



**The
Character
Effect**[™]
Being mindful.
Building strengths.

Imagine a less stressful learning environment where everyone is focused on the very best parts of your child...

We are excited to introduce you to The Character Effect[™], a new universal social emotional learning program at your child's school.

The Character Effect[™] is a universal social emotional learning program that combines character strengths (the unique strengths every child has inside them!) with the science of mindfulness to help students improve their self-awareness, self-management, social awareness, relationship skills, and responsibility decision making skills (SEL skills). Our evidence-based program is taught by your child's teachers right alongside their regular academic curriculum.

We know now more than ever the importance of focusing on these SEL skills to help all of us cope with the uncertainties surrounding this school year and build your students' resilience so they may thrive academically!

The Character Effect[™] also supports your child's teacher to improve their own self-care so they can be more energized to focus on creating a successful learning environment. We also can help YOU become more intentional with your children at home with weekly parenting tips that coincide with the strengths your student is learning in both in-person and virtual classrooms. This creates a common strength language between your child's classroom and your home.

<https://thecharactereffect.org>

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PARENTING CENTER