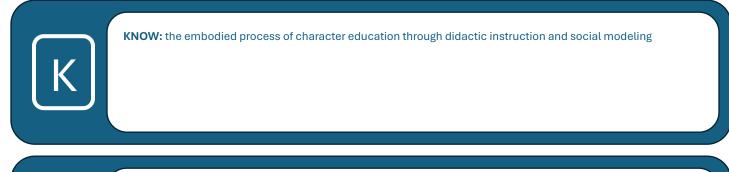# KARE-ing about Character!

Purpose: The purpose of this worksheet is to help program developers ensure that their program activities include the processes required for virtue formation to occur. For full description click here.

Instructions:

1. Identify the program you are thinking about for this exercise. What is the name of the program?

2. Programs should typically only focus on one or a few virtues. As you work through this worksheet, focus only on _one_ virtue at a time. Use a new worksheet for each virtue, then integrate all your worksheets together. What is the targeted virtue for this worksheet?

3. In the toolkit, read about the KARE model. In the boxes below, identify the strategy that will be embedded in your program activities to facilitate virtue formation. Provide as much description about implementation—who will do what, when will it occur, and how often.

K

KNOW: the embodied process of character education through didactic instruction and social modeling

A

ACT: embodied process of practicing of the virtue—engaging in virtuous actions

R

REALIGN: embodied process of reflection focused on achieving coherence between the _ought-self_, _ideal-self_, and _actual-self_

E

ENCOURAGE: give support, advice, and reminders beyond the life of the program