a group poster, this can be a gallery walk activity.

### *Memory Prompts (optional)*

- A moment that surprised you
- Something that made you laugh really hard
- A time you felt proud
- A new thing you tried
- A moment that made you feel connected

# Compassionate Criticism

**Kavod (Respect), Shalom Bayit (Peace in the Home)**

This reflective tradition helps campers practice Compassionate Criticism: the skill of bringing up concerns or issues while still showing care, respect, and appreciation for one another. Campers learn how to communicate honestly without hurting feelings, and how to use kindness to strengthen relationships in the bunk.

Instructions:

1. Gather the group in a calm, comfortable space. Explain that this is a safe time to talk openly about what's going well and what could be improved in the bunk, with the goal of helping everyone feel included, supported, and respected.
2. Teach campers a simple structure for giving feedback:
  - a. Start with something you appreciate about the person or the situation.
  - b. Gently share the challenge or issue you've noticed.
  - c. Offer an idea for how it could be better, or express your hope for a positive change.
3. Go around the circle and allow campers to share if they'd like. Remind everyone that this is about helping each other, not putting anyone down. Encourage active listening and no interruptions.
4. When receiving feedback, campers thank the speaker rather than defending themselves, showing they value honesty and care.
5. End the circle by having each camper share one uplifting compliment or appreciation for someone else in the bunk.

# A Letter to Me

## Goal Setting, Self Awareness

### Materials:

- Papers
- Pens
- Envelopes

### Instructions:

- Campers write letters to themselves to be opened at the end of the session. Emphasize that this is a personal activity, and only they will read their letters. Highlight how much they can grow during camp and how this exercise helps track that progress. Pass out materials and have campers find a quiet spot to reflect and write. Encourage them to write about how they are feeling, their goals, challenges, excitements, nerves, and the character strengths they'd like to develop.
- Collect the letters, seal them with the camper's name, and store them safely. At the end of the session, return the letters with reflective questions to prompt discussion.
- Consider allowing campers to share their experience of both writing and reading their letters.

### Group Reflection:

- What goals did you set for yourself at the beginning of the session? Do you feel like you achieved them?
- What challenges did you face during the session, and how did you overcome them?
- What are you most proud of accomplishing this summer?
- How have you changed since you wrote your letter?

# Gratitude Jar

## Gratitude

### Materials:

- Papers
- Pens
- Jar

### Instructions:

- Set up the Gratitude Jar in a shared space, where campers can easily access it. You can let the group decorate it. Place slips of paper and a writing tool nearby so campers can add notes anytime. Start by having everyone write one slip to kick off the jar.
- Campers can write about something they're grateful for, a memory, or something they appreciate about camp.
- Notes can be anonymous.

### Group Reflection:

- At the end of the session, empty the jar and reflect together.
- You may want to look over the contents in advance to screen for anything you may not want the group to see. Each camper can pull a slip and read it to the group, and you may let them claim slips to elaborate or share additional thoughts.

# ABC's of Kindness

## Kindness, Compassion

### Materials:

- 26 index cards each labeled with a different letter of the alphabet

### Instructions:

- Explain that the goal of the activity is to show how small actions can make the world better, and everyone has the power to make a difference. Give each camper an index card with a different letter. Ask them to think of a word or phrase starting with their letter that represents a positive action or value (e.g., "C" for "Compassion" or "Community Service").
- Have campers write or draw on their cards and afterwards share what they came up with and why.

### Group Reflection:

- Which actions can we do at camp this week? Encourage campers to make a plan.

### Twist:

- *Come up with a specific action/activity that demonstrates kindness that they have witnessed someone else in their bunk/in camp do*
- *Come up with a specific action/activity that demonstrates kindness that they WILL DO in the upcoming week*
- *Play a "Cheers to the Governor" style game with the words you come up with in order*

# Affirmation Song Mad Libs

## Kindness, Compassion

### Materials:

- Speaker
- Paper
- Pens

### Instructions:

- **Listen & Get Inspired:** Play the Affirmation Song by Snoop Dogg. Encourage campers to listen for funny, positive, and catchy lines that get them pumped about self-love and confidence.
- **Write Your Own Affirmation:** Each camper writes down one affirmation about themselves.
- **Madlibs Time:** Give campers a madlibs-style template of the song lyrics to fill in with random adjectives, actions, silly words, and the actual affirmations they had already brainstormed.
- **Write Your Song:** Groups get 10-15 minutes to create their own version of the Affirmation Song using the affirmations and madlibs lines. T
- **Sing-Off & Share:** Groups perform their unique affirmation mash-up songs for the bunk.

### Group Reflection:

- Which affirmations resonate with you the most?

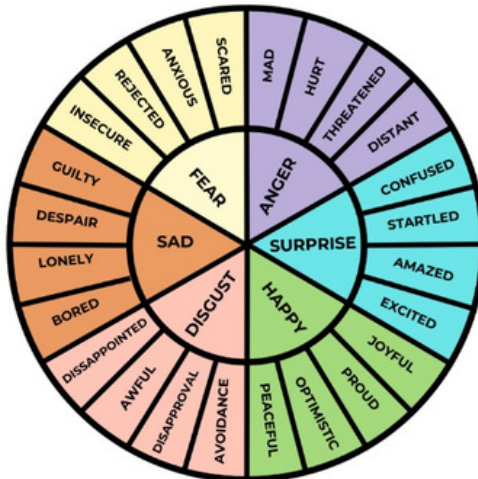
### *Twist:*

- *Do this activity to the tune of any song they want*

# Emotion Charades

## Resilience, Self-Regulation

### Emotions Wheel



#### Instructions:

- Close your eyes and have your finger land somewhere on the emotion wheel and have the campers act out the emotion it lands on without speaking.
- The rest of the group will guess what emotion is being portrayed.
- This helps kids practice identifying and expressing emotions through body language and facial expressions.

#### Group Reflection:

- Hold a discussion on the difference between two close emotions. Discuss constructive ways you can manage difficult emotions. This teaches campers how to handle various emotions in real-life situations and gives them tools to regulate their feelings.

# Rose Bud Thorn Twists

**Gratitude, Reflection, Forgiveness**

## Triple A Reflection

Instructions:

- This functions like a 'rose-bud-thorn,' ritual. However, here the focus is on personal growth rather than expressing things that happened externally that were good or bad. This ritual will help campers reflect and share to build self-awareness and growth, self-compassion, a sense of belonging, caring, and positive relationships. Ask campers to reflect on the day and share the following:
  - An "A-ha" moment -- something that they realized about themselves when they tried something new or something they learned about themselves or others.
  - An Appreciation -- something that they appreciate about camp, a counselor, their group/bunk, etc. They can also use this to give encouragement to another camper or themselves.
  - An "Apology" -- something that they want to forgive themselves for so they can stop feeling badly and express self-compassion or an apology they want to offer someone to increase forgiveness and self-compassion.

## Joys and Oys

Instructions:

- This functions like a 'rose-bud-thorn,' ritual.
- The Joys and Oys check-in brings every student's voice into the room. It also reinforces the value of bringing our full selves to our learning and sharing with others.
  - A Joy: A positive thing they have recently experienced or done
  - An Oy: A not so positive thing and what they are learning from it

# Sh'ma: Breathing and Grounding

## Mindfulness

Building listening skills can help us deepen our ability to be kind, caring and empathetic. How can we be better listeners? Why is being a good listener a requirement of being a good friend/bunk mate?

Instructions:

- Have campers say the Sh'ma with intention. Sh.. mmm...ah.
  - Shh (listen- to your environment)
  - mmm (savor the moment)
  - Ahh (release a deep breath for presence)
- Explain each of the above, and walk campers through that exercise, making the sh...mmm...ah noises together. Repeat the Sh'ma as many times as needed to get everyone to slow down together.

Group Reflection:

- What does listening look, sound, and feel like? What does it feel like when we slow down? What do we gain from listening?

# 3-2-1 Reflection

## Perspective, Reflection

Reflection is crucial for growth, curiosity, and perspective. This activity will help campers think critically about their daily experiences, deepen their self-awareness, and apply what they've learned to future challenges. You can use this reflection activity after a specific learning/program, or after a day or week at camp. You may also consider using this reflection to close out a program.

### Instructions:

- Campers say aloud or write down:
  - 3 things they learned
  - 2 things they found interesting
  - 1 question they still have.
- Campers can then share in partners or groups with each other.

# NAME IT

## Confidence, Resilience

This activity helps counselors validate and reinforce positive character development in campers. By highlighting individual strengths in a specific way, counselors can boost campers' confidence, encourage them to be role models for their peers, and help them understand why their positive behaviors matter.

**N-** Name the behavior you see

- Ex- "I noticed you waited for Molly so she wouldn't have to walk alone"

**A-** Affirm the camper for that behavior

- Ex- "I am very impressed; you should be proud of yourself!" "I really admire you for that."

**M-** Make the connection between the behavior and the character strength it exemplifies

- Ex- "That's what we call grit!" "That showed a lot of kindness on your part"

**E-** Encourage others to strive for those character strengths and traits.

# Kindness Award Ceremonies

## Kindness, Leadership

Certain kindnesses can be easy! Holding a door, helping a friend, etc. Deep kindness requires being kind when it's not the easy or comfortable thing to do. While confetti kindness is still kindness, deep kindness is where we can make the most impact on others, brighten people's days, or make them feel great!

- Give out weekly or daily awards to campers for being kind.
- Notice and point out kindnesses you see, when campers go out of their way for others. Emphasize deeper acts of kindness and continued patterns of kindness.
- You may also consider giving out "awards," for different values outside of kindness.
  - Ex- the teammate of the day for exhibiting great
- Ritualizing weekly award ceremonies can be a great way for campers to showcase positive behavior and character strengths.
  - Ex- Teamwork Tuesday, Forgiveness Friday, etc.

# Additional Rituals and Strategies

Below are some strategies and tools you may consider helping you ritualize some of the activities in the pocket guide or other character-building practices.

- **Create a consistent reflection moment:** End each day with a 5-minute reflection circle or intentional moment, you may refer to some of the activities in the guide such as breathing exercises or Triple-A reflections. Doing it regularly makes it a grounding ritual.
- **Introduce a “Character Strength of the Day”:** Start the day with a quick announcement of the day’s strength, include a definition or example, and encourage staff and campers to “catch” their peers showing it throughout the day. Shout them out at meals or other group/bunk time.
- **Use physical symbols or objects:** Have a “Character Cape,” bracelet, or other silly/fun wearable that gets passed around daily to someone who modeled the camp’s values.
- **Incorporate music and movement:** Make up a short, campy chant or hand motion series for core values or group norms. Repeat it at key transition points like before meals or field trips- it builds identity and shared language.
- **Make visual memory walls:** Dedicate a wall, board, or poster to camper quotes, drawings, or photos showing character moments. Update it throughout the week/session—it becomes a living record of growth.

# Reflection

You can use the questions below to prompt your campers during group reflections, help campers reflect during one-on-one conversations, or as inspiration in planning and creating moments of character-building.

## Self-Awareness & Identity

- What is something you're proud of yourself for this week?
- When did you feel most like yourself today?
- What's one strength you've noticed about yourself since coming to camp?

## Emotional Awareness

- What emotion did you feel most today? What do you think caused it?
- When something didn't go your way today, how did you handle it?
- Can you remember a time today when you had a strong feeling? What did you do with it?
- How do you know when you're feeling overwhelmed or excited?

## Conflict & Empathy

- Was there a time today when you disagreed with someone? How did you handle it?
- What's something you could do tomorrow to help make camp feel better for someone else? How do you show kindness even when you're not in the best mood?

## Social Skills & Friendship

- What's something you did today to help someone else? How did you include someone who might've been left out?
- What does being a good friend look like at camp?
- When was a time today that you worked together with someone really well?

## Responsibility & Integrity

- Did you make a hard choice today? What helped you make your decision?
- What does it mean to you to be someone others can count on?
- What's one thing you took responsibility for today? Have you had a moment today where you stood up for what's right?

## Growth & Reflection

- What's something you've learned about yourself this week? Is there a mistake you made today that you can grow from?
- What's a goal you want to set for yourself for tomorrow? If you could do one thing differently today, what would it be?