Objective

By the end of this lesson, you will be able to understand the importance of character development and how it can positively impact your life.

Materials and Prep

- Paper
- Pens or pencils
- Open mind and willingness to reflect

Activities

- **Character Reflection:** Take 10-15 minutes to reflect on your own character traits. Write down your strengths and areas you would like to improve.
- **Role Play:** Choose a character from a book or movie and act out a scene as if you were that character. This will help you understand different personalities and traits.
- **Character Building Story:** Write a short story where the main character faces a moral dilemma. Explore how the character's decisions shape their development.

Talking Points

- **What is character development?**
  "Character development is the process of building and strengthening your personal qualities and traits over time."
- **Why is character development important?**
  "Developing strong character traits like honesty, empathy, and resilience can help you navigate challenges and build meaningful relationships."
- **How can we improve our character?**
  "By reflecting on our actions, learning from mistakes, and setting goals for personal growth, we can continuously work on improving our character."
- **Examples of character traits:**
  "Traits like integrity, kindness, and perseverance are examples of qualities that contribute to a strong character."