

## Character-Building Workshop

Designing a 10-day character-building workshop for schools requires careful planning and consideration of various aspects related to character development, age appropriateness, and engagement. Here's a suggested outline for such a workshop:

### **Day 1: Introduction to Character Building**

Icebreaker activities to build rapport and create a positive atmosphere.

Definition of character and its importance.

Interactive discussions on values such as honesty, respect, responsibility, empathy, etc.

Group activities to identify personal strengths and areas for growth.

### **Day 2: Understanding Values**

Exploration of different values and their significance.

Role-playing scenarios to demonstrate the application of values in real-life situations.

Group discussions on ethical dilemmas and decision-making processes.

### **Day 3: Building Self-Awareness**

Activities to enhance self-awareness and self-reflection.

Journaling exercises to identify personal beliefs, goals, and values.

Mindfulness or meditation session to promote emotional regulation and self-control.

### **Day 4: Developing Empathy**

Role-playing activities to understand different perspectives.

Group discussions on empathy and its role in building positive relationships.

Collaborative projects or community service activities to foster empathy and compassion.

### **Day 5: Building Resilience**

Workshops on coping strategies for handling adversity and setbacks.

Team-building exercises to promote perseverance and resilience.

Guest speaker session (e.g., psychologist, motivational speaker) sharing stories of overcoming challenges.

### **Day 6: Communication and Conflict Resolution**

Communication skills training including active listening and assertiveness.

Role-playing scenarios to practice conflict resolution techniques.

Peer mediation workshop or mock debates on relevant topics.

### **Day 7: Leadership and Responsibility**

Workshops on leadership qualities and responsibilities.

Group projects requiring delegation and teamwork.

Guest speaker session from a community leader or role model.

### **Day 8: Integrity and Ethics**

Discussions on the importance of integrity in personal and professional life.

Case studies on ethical dilemmas and the consequences of dishonesty.

Reflection activities on maintaining integrity in difficult situations.

### **Day 9: Goal Setting and Action Planning**

Setting SMART goals related to character development.



Action planning to achieve individual and group goals.

Peer feedback and support sessions.

**Day 10: Celebration and Reflection**

Reflection activities on personal growth throughout the workshop.

Celebration ceremony to recognize achievements and efforts.

Commitment ceremony where participants pledge to uphold their values and continue their character-building journey.

Throughout the workshop, it's essential to incorporate a mix of interactive activities, discussions, reflection, and real-life application to engage participants and maximize learning. Additionally, adapt the content and activities to suit the age group and specific needs of the students.

