



MCCE@SU: Visit our website at www.mdctrcharacter.net. Resources can be found on the bottom of our homepage and on the bottom of the Newsletter & Best Practices page.

There are so many good people doing wonderful things in their communities. If you know of anyone that you would like to be featured in our Newsletter please let me know. These are difficult times. Please be safe and stay healthy. I'm here if you need me. We will all get through this.

Linda Muska, mccecharacter@aol.com

Below is an email I received from Dara & David Feldman, Co-Founders of Virtues Matter.

We pray that you, your family, and your communities are safe and healthy.

In hopes of being of service, we wish to offer you two free resources to help stay strong, uplifted, and resilient during this uncertain time.

1) Get the Resilience Deck for Free

2) As many of you know, we launched the new [Virtues Cards app](https://www.virtuesmatter.com/app) (<https://www.virtuesmatter.com/app>) just a few months ago. We are offering one of our most cherished decks—the Virtues Resilience Cards (formerly Sunset Meditations Cards)—as a **free gift to you!** Simply download the 'Virtues Cards' wherever you get your apps, then click on *Shop* (within the app) to get the Virtues Resilience Cards. We encourage you to share this opportunity with others as it will be a free one-time download through April 15. We've also put together a short blog post about using Virtues Cards for [daily motivation and inspiration](https://www.virtuesmatter.com/blog/4-tips-for-virtues-cards-app). (<https://www.virtuesmatter.com/blog/4-tips-for-virtues-cards-app>)

2) Short Videos of Dara Introducing 5 Transformative Strategies

We have a new [Get Started](https://www.virtuesmatter.com/get-started) (<https://www.virtuesmatter.com/get-started>) page on our website to introduce you to 5 simple strategies that you can learn and leverage for your own personal well-being and to nurture and strengthen healthy relationships with others. [Check it out!](https://www.virtuesmatter.com/get-started) (<https://www.virtuesmatter.com/get-started>)

We hope these resources are helpful to you as you practice resilience and cultivate peace. Please reach out to us if we can be of service. Wishing you health and strength. With warmest love,

*Dara & Dave Feldman
Virtues Matter Co-Founders*

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Check this out:

A resource on the web for parents, teachers, home- school students, and anyone involved with character education for children.

Check here: <http://www.teachingvalues.com/principlesummary.html>

Goal Setting for Students!

How to set and achieve goals in the classroom.

Learn more about goal setting, responsibility, making better decisions, respect, determination, and setting priorities.

Click here: <http://goalsettingforstudents.com/>

Character LAB

Teach Character!

Character LAB creates evidence-based resources for teachers to develop character in middle and high school students.

Click here: https://www.characterlab.org/?utm_source