



### More Activities for Families, Groups and Classrooms!

- Spread your character building life skill cards out where everyone can see them. Go around and have each person pick a life skill they think is most important and explain why. Have each person pick a life skill they struggle with the most and explain why.
- Play a game of life skill charades! Have one person pick a card from the deck and act it out. See if other people can guess which life skill they are acting out.
- Work together to develop skits or scenarios related to, or depicting, a life skill on a card of their choice.
- Pick a life skill card to focus on for the week. Read and hang it where everyone can see it each day. Refer to it daily as a reminder of what the positive focus is for the week.
- Have each person pick a life skill to write a poem or a few paragraphs on as if they actually that life skill. For example, What does peace, look, feel, sound, and act like as it ventures out into the world? Have students or group members use the word "I" when writing instead of the actual word "peace."
- Create a piece of art work (painting, drawing, collage) to share with the group on one particular life skill.
- Have one person stand up in front of the group or class while placing a life skill card on their head without seeing which life skill it is. Have everyone else looking at the life skill card in front of them give this person examples or descriptions of this life skill without saying what it actually is. See if they can guess which life skill it is. You can also split up into groups see how many life skills students can get in one minute.
- Have each person take a turn picking out the cards they think are most important to live a happy and healthy life. Then have them creatively arrange them on the floor in front of them for others to see. Have this person talk about why they picked the cards they did, why they arranged them how they did, and how these life skills helped them in their lives.