

Action September



Character Calendar September 2021

Resilience	Empathy	Self-awareness	Positivity	Excellence	Communication	Teamwork
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 A positive new start is ahead. What new goals will you smash this year?	2 Try to smash a physical challenge. Something that will stretch you! Well done for trying.	3 Plan ahead and think about everything you are going to excel at next week in your new class.	4 Ask a friend or family member to tell you what has made them happy recently.	5 Try something new today. You never know what you can do until you try.
6 Fresh start for us all this week as we start our new term. Remember to always try your best. Exciting times!	7 Reach out to someone that you have not spoken to for a while. It's good to talk!	8 Get some fresh air and play a game outside, showing good teamwork. Remember you don't always have to win. Taking part is just as important!	9 Think about when you have made a mistake and the lessons that you learnt from it. "Never a failure, always a lesson."	10 Check up on a friend or family member that you haven't spoken to for a while. Reconnect.	11 Go outside and get some fresh air. Look at nature and record what you can see.	12 Support your family around the house (maybe with a chore). Excellent teamwork!
13 What is your most positive achievement? Pat yourself on the back. How can you use this skill to help and support others?	14 Show empathy and compassion for your family and friends if they may be anxious about their new year ahead.	15 Work as a team within your family to help do a chore e.g. washing up.	16 What can you be grateful for today? Take a moment to think of all the things that you should be happy about.	17 People will always remember how you made them feel. BE KIND.	18 Listen to a family member or friend and be a good friend.	19 Write down all the things that you are looking forward to in the new academic year.
20 Make your actions today be amazing.	21 Send a note to someone you care about.	22 Relax. Breathe extra deep, let go, and live in the moment.	23 Find something to look forward to over the next few days	24 "Listening is often the only thing needed to help someone." Be a good friend and listen to them.	25 Take a moment to breathe in and breathe out. Live in the moment and clear your mind.	26 Show amazing teamwork skills with your family and friends by helping and supporting them when needed.
27 Choose a really hard book and read it to yourself, a family member or a friend.	28 Offer to talk to someone and share your kindness.	29 Good morning, wake up and be awesome!	30 Help someone else to see all the amazing things to look forward to. Share the positivity!			

