

@HOUSTONKRAFT

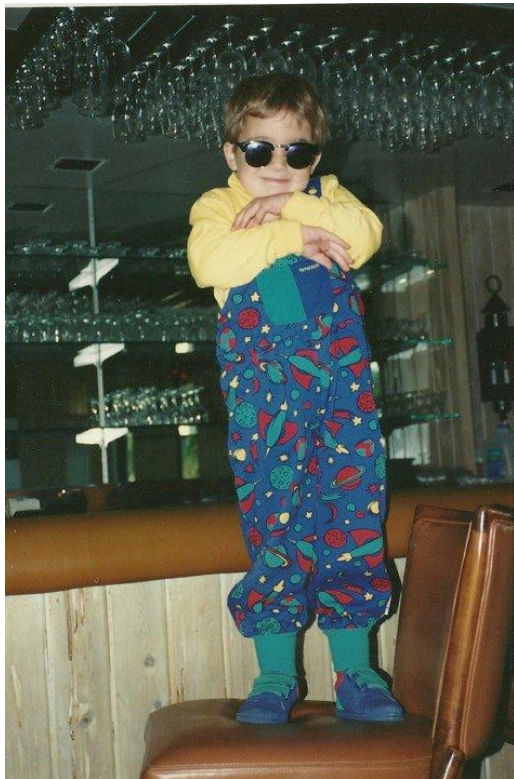
Cofounder of *Character
Strong*



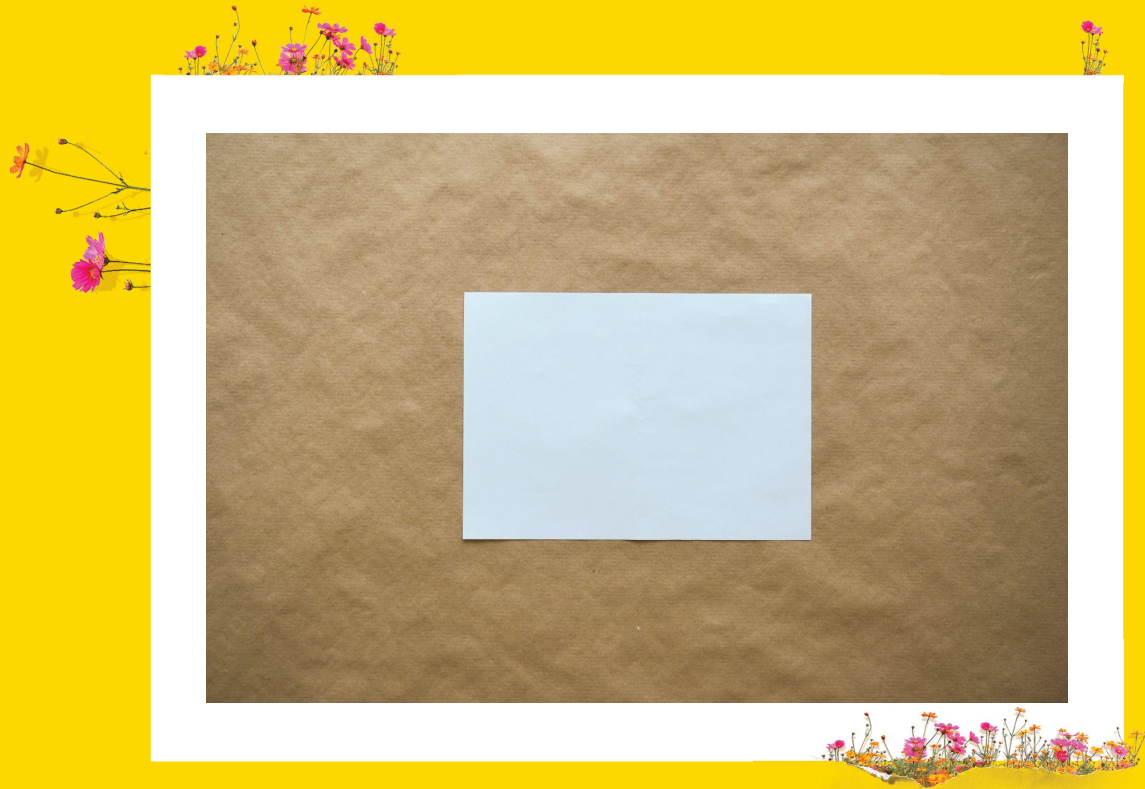
*Character
Strong*

HUMAN = إنسان

“TO FORGET”



*Character
Strong*



*Character
Strong*

~~“I DON'T HAVE TIME”~~
“IT'S NOT MY PRIORITY”



*Character
Strong*

HAVE TIME VS. PROTECT TIME





480 MINUTES ASLEEP

960 MINUTES AWAKE

9.6 MINUTES = 1%



EducationWeek®

Teachers Are Not OK, Even Though We Need Them to Be



— Pep Montserrat for Education Week

*Character
Strong*

EducationWeek®

Teachers Are Not OK, Even Though
We Need Them to Be

**“SIXTY PERCENT OF TEACHERS SAY THEY
EXPERIENCE JOB-RELATED STRESS
FREQUENTLY OR ALWAYS.”**

— Pep Montserrat for Education Week

*Character
Strong*

EducationWeek®

Teachers Are Not OK, Even Though
We Need Them to Be

**“41 PERCENT OF TEACHERS SAID THEY
FEEL LIKE THEY’RE LESS EFFECTIVE AT
THEIR JOB WHEN THEY’RE STRESSED.”**

— Pep Montserrat for Education Week

*Character
Strong*

 EducationWeek®

The logo for Education Week, featuring the text "EducationWeek" in a white serif font on a dark blue rectangular background, with a registered trademark symbol (®) to the right.

Teachers Are Not OK, Even Though
We Need Them to Be

**“RESEARCH SHOWS THAT WHEN TEACHERS ARE
STRESSED OUT, THE QUALITY OF THEIR
INSTRUCTION, CLASSROOM MANAGEMENT, AND
RELATIONSHIPS WITH STUDENTS ALL SUFFER.”**



— Pep Montserrat for Education Week

A stylized illustration showing the lower legs and feet of a person wearing a white dress and brown shoes, standing on a grey floor. The person is holding a large black ball.

*Character
Strong*

EducationWeek®

Teachers Are Not OK, Even Though
We Need Them to Be

**“42 PERCENT OF TEACHERS SAID
ADMINISTRATORS HAVE NOT MADE ANY
EFFORTS TO HELP RELIEVE THEIR STRESS.”**

— Pep Montserrat for Education Week

*Character
Strong*

EducationWeek®

Teachers Are Not OK, Even Though
We Need Them to Be

**“MANY DISTRICTS HAVE OFFERED
PROGRAMMING THAT ENCOURAGES
SELF-CARE, WHICH ONLY 11 PERCENT OF
TEACHERS SAY WOULD BE HELPFUL.”**

— Pep Montserrat for Education Week

*Character
Strong*



Character
Strong



*Character
Strong*

WELL-BEING



*Character
Strong*

WELL-BEING



**SOCIAL
EMOTIONAL
MENTAL**

*Character
Strong*

WELL-BEING: SOCIAL



06:08

WELL-BEING: SOCIAL



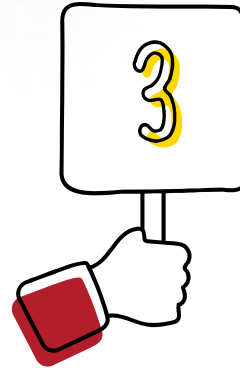
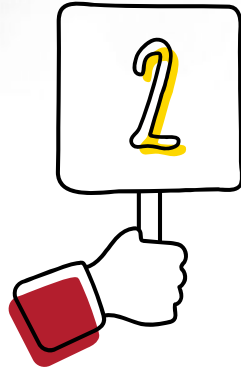
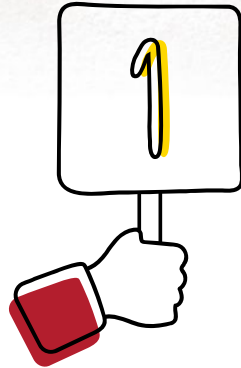
WELL-BEING: SOCIAL



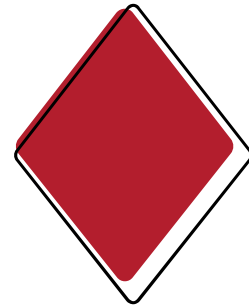
WELL-BEING: SOCIAL



WELL-BEING: SOCIAL



WELL-BEING: SOCIAL



WELL-BEING: SOCIAL

**“YOU CAN DISCOVER MORE
ABOUT A PERSON IN AN HOUR
OF **PLAY** THAN IN A YEAR OF
CONVERSATION.”**

-PLATO

-RICHARD LINGARD

-PORTUGUESE PROVERB

-TODAY

WELL-BEING: EMOTIONAL



06:08

WELL-BEING: EMOTIONAL

I WANT TO USE MY
INFLUENCE TO _____
BECAUSE I BELIEVE _____.

 MY BIGGEST “WIN” HAS BEEN...

EDUCATION MATTERS BECAUSE... 



PURPOSE
WALK

 MY WORK MATTERS TO ME...

THE MOST MEANINGFUL PART... 

WELL-BEING: **EMOTIONAL**



**PURPOSE FUELS
PERSISTENCE**

 **ANGELA DUCKWORTH**

*Character
Strong*

WELL-BEING: MENTAL



06:08

WELL-BEING: MENTAL

**“YOU CAN’T HAVE A GRATEFUL
THOUGHT AND AN ANGRY
THOUGHT AT THE SAME TIME.”**

-SCARLETT LEWIS

WELL-BEING: MENTAL

smell

taste

vision

hearing

touch

temperature

pain

balance

proprioception

WELL-BEING: MENTAL

Dear (Partner's Name),
I appreciate ____.
I see that ____.
I am grateful for you
because ____.

WELL-BEING: MENTAL



Dear (Educator's Name),
I appreciate ____.
I see that ____.
I am grateful for you
because ____.

HUMAN = إنسان

“TO FORGET”

WELL-BEING: MENTAL



HOUSTON@CHARACTERSTRONG.COM

Cofounder of *Character
Strong*

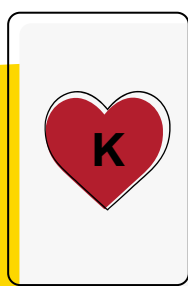
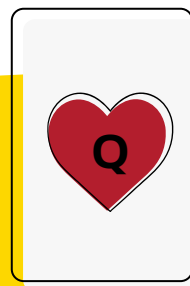
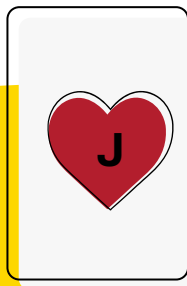
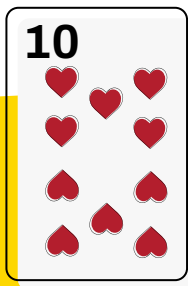
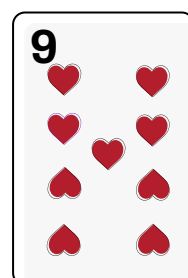
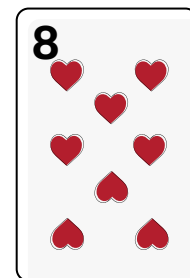
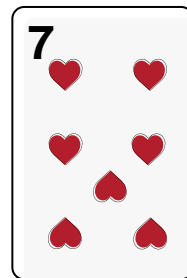
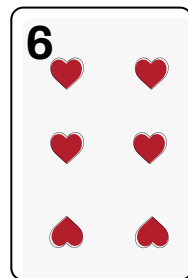
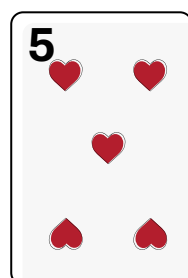
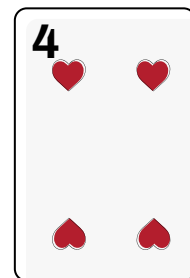
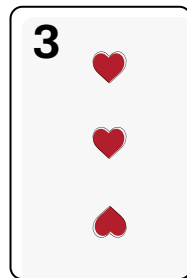
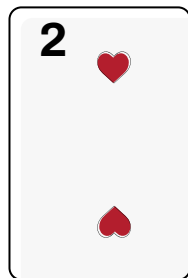
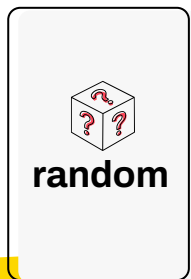
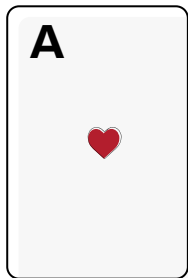


*Character
Strong*

09:40

Back

**Choose a card
to reveal a
get-to-know-
you question.**



Back

A



If you could explore any part of the world, all expenses paid, where would you choose to go? Why?

Back

2



Who is
someone you
admire and
why do you
admire them?

Back

3



If you could learn any new skill in the next year, what would you learn to do? Why?

Back

4



What are you
most looking
forward to in
the next
month? Why?

Back

5



What are you
most grateful
for in your
home? In your
community?

Back

6



What 2
historical
figures would
you want to
invite to your
house for
dinner? Why?

Back

7



If you had unlimited money, what non-profit would you most want to support?

Back

8



What is one
thing you wish
your coworkers
knew about
you?

Back

9



What is the
best news you
could receive
right now?
Why?

Back

10



Would you rather know the history of every object you touch or be able to talk to animals? Why?

Back

J



Which season
best represents
your
personality?
Why?

Back

Q



Who in your life
makes you feel
appreciated?
How do they
show their
appreciation?

Back

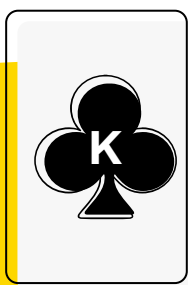
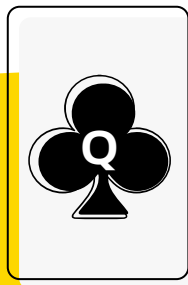
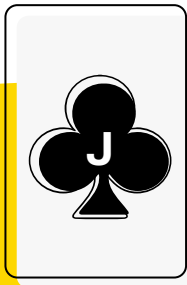
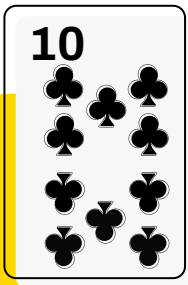
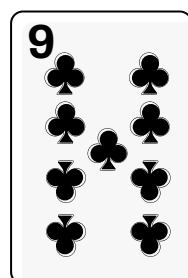
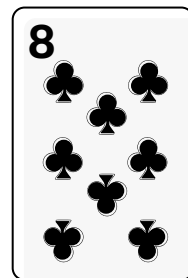
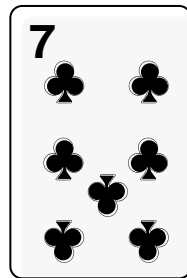
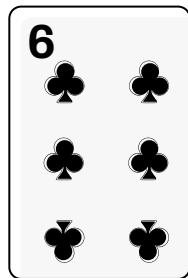
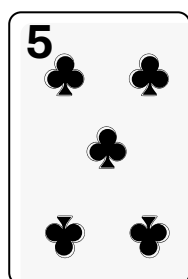
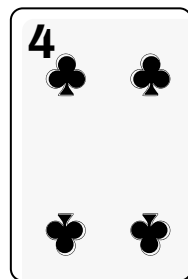
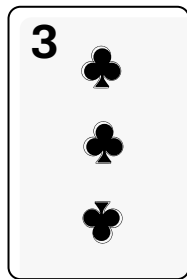
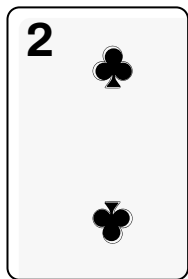
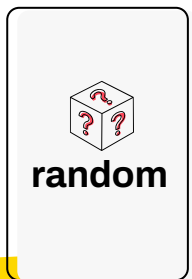
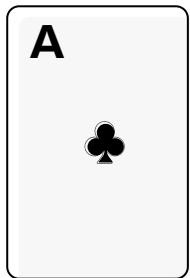
K



What advice
would you give
your high
school self?
Why?

Back

Choose a card
to reveal a
get-to-know-
you question.



Back

A



What is something really big you want to improve in the world? What is something really small you want to improve?

Back

2



If you could see
5 years into the
future, what
would you hope
to see? Why?

Back

3



What is
something you
look for in a
friend? Why?

Back

4



Would you describe yourself as a naturally high-energy or naturally low-energy person? Why?

Back

5



What is a book or
video or podcast
you wish every
person on the planet
could read or watch
or listen to? Why?

Back

6



If you could
choose to be
any age, which
age would you
choose? Why?

Back

7



Who is your
most
memorable
teacher? Why?

Back

8
♣

What is a
quality or talent
you're glad you
have? Why?

Back

9



What is a way
one of your
friends is
different from
you that you
appreciate?

Back

10



What is
something you
want to do but
know you never
will? Why?

Back



What did you learn in the last month that had the most impact on you? Why was it impactful?

Back



When was the
last time you
tried something
new and what
did you learn?

Back

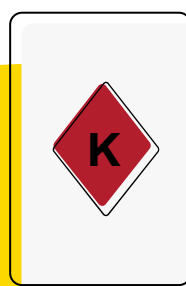
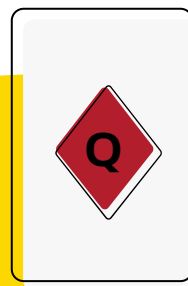
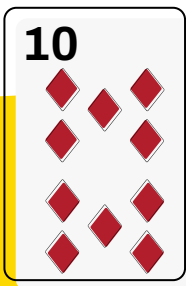
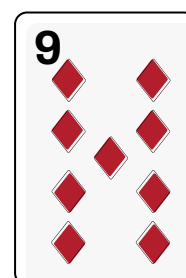
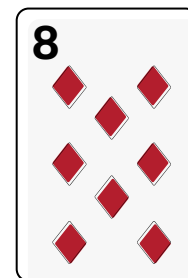
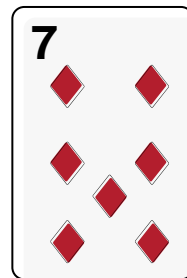
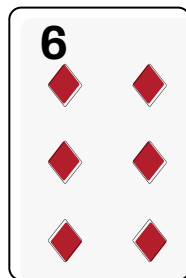
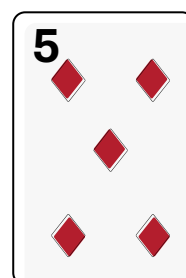
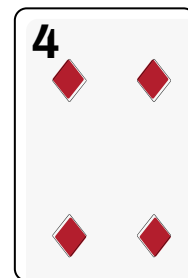
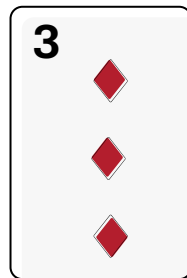
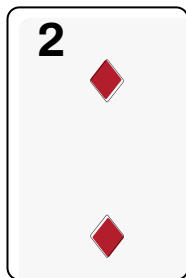
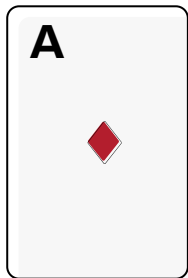
K



If you could
spend a day in
the future what
year would you
choose to visit?
Why?

Back

**Choose a card
to reveal a
get-to-know-
you question.**



Back

A



What would be
the perfect gift
for you? Why?

Back

2



What is one
thing you wish
you could give
to every person
in the world?
Why?

Back

3



What is something about you that you never want to lose? Why?

Back

4



What is one of
the best
decisions you
have ever
made? Why?

Back

5



What is
something you
don't have in
common with
one of your
friends?

Back

6



What does
success mean
to you?

Back

7



What is your
personal
superpower?
Why?

Back

8



What is
something
you're proud
of? Why?

Back

9



Where is your
favorite place
to be? Why?

Back

10



If you could
learn any
language,
which language
would you
choose and
why?

Back

J



What goal do you hope to achieve in the next 5 years? Why is it important to you?

Back

Q



What advice
would you want
to give other
adults in the
world? Why?

Back

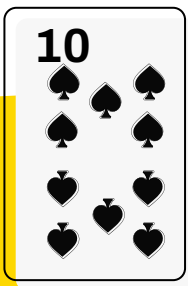
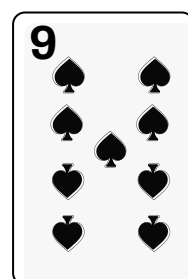
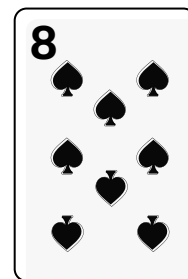
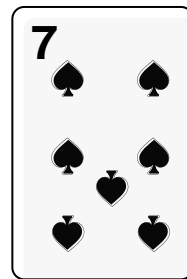
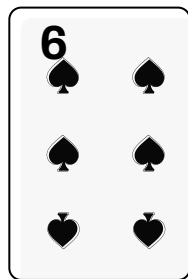
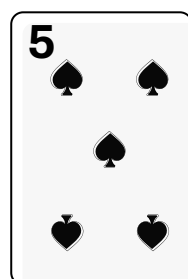
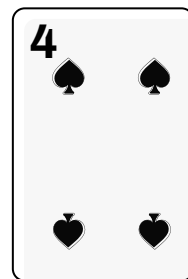
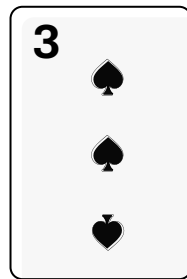
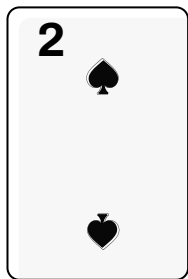
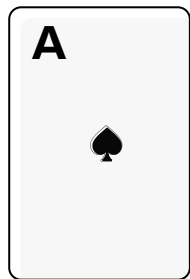
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What is your
favorite holiday
or tradition or
cultural event?
Why?

Back

Choose a card
to reveal a
get-to-know-
you question.



Back

A



If you had an extra hour every day, what would you do with it (besides sleep)? Why?

Back

2



If you could live
inside a TV
show, which
one would you
choose and
why?

Back

3



What is
something you
didn't know 5
years ago that
you're glad you
know now?

Back

4



What is
something that
used to be hard
for you that's
much easier
now?

Back

5



What are you an expert at? If you are not sure, what is something you want to be an expert at and why?

Back

6



Who is one of
your heroes
and why do
they inspire
you?

Back

7



Describe your
perfect day.

Back

8



What is the
kindest thing
someone has
ever said or
done for you?

Back

9



What is
something that
motivates you?
Why?

Back

10



What could be
the title of your
autobiography?
Why?

Back

J



What is your
favorite sound?
Why?

Back



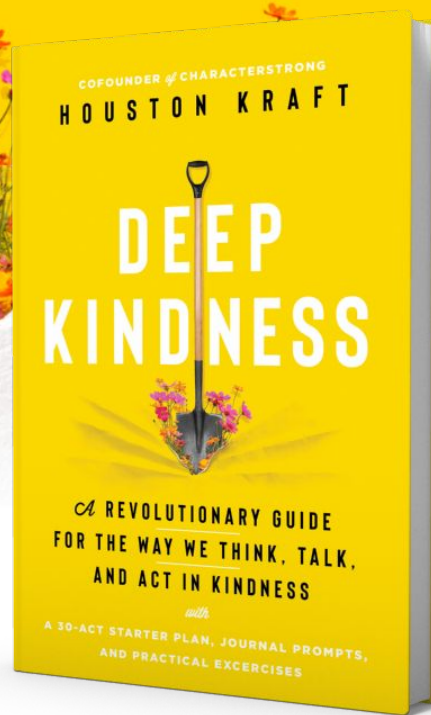
What brings you
a sense of
peace? Why?

Back

K



What is the
best advice you
have ever
received?



Character
Strong