What is Character Development?

Unit 1

AGENDA

Brainstorm what character development is.

Discuss: "What are some challenges you face in making decisions about your character and values?"

Defining the 7 Strategies of Character Development.
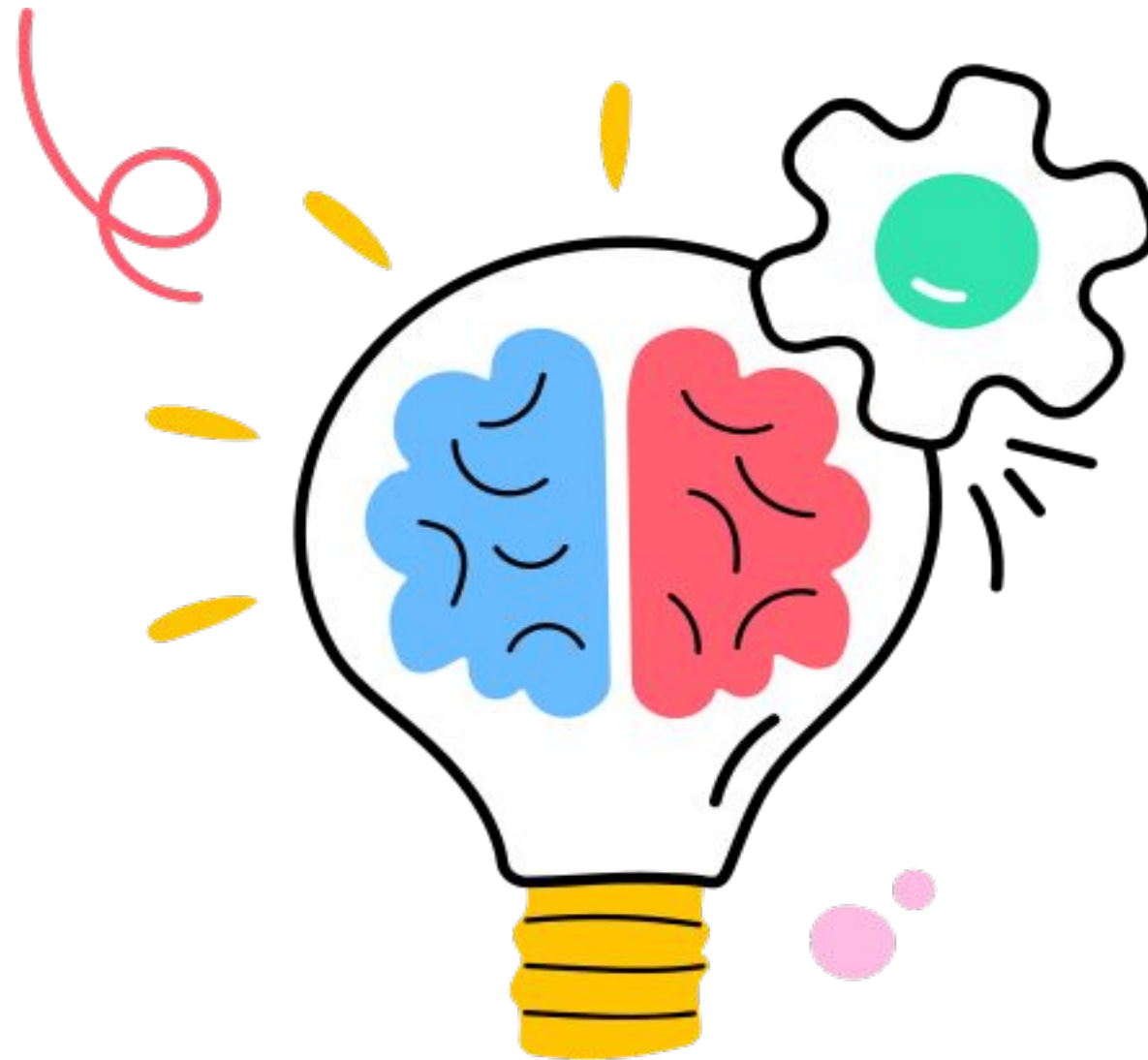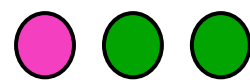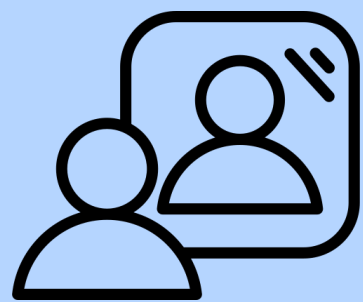
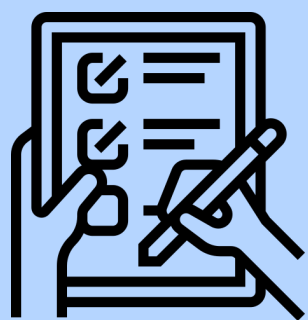Reflecting on the character development strategies.

Warm Up

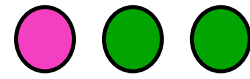In small groups, brainstorm what you know about character development.

DISCUSS - Explain

In small groups, share your answer to the following question: What are some challenges you face in making decisions about your character and values?
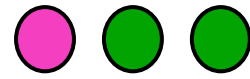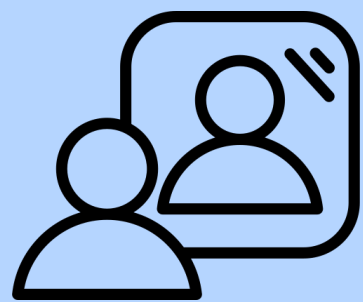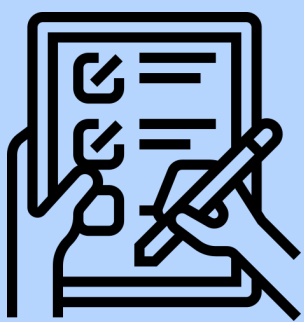
DISCUSS - Ask

How do we define character development?

Character Development- Character development is the process of **building positive qualities and virtues** that shape a person's moral and ethical behavior.

DISCUSS - Detail

The Seven Strategies of Character Development

1. **Habituation through Practice** – Building good habits by practicing virtues in daily life.
2. **Reflection on Personal Experience** – Thinking critically about past actions and decisions.
3. **Engagement with Virtuous Exemplars** – Learning from role models and inspiring figures.
4. **Dialogue that Increases Virtue Literacy** – Talking about moral issues and virtues to understand them better.
5. **Awareness of Situational Variables** – Understanding how environments influence decisions.
6. **Moral Reminders** – Using symbols, quotes, or routines to stay focused on character growth.
7. **Friendships of Mutual Accountability** – Surrounding yourself with peers who encourage good choices.
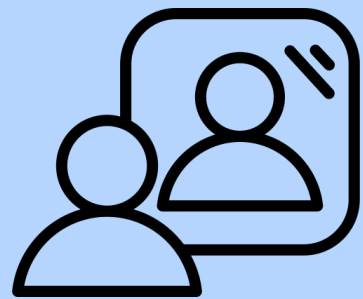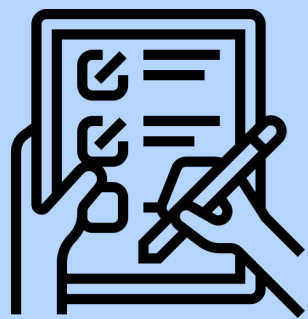
Model

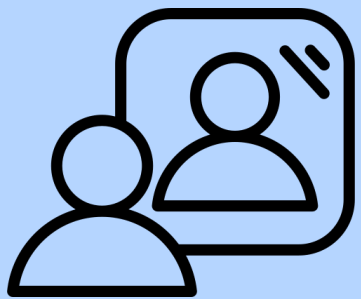In small groups, you will each be assigned one of the 7 character development strategies. You job is to learn as much as you can about it, come up with real-life examples, and explain it to the rest of the class.
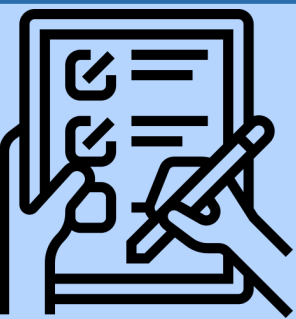
Try It

In your small group, you will be assigned one of the 7 Strategies of Character Development. Define this strategy and give examples! Afterwards, you will present to the class your findings.
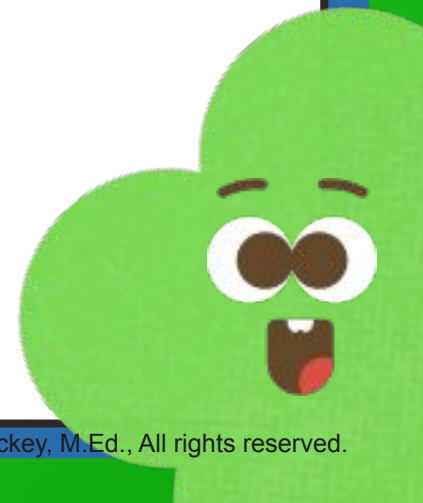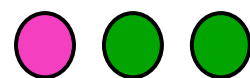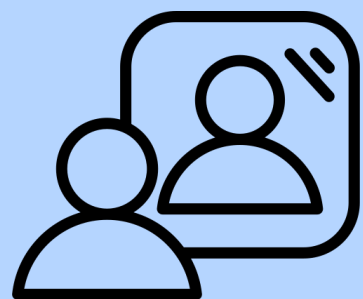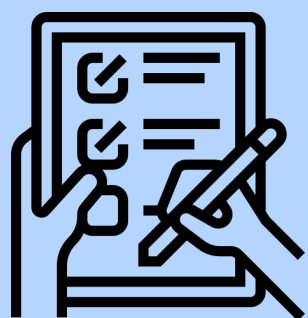
Wrap Up

Which of these seven strategies do you think would help you the most? Why? Write a short reflection.

Professional Development
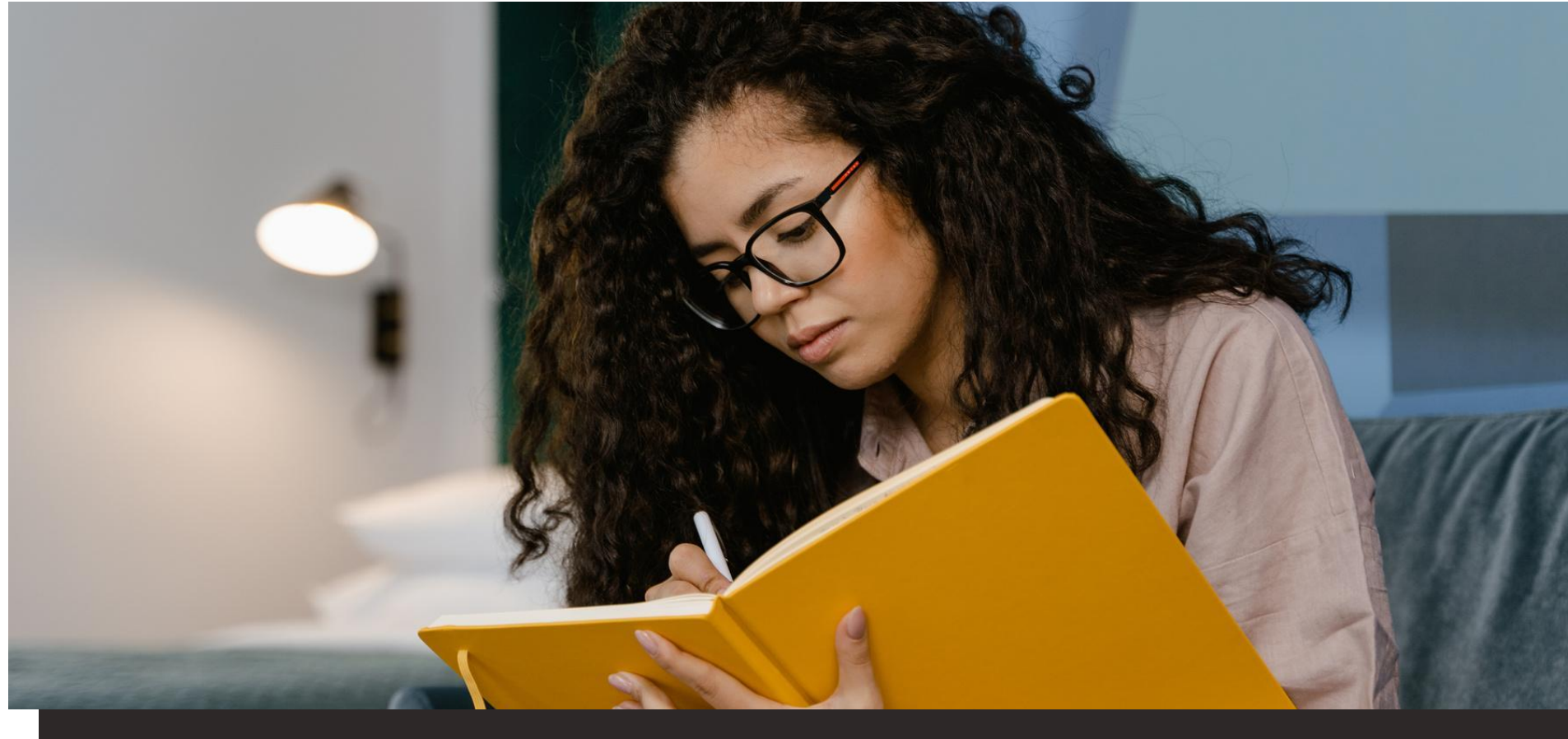
Take 5 minutes and reflect on your knowledge of character development. Where would you rate yourself on a scale of 1-5 (1: lowest, 5: highest)? In which areas would you like to improve?

Dear Parents/Guardians,

As part of our commitment to fostering personal growth and responsible decision-making in our students, we recently conducted a lesson on **Character Development** in our classroom. The goal of this lesson was to help students understand the importance of developing positive character traits such as responsibility, integrity, perseverance, and empathy—qualities that contribute to success in school, relationships, and future careers.

During this lesson, students explored **seven key strategies** for character development, including:

1. **Habituation through Practice** – Forming positive habits through repeated actions.
2. **Reflection on Personal Experience** – Learning from past choices to improve future behavior.
3. **Engagement with Virtuous Role Models** – Observing and emulating strong character in others.
4. **Dialogue that Increases Virtue Literacy** – Discussing moral and ethical topics to build awareness.
5. **Awareness of Situational Influences** – Recognizing how environments shape decision-making.
6. **Moral Reminders** – Using cues to reinforce positive behavior.
7. **Friendships of Mutual Accountability** – Surrounding oneself with peers who encourage good choices.

To extend this conversation beyond the classroom, here are some guiding questions you might discuss together:

- What character traits do you admire in others?
- Can you share a time when you showed strong character?
- What is one trait you would like to strengthen, and how can you work on it?
- Who are some role models you look up to for their character and values?

We believe that character development is a lifelong journey, and family support plays a crucial role in reinforcing positive values. Thank you for your partnership in helping your child grow into a thoughtful, responsible, and resilient individual.

If you have any questions or would like additional resources on character development, please feel free to reach out to me.

Best regards,

Extend and Enrich

For deeper engagement:

- **Character Spotlight Project:** Students choose a historical or modern figure who embodies strong character traits and research their life and challenges.
- **Video Project:** Groups create short videos explaining the **seven strategies** and how they can be applied to everyday life.
- **School Newspaper Article:** Students write an article on why character development matters for success in school and beyond.

Lesson Complete!

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