



The Montana Professional Learning Collaborative ([MTPLC](#)) and the Montana Small Schools Alliance ([MSSA](#)) are pleased to provide CharacterStrong, a transformative digital program designed to enhance Whole Child Competencies in PreK-12th grade classrooms. With a focus on character development and fostering positive educator-student relationships, CharacterStrong provides a comprehensive toolkit for educators to integrate practices seamlessly into their curriculum.

- **Purpose:** CharacterStrong is a comprehensive digital program aimed at fostering whole child competence, character development, and nurturing strong educator-student relationships.
- **Elementary Toolkit (PurposeFull People):**
  - Focuses on 10 essential traits: Courage, Respect, Responsibility, Kindness, Perseverance, Empathy, Cooperation, Creativity, Honesty, Gratitude.
  - Offers over 90 tools, lessons, and resources for each trait, supporting classroom, staff, families, and playground dynamics.
  - Provides flexibility through 3 implementation plans: flexible, daily, or weekly.
  - Organized into 5 categories for seamless integration: starters, mini activities, mindfulness practices, activity-based learning, and closers.
- **Secondary SEL Curricula (CharacterStrong):**
  - Features 35 lessons per grade level for 6-8, and 25 lessons per grade level for 9-12.
  - Requires no prep or supplies besides pen/paper, with an average delivery time of 30 minutes.
  - Emphasizes student voice and choice, with adaptable timing to meet various needs.
  - Aligned with 3 outcomes: Well-Being, Belonging, Engagement, utilizing 5 primary ingredients: Emotion Understanding & Regulation, Empathy & Compassion, Values & Purpose, Goals & Habits, and Leadership & Teamwork.
  - Each lesson includes a warm welcome, community-building activities, interactive content, a character challenge for real-life application, and optimistic closure.



[www.mtplc.org](http://www.mtplc.org)

Contact Cindy Fouhy, PhD, at [mhrn@wmpkc.org](mailto:mhrn@wmpkc.org) to learn more.





|                              | PurposeFull People   | Middle School SEL   | High School SEL   |
|------------------------------|--|---|---|
| <b>Grade Range</b>           | PreK - 5   | 6 - 8   | 9 - 12  |
| <b>Duration &amp; Timing</b> | 4 weeks/trait; 1-5 lessons/week; 5-45 min/lesson   | 35 lessons per grade level<br>30 minutes per lesson (with the flexibility to adapt across various time/day needs)   | 25 lessons per grade level<br>30 minutes per lesson (with the flexibility to adapt across various time/day needs) |
| <b>Primary Ingredients</b>   | Courage, Respect, Responsibility, Kindness, Perseverance, Empathy, Cooperation, Creativity, Honesty, Gratitude   | <b>Emotion Understanding &amp; Regulation:</b> How We Feel & How We Act<br><b>Empathy &amp; Compassion:</b> What We Understand & How We Care<br><b>Values &amp; Purpose:</b> Who We Are & What We Do<br><b>Goals &amp; Habits:</b> The Dreams We Have & The Actions To Get There<br><b>Leadership &amp; Teamwork:</b> Developing Agency & Working Together  |   |
| <b>Instructional Methods</b> | Most frequently uses activities, games, skill practice, and discussion   | Most frequently uses interactive games, activity-based learning, partner and full group discussion, writing, and skill practice   |   |
| <b>Alignments</b>            | Montana Whole Child Skill Development Competencies   |   |   |
| <b>Additional Curricula</b>  | <ul style="list-style-type: none"> <li>-Middle School Leadership Curriculum</li> <li>-High School Leadership Curriculum</li> <li>-The CharacterStrong Gym (supplemental resources like videos, restorative practices, growth mindset tools, staff/admin/family content)</li> <li>-On-Demand Professional Development (adult relational practices, SEL for adults, responding to challenging behavior, MTSS, proactive classroom management)</li> <li>-Equity Training</li> </ul> |   |   |
| <b>Unique Features</b>       | <ul style="list-style-type: none"> <li>-Professional Development to support staff readiness/buy-in</li> <li>-Ongoing trainings to support implementation for teams and administrators</li> <li>-Implementation Roadmap with evidence-based step-by-step support and resources for sustainable success</li> </ul>   |   |   |
|                              | <ul style="list-style-type: none"> <li>-Toolkit model with flexible implementation plans</li> <li>-Integrative approach (opening/closing circles, regulation strategies to be employed as needed)</li> <li>-Engaging activities built for in-person and virtual</li> <li>-Staff and family challenges to support adult role modeling</li> <li>-Regularly updated content to stay relevant</li> <li>-Equity supports embedded into content</li> </ul>                             | <ul style="list-style-type: none"> <li>-Student-driven lessons built in partnership with a 60-student advisory board</li> <li>-Engaging videos featuring students and young adult role models</li> <li>-Adolescent-specific content (mental health and well-being, values, sense of purpose, teamwork skills)</li> <li>-Challenges that move away from “role-playing” and into practical application</li> <li>-All content built for in-person or virtual settings</li> </ul> |   |





*Character Strong*