

★ August 2026 Strengths Calendar

Grow Your Character This Month!

WEEK 1



Zest

I bring energy, excitement, and joy to the things I do.

TRY THESE ACTIVITIES TOGETHER:

- ☐ Start your school day with a 5-minute dance party. Name one word to describe your mood.
- ☐ Dream up 2 fun (safe and brave) things you want to do before school starts. Now pick one and make it happen this week!

REFLECTION

How did you bring energy or excitement to your week?

WEEK 2



Bravery

I try new things and do what's right, even when it feels hard.

TRY THESE ACTIVITIES TOGETHER:

- ☐ Before doing something that feels a little scary, take one deep breath, and say, "I've got this!"
- ☐ Start a "Brave Moments Jar." Every time someone in the family tries something new or shows courage this week, write it on paper and add it to the jar.

REFLECTION

When did you try something that wasn't easy this week?

WEEK 3



Curiosity

*I love exploring, asking questions,
and learning new things.*

TRY THESE ACTIVITIES TOGETHER:

- ☐ Take a curiosity walk around your neighborhood. Point out one thing you've never seen before.
- ☐ Choose a new activity, game, or food to try this week. Talk about what surprised you the most.

REFLECTION

What's one new thing you learned?

WEEK 4



Teamwork

*I help others, work
together, and do my part.*

TRY THESE ACTIVITIES TOGETHER:

- ☐ Build something together. Try a puzzle, a LEGO creation, or your favorite recipe.
- ☐ Plan a family activity together. Make sure everyone shares one idea, then work as a team to make it happen.

REFLECTION

Who did you help this week? Who helped you?

Celebrate Your Month

- ★ Which strength did your family use the most?
- ★ Which activity was everyone's favorite?
- ★ Which character strength would you like to practice more as the school year begins?