

# Character Chain

Use your chain as a reminder to live with strong character each day!  
Cut along the dotted lines and place your Six Pillars of Character in a container. Draw out one pillar at a time and complete the movement for 30 seconds. Connect the ends of the pillar together to make a chain link. Repeat the process until you have completed your chain!

**CHARACTER COUNTS!**

**HiYee KIDSFIT**

**Trustworthiness**

Plank



**CHARACTER COUNTS!**

**HiYee KIDSFIT**

**Respect**

Squats



**CHARACTER COUNTS!**

**HiYee KIDSFIT**

**Responsibility**

Jumping Jacks



**CHARACTER COUNTS!**

**HiYee KIDSFIT**

**Fairness**

Push-Ups



**CHARACTER COUNTS!**

**HiYee KIDSFIT**

**Caring**

Sit-Ups



**CHARACTER COUNTS!**

**HiYee KIDSFIT**

**Citizenship**

High Knees



**JOIN THE CLUB**

or submit your challenge for the chance to win prizes!

