

Grade One Character Education  
Month-By-Month Theme

Month	Character Attribute	Grade One Suggested Activity
September	Respect	Respect is when you show good manners, pay attention, treat others as you would like to be treated. See resource “Peacemaking Skills for Little Kids (Primary) which is part of the <u>Care Cat Kit</u> . Concept 3: Feelings (Workbook S-18-19, S-29-33).
October	Initiative	Initiative means to act or to take a step. See lesson “10 things to do Instead of Hitting” (Sunburst Video). Lesson plans and follow-up worksheets are included.
November	Courage (Bravery)	Courage is demonstrated by people who stand up for what they believe in their heart to be the right thing to do, even when others don’t support them. See lesson “Types of Bullying-Right to Safety” Subtask 2-Page 2. Teacher will discuss “Right to Safety” as being able to feel safe from people who hurt your feelings on purpose. Equate feelings of emotional well-being and physical well-being. Emphasize that we have the right to be safe from being hurt on the inside and on the outside.
December	Compassion (Empathy)	At the core of compassion is the ability to listen-really listen-to others. It can also be seen as seeking to understand another’s struggles and help those in need. See lesson “The No Bullies Rap” Subtask 3-Page 1. Teacher identifies people who can provide personal safety assistance (e.g., block parents) and explain how to access them (e.g. by phone-911); (Health and Physical Education)
January	Optimism	Optimism can be about making friends feel good about themselves; not be critical of others but rather look to improve myself. See lesson “Role Play Part 1-Experiencing the Problem” Subtask 4-Page 4. See additional lessons/resources “We Can Work It Out” (Sunburst Video) with lesson plans and follow-up worksheets.

February	Honesty	Honesty is when you commit to being true to yourself and others. See lesson “Identifying Feelings”-Subtask 1-Page 3. “A Rainbow of Feelings” (Sunburst Video) with excellent lesson plans and follow-up activity sheets. Describe ways in which the experiences of characters in simple performances relate to their own experiences.
March	Integrity	Integrity is demonstrated by people who do the right thing, no matter what the circumstances may be. See Lesson “Role Play-Part 2-Solving the Problem” Subtask 5-Page 4. See additional lessons and resources “Working it Out” (Sunburst Video) with lesson plans and follow-up worksheets. See the “No Bullies Rap” Subtask 3-Page 2. Review the role of the onlooker in a bullying situation. Discussion circles around 3 responses: 1. Encourage your friend to walk away, 2. Confront the bully, 3. Report the bully and ask for help.
April	Fairness	Fairness is being consistent; students will play by the rules; treat people equally. See lesson “Types of Bullying-Right to Safety” Subtask 2-Page 1. Students will examine scenarios that illustrate different types of bullying as a means of addressing the expectations involving the ability to recognize safety risks and to describe exploitative behaviours. The discussion focuses on issues of justice, <b>fairness</b> and the right to emotional and physical safety.
May	Perseverance (Resilience)	Perseverance encourages students not to become discouraged. See lesson “Role Play Part 1-Experiencing the Problem” Subtask 4-Page 4. “I Can handle Anger (Sunburst Kit). (Video- “I know How to Listen”) (Video-“Use Your Words”).
June	Responsibility	Responsibility is when you do what you say you’re going to do; you keep your promises and you’re accountable for your actions. See lesson “What Should You Do?” Students complete survey titled “What Should You Do When Someone Bullies You?” See Video “I’m So Frustrated” (Sunburst Video). See Video “10 Ways to Cool Off” (Sunburst Video).