

6 ways kids can spread kindness at school

There are countless ways for students to practice kindness and increase their empathy capacities.

9 essential habits empathetic kids should practice

These 9 habits help kids develop, practice and live an empathetic lifestyle.

Are you honorable?

Honor matters! Your word is your bond, after all.

Exercising Your Character – Educational Resources

We're looking forward to seeing you at Exercising Your Character.

Not everyone in need has a brick

A successful man known for his philanthropy was driving his new car through a poor part of town.

Books to teach friendship

Check out some of our favorite books that can help teach kids the value of friendship!

7 steps to teach kids goal-setting

Step 1. Define the term, “Goal” – One of the easiest ways to explain goals is to link the term to something children are familiar with such as hockey, soccer, or football.