



# Grade 8 Leadership Choice Board

<p>Follow this Link. Sign up for a 30-Day Kindness Challenge.</p> <p><a href="https://characterstrong.lpages.co/educator-resources-landing-kindness-journal/?inf_contact_key=dc344dbd211878dffcc5d9a059c58d34680f8914173f9191b1c0223e68310bb1&amp;inf_contact_key=cf4a46d329e4879892c034f70687b6f9680f8914173f9191b1c0223e68310bb1">https://characterstrong.lpages.co/educator-resources-landing-kindness-journal/?inf_contact_key=dc344dbd211878dffcc5d9a059c58d34680f8914173f9191b1c0223e68310bb1&amp;inf_contact_key=cf4a46d329e4879892c034f70687b6f9680f8914173f9191b1c0223e68310bb1</a></p>	<p>Be helpful to your parents without being asked.</p> <ul style="list-style-type: none"> <li>• Clean up your room</li> <li>• Take out the trash</li> <li>• Vacuum a room</li> <li>• Dust a room</li> <li>• Do the dishes</li> <li>• Pull some weeds</li> <li>• Help with breakfast, lunch, or dinner</li> </ul>	<p>If you have it, follow Character Strong on Instagram. Read what they post and try some of their challenges or activities.</p>
<p>Make a nice card for someone you live with. Tell them why you love and appreciate them.</p>	<p>Journal about this time. It will be one for the history books. Write down your thoughts, feelings, worries, and hopes. Document what you are thinking about and feeling, daily.</p>	<p>Create a calendar of daily Random Acts of Kindness. Maybe for April? There are many examples online, but you can think of some of your own.</p>
<p>Read a Leadership Book for teens. Search online and see if there is a book that interests you. Listen to it or read it. Check for it on SORA or online at the public library.</p>	<p>Begin a Gratitude Journal. Write down a few things each day, that you are grateful for.</p>	<p>Reach out to someone you haven't talked to in a while via phone, text, Face Time, Zoom, etc. Touch base and make sure they are doing okay.</p>