



## SEPTEMBER is RESPECT MONTH!

### I live with *Respect*

**I will treat myself and others with consideration, high regard, courtesy and dignity.**

#### WHAT IS RESPECT?

*Definition: To have deferential regard for: to treat with consideration.*

**RESPECT** is when you show good manners, pay attention, treat others as you would like to be treated.

#### I WILL:

- \* Be polite, dignified, honorable and positive in my dealings with others.
- \* Honour people's rights.
- \* Treat other people's belongings, the environment and the world around us with due consideration.
- \* Demonstrate respect for myself by behaving in the above manner.

#### TELL US YOUR RESPECT STORY!

Has someone's demonstration of respect left you feeling great? Let us know your story about respect. Contact us at our website. <http://www.rrdsb.com/> and we'll post some of the stories online for everyone to read.

JK/SK



#### HOW DO I SHOW RESPECT?

*Hey, it's not as hard as you think, especially now that you're thinking about it.*

**RESPECT** can be shown in many little ways and, if you want your children to be respectful, the best way to achieve that is to model respectful behaviour for them. Here are some ideas:

- \* Thank the people who serve you each day, genuinely and with a big smile. The grocery clerk, the gas bar attendant, the teacher, the telephone operator. If your child sees you being genuinely grateful for the contributions of others, s/he will be encouraged to adopt that behavior.
- \* Demonstrate care for the environment. Be respectful of parks and public places by putting your trash and recyclables in the appropriate containers.
- \* Listen to your child. Look him/her in the eye when the two of you are talking. Pay attention. Repeat the key message. Acknowledge the information and show you care.
- \* Say "Please" and "Thank You" often and honestly.
- \* Teach your children about other cultures, about people who have different abilities or physical challenges, about other types of families. Demonstrate a respect for the differences in our community and celebrate our diversity. It will demonstrate respect.

### BOOKS, MOVIES, WEBSITES!

**TO READ:** Some books that teach us about RESPECT:

\**You Are Special* by Max Lucado (ISBN 0-439-066365-5)

\**Great Kapok Tree* by Lynne Cheryl

\**Whoever You Are* by Mem Fox

\**The Big Orange Splot* by Daniel Manus Pinkwater (ISBN 0-590-03156-2)

\**I Accept You As You Are!* by David Parker (The Best Me I Can Be)

**TO VISIT:** Try these websites.

\*[www.pbskids.org](http://www.pbskids.org)

\*[www.atozteacherstuff.com](http://www.atozteacherstuff.com)

\*[www.goodcharacter.com](http://www.goodcharacter.com)

**TO WATCH:**

\**Bob the Builder (Bob's Big Plan)*

**TO DO:**

\*Write (discuss Earth Day - recycle, reuse, reduce: make a list of things we can do to respect the Earth)

\*Art/Language (make a book of good manners with pictures)

#### RESOURCES:

\**Character Education* Grade K (*Section on Respect* pg. 117) by Sarah Freeman and Q.L. Pearce (0-7682-2790-9)

\**Best Me I Can Be* Mega Library 16 Books (Scholastic)

\**No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)





## OCTOBER is INITIATIVE MONTH!

### I live with *Initiative*

**I will recognize what needs to be done and do it, without prompting from others.**

#### WHAT IS INITIATIVE?

*Definition: the power or opportunity to act independently with a fresh approach before others do.*

**INITIATIVE** is when we act without being prompted by others. We are eager to do what needs to be done without having to be told to do it. We take the first step towards the achievement of a goal.

#### I WILL:

- \* do things without having to be asked.
- \* pitch in where I see I am needed.
- \* be innovative and enthusiastic in everything that I do.

#### TELL US YOUR INITIATIVE STORY!

*Has someone's demonstration of initiative left you feeling great?*

*Tell us your story.*

Contact us at our website.  
<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to enjoy.

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## BOOKS, MOVIES, WEBSITES!

**TO READ:** Some books that teach us about INITIATIVE:

\**Berenstain Bears Clean House*  
by Stan and Jan Berenstain

\**Miss Rumphius* by Barbara Cooney

\**Farm Flu* by Teresa Bateman  
(ISBN 0-439-35258-4)

\**I Can Make Good Choices* by David Parker (The Best Me I Can Be ISBN 0-439-69360-8)

\**I am Responsible!* by David Parker (The Best Me I Can Be ISBN 0-439-62814-8)

\**I am Generous!* By David Parker (The Best Me I Can Be ISBN 0-439-62813-X)

**TO VISIT:** Try these websites.

\*[www.atozteacherstuff.com/Themes/Character\\_Education/](http://www.atozteacherstuff.com/Themes/Character_Education/)

\*[www.goodcharacter.com](http://www.goodcharacter.com)

\*[www.charactercounts.com](http://www.charactercounts.com)

#### TO WATCH:

\*The Berenstain Bears and The Trouble with Pets

#### TO DO:

\*Write (a How I Can Help or Things I Can Do For Others list)

\*Drama (Role play situations involving a character having to make a good/bad choice)

#### WHAT DOES INITIATIVE LOOK LIKE?

*Initiative is about doing something even if it isn't necessarily your job or responsibility to do so.*

*It's about doing something that you haven't been asked to do because you know it must be done or you see a need that is unmet.*

*Having initiative not only allows you to do what needs to be done quickly and effectively, but also prompts others to become involved in the endeavors you undertake because they see your positive work habits.*

*You become a role model for others.*

#### FOR DISCUSSION:

*Can you remember an incident when you took the initiative to do something?*

*Share your story with your friends, family, class.*

*Did it make a difference to someone? How did you feel about yourself? How did others see you?*

#### RESOURCES:

\**Character Education* Grade K (Section on Citizenship pg.7)  
by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

\**Best Me I Can Be* Mega Library 16 Books (Scholastic)

\**No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)



# NOVEMBER is COURAGE MONTH!



## I live with *Courage*

**I will stand up for my beliefs and principles and face challenges, fear and difficulty with fortitude.**

### WHAT IS COURAGE?

Definition: 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 and might try to convince them that they are wrong.

### I WILL:

- \* Continue to do what I know to be right, even when it would be easier to follow another path.
- \* Ensure that my feeling of "I can" are stronger than my feeling of "I can't".
- \* Take risks to do the right thing, even when it might challenge the attitudes and behaviors of others..

### WHAT'S IT ABOUT?

There are many types of courage.

- \* **Physical Courage:** overcoming fears when you are required to do something physical, i.e. dancing in front of friends.
- \* **Emotional Courage:** overcoming feelings of fear i.e., standing up to a bully.
- \* **Spiritual Courage:** overcoming fears to act on values that are important to you, i.e. Having the spiritual courage to take action against an injustice you see taking place in the school yard.

Contact us at our website.  
<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to read..

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## BOOKS, MOVIES, WEBSITES!

**TO READ:** Some books that teach us about COURAGE:

\**Daisy Comes Home* by Jan Brett

\**Mirette On the High Wire* by Emily Arnold McCully (ISBN 0-590-47693-9)

\**Merry Christmas Big Hungry Bear* by Don and Audrey Wood

\**Little Quack* by Lauren Thompson

\**Hooway For Wodney Wat* by Helen Lester (ISBN 0-395-92392-1)

\**Jungle Bullies* by Steven Kroll (ISBN 13: 978-0-545-06964-9)

\**The Paper Bag Princess* by Robert Munsch

**TO VISIT:** Try these websites.

\*[www.atozteacherstuff.com/Themes/Character\\_Education/](http://www.atozteacherstuff.com/Themes/Character_Education/)

\*[www.goodcharacter.com](http://www.goodcharacter.com)

### TO DO:

- \*Journal Entry (write about a time that you had to be brave)
- \*Art (draw a picture of yourself being brave)
- \*Write (a fairy tale and include a character that needs to find the courage to face a problem)

### RESOURCES:

\**Character Education* Grade K by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

\**Best Me I Can Be* Mega Library 16 Books (Scholastic)

\**No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)

### WHAT DOES COURAGE LOOK LIKE?

Courage is about being true to yourself and what you know is right. Here's an example of when you might demonstrate courage:

There is a new student in your class and everyone is making fun of them and excluding them. You feel pretty bad about this and you know it's not the right thing to do. But if you speak up, your friends might treat you the same way. What do you do?

### FOR DISCUSSION:

*This is a good topic for discussion. It would be easier to ignore it; it might get better when everyone knows the new student better. What's at stake for you if you defend the new student? Is there any way you can make your friends change their behavior?*

### Extension:

Connections can be drawn between the attributes of "courage" and "responsibility".

*When you know that something wrong is happening, do you have a responsibility to change things, even if you are not actively involved in the hurtful behavior?*

*As a member of the classroom community, do you have a responsibility to speak out on what you believe is right?*



# DECEMBER is EMPATHY AND COMPASSION MONTH!



## I live with *Empathy and Compassion*

**I will do whatever is necessary to heal the hurts of others. I will strive to understand and be sensitive to their feelings.**

### WHAT IS EMPATHY?

Definition: Empathy means identifying with, and being concerned about other people's **feelings** and needs.

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### WHAT IS COMPASSION?

Definition: The **act** of compassion is seeking to understand another's struggles from his or her point of view and then doing whatever is necessary to heal the hurt.

## BOOKS, MOVIES, WEBSITES!

### I WILL:

- \* Stop to listen.
- \* Listen when others want to talk.
- \* Give of my resources to help those in need.
- \* Look for lasting solutions.
- \* Comfort others without regard to race, gender, faith, age or nationality.

### TELL US YOUR COMPASSION STORY.

Do you know someone who displayed the attributes of empathy and compassion or do you know of a time when the positive attributes of empathy and compassion was demonstrated? Share your story with us. Contact us at our website. <http://www.rdsb.com/> and we'll post some of the stories online for everyone to read..

Tell us what kind of difference empathy/compassion made to other people's understanding and to finding positive solutions.

**TO READ:** Some books that teach us about EMPATHY and COMPASSION:

*\*Wilfrid Gordon McDonald*

*Partridge* by Mem Fox  
(ISBN 0-14-050586-5)

*\*Claude, the Dog*  
by Dick Gackenbach

*\*Love You Forever* by Robert Munsch

*\*The Ugly Duckling* by Jerry Pinkney  
(ISBN 0-439-18691-9)

*\*Berenstain Bears Think of Those In Need* by Stan and Jan Berenstain

*\*One Winter's Day* by M. Christina Butler (ISBN 13: 978-0-545-04934-4)

### RESOURCES:

*\*Character Education* Grade K (Section on Tolerance pg.139) by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

*\*Best Me I Can Be* Mega Library 16 Books (Scholastic)

*\*No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)

**TO VISIT:** Try these websites.

\*[www.atozteacherstuff.com/Themes/Character\\_Education/](http://www.atozteacherstuff.com/Themes/Character_Education/)

\*[www.goodcharacter.com](http://www.goodcharacter.com)

### TO DO:

\*Journal Entry (write about a time that you showed compassion and empathy toward someone else)

\*Math Activity (sequence the story of the Ugly Duckling and discuss the section on compassion)

\* Drama and Art (make a puppet of the Ugly Duckling and the Beautiful Swan and use it to retell the story)

### TALKING ABOUT EMPATHY and COMPASSION

At the core of empathy and compassion is the ability to listen—really listen—to others. When you listen to another person's story you begin to experience the world through their eyes, through their feelings and through their heart.

Sometimes it is hard to imagine the experiences of another person, especially if they are different from you. Perhaps they are from a different culture or older or younger than you. Perhaps they have different opinions than you have. Sometimes it is difficult to feel empathy for someone who is different, but that is only because it is difficult to imagine how he or she feels.

When you are able to listen to their story then you can begin to understand them. As you understand another person, you become sensitive to their feelings. This understanding of how another person feels, is empathy, and when individuals are empathetic, they can then demonstrate acts of compassion. You may be willing to do whatever is necessary to heal another's hurt, and if you have really listened to their story, you will know exactly what that person needs.

Like all positive attributes, compassion has its own rewards. Becoming involved in the life of another brings a deeper level of intimacy and friendship. You will be a happier person and the world will be a kinder, gentler place because of your compassion.





## JANUARY is OPTIMISM MONTH!

### I live with *Optimism*

**I will maintain a positive attitude, look on the brighter side of situations and seek opportunities in the face of adversity.**

#### WHAT IS OPTIMISM?

*Optimism is being too noble for anger.*

*Optimism is being too strong for fear.*

*Optimism is being too large for worry.*

*Optimism is being too happy to permit the presence of trouble.*

JK/SK



### BOOKS, MOVIES, WEBSITES!

#### I WILL:

- \* *Make all my friends feel good about themselves..*
- \* *Look at the bright side of things.*
- \* *Present a cheerful countenance at all times.*
- \* *Forget the mistakes of the past and be positive about the future.*
- \* *Not be critical of others but rather look to improve myself.*

#### TELL US YOUR OPTIMISM STORY.

*Has someone's demonstration of optimism left you feeling great?*

*Tell us your story.*

*Contact us at our website.  
<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to read..*

TO READ: Some books that teach us about Optimism:

*\*Now One Foot, Now the Other by Tomie de Paola (ISBN 0-399-20775-9)*

*\*Nacho and Lolita by Pam Munoz Ryan (ISBN 0-439-83783-9)*

*\*Carrot Seed by Ruth Krauss*

*\*The Way I Feel by Janan Cain (ISBN 0-439-32116-6)*

*\*Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst (ISBN 0-590-42144-1)*

TO VISIT: check out these websites.

*\*[www.perma-bound.com](http://www.perma-bound.com) (character development in action—picture book list)*

*\*[www.goodcharacter.com](http://www.goodcharacter.com)*

TO DO:

*\*Science (sequence the planting of the carrot seed)*

*\*Journal Entry (write about when you had a bad day and how you felt)*

*\*Draw (a picture of what a bad day looks like and what a good day looks like)*

#### WHAT DOES OPTIMISM LOOK LIKE?

OPTIMISM allows us to look at the bright side. When things don't go the way you want and when it would be easy to be negative, take a positive approach. Think of how the members of Team Canada's 2003-04 junior hockey team must have felt after a very difficult one-goal loss in the gold medal game. While it's natural to be angry about losing, consider the learning opportunity gained by this experience. By focusing on the positive and looking toward the future, those players who return the following year will be better prepared when facing a similar situation. This will provide them with what it takes to be gold medal winners!

#### LET'S TALK ABOUT OPTIMISM

- \* When you see a friend who is not having a good day, say something to cheer them up.
- \* Tell someone who won an award how proud you are.
- \* Learn to create positive images in your mind when you face new challenges.
- \* The past is history, no point in focusing on what happened yesterday but rather look forward to what opportunities today might present.

#### RESOURCES:

*\*Character Education Grade K (Section on Citizenship pg.7) by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)*

*\*Best Me I Can Be Mega Library 16 Books (Scholastic)*

*\*No Bullies Allowed! pack by Teddy Slater—6 Books (Scholastic)*



## FEBRUARY is HONESTY MONTH!

### I live with *Honesty*

I will be sincere, trustworthy and truthful.

JK/SK



#### WHAT IS HONESTY?

HONESTY is when you commit to being true to yourself and others.

#### I WILL:

- \* speak the truth with kindness and caring.
- \* be trustworthy, so people know they can depend on me.
- \* be sincere. There is no difference between what I say and do and what I believe in my heart.

#### THE LITTLE WHITE LIE

We all know it's fine to talk about telling the truth all the time, but is it always the right thing to do?

Is it always a good thing to do?

Is it always necessary?

What if the truth will hurt someone's feelings?

This is a good subject for a discussion. Some people say it's OK to tell a little white lie if you're doing it so that feelings don't get hurt. Some people say it's never OK to lie, no matter what.

Think of a situation where you told a little white lie. What was the reason?

What did you learn about your character when it happened?

Do you know someone who demonstrates the positive character attribute of HONESTY?  
Contact us at our website.  
<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to read..

#### WHAT DOES HONESTY LOOK LIKE?

HONESTY can be demonstrated and acknowledged in many ways by adults, teens and children alike. Here is a true story about honesty that happened in a public high school.

A student approached his teacher and said, "I think my mark has been calculated incorrectly. It's 95 and I think it should be 85."

The teacher said he doubted if he was off in his calculations by 10 points, but reviewed the mark with the student.

Sure enough, the student's mark should have been 85. "Because I appreciate your honesty," the teacher said, "let's split the difference. We'll make it a 90."

The student declined. "I earned 85 and that's what my mark should be."

Why not use this story as a discussion point with your family.

Would you have been as honest as this student?

How hard would it have been to be in this student's shoes?

How does this story make you feel?

### BOOKS, MOVIES, WEBSITES!

#### TO READ:

Some books that teach us about HONESTY:

\**Big Fat Enormous Lie* by Marjorie Sharmat (ISBN 0140547371)

\**Franklin Fibs* by Paulette Bourgeois (ISBN 1-55074-077-6)

\**Finders Keepers for Franklin* by Paulette Bourgeois (ISBN 1-55074-370-8)

\**I Tell the Truth* by David Parker (The Best Me I Can Be ISBN 0-439-62808-3)

TO VISIT: Try these websites.

\*[www.atozteacherstuff.com/Themes/Character\\_Education/](http://www.atozteacherstuff.com/Themes/Character_Education/)

\*[www.goodcharacter.com](http://www.goodcharacter.com)

\*[www.charactercounts.com](http://www.charactercounts.com)

#### TO DO:

\*Language (retell the story of Franklin Fibs)

\*Sing (*Tell the Truth* page 19, Building Character by Kim Mitzo Thompson and Karen Mitzo Hilderbrand, Twin Sisters Productions, LLC)

#### RESOURCES:

\**Character Education* Grade K (*Section on Honesty* pg.29) by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

\**Best Me I Can Be* Mega Library 16 Books (Scholastic)

\**No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)



## MARCH is INTEGRITY MONTH!

### I live with *Integrity*

I will do what is right and ensure there is no difference between what I say and what I do.

#### WHAT IS INTEGRITY?

INTEGRITY is demonstrated by people who do the right thing, no matter what the circumstances may be.

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#### I WILL:

- do the right thing, even if it isn't going to be easy for me or for others.

- make sure there is no difference between what I say and what I do. I will be consistent and true to my heart.

#### WHAT'S IT ABOUT?

Integrity is about treating others and yourself with respect.

It's about having strong, ethical, personal standards that are not up for debate and that cannot be unduly influenced by others.

Having integrity allows people to make the right decisions in tough circumstances, knowing their choices will make a positive difference.

Remember, people may doubt what you say, but they'll believe what you do.

Contact us at our website.  
<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to enjoy.



#### LET'S TALK ABOUT INTEGRITY

The following examples provide plenty of opportunity for you to talk about integrity with your family and your friends.

- You're walking down the hall at school and you see some garbage lying on the floor. You stop, pick it up and put it in the garbage can.

- You're at work and the deal of a lifetime lands on your desk. It's bound to make you lots of money. But the deal comes with some requirements that make you feel uncomfortable, like hedging about the quality of materials and when the job will be done. You turn down the opportunity.

- A bunch of kids managed to get their hands on the final history exam and they're passing it to everyone in class. You visit the history teacher and tell.

- There's a problem with morale in your department. Instead of joining in the griping, you try to come up with ideas to make the workplace a better place.

- A bunch of people you know have agreed that it's OK if everyone takes an extra coffee break in the afternoon even though the rules don't allow it. You don't take the break.

- You have told the people who work with you that everyone will be treated fairly and with respect. Then you do it.

## BOOKS, MOVIES, WEBSITES!

TO READ: Some books that teach us about INTEGRITY:

\**A Promise is a Promise* by Robert Munsch

\**Brother Eagle, Sister Sky: A Message From Chief Seattle* by Chief Seattle

\**Earth and I* by Frank Asch

\**Clifford's Good Deeds* by Norman Bridwell (ISBN 0-590-44292-9)

\**Patty and the Pink Princesses* by Teddy Slater (No Bullies Allowed!)

\**Trouble for Trudy* by Teddy Slater (No Bullies Allowed!)

TO VISIT: check out these websites.

\*[www.perma-bound.com](http://www.perma-bound.com) (character development in action—picture book list)

\*[www.goodcharacter.com](http://www.goodcharacter.com)

TO WATCH:

\**The Berenstain Bears*, Out for the Team

TO DO:

\*Journal Entry (write about a time when you had to do the right thing even when you didn't want to)

\*Art (draw a picture of something special about yourself)

\*Drama (role play using cards from page 21—*What do you do? Building Character* by Kim Mitzo Thompson and Karen Mitzo Hilderbrand, Twin Sisters Productions, LLC)

#### RESOURCES:

\**Character Education* Grade K (Section on Citizenship pg.7) by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

\**Best Me I Can Be* Mega Library 16 Books (Scholastic)

\**No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)



## APRIL is FAIRNESS MONTH!

### I live with *Fairness*

I will treat others in a just, equitable and unbiased manner.

#### WHAT IS FAIRNESS?

FAIRNESS is being consistent.

FAIRNESS is listening and being open.

FAIRNESS is being careful making judgments about others.

FAIRNESS is treating people equally and equitably.

FAIRNESS is following procedures.

#### I WILL:

- \* Play by the rules.
- \* Take turns and share.
- \* Be open-minded and listen to others.
- \* Treat people equally.
- \* Not blame others carelessly.

Contact us at our website.  
<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to enjoy.

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#### WHAT DOES FAIRNESS LOOK LIKE?

- \* Be fair by making a judgment that does not favour or discriminate against individuals based on improper factors. For example, it is simply unfair to deny a person a job or promotion because of race, religion, gender or any other factor that does not have a material bearing on their ability to perform the job.
- \* Be fair by handling similar manners consistently. For example, parents, teachers, employers or others should treat similarly situated individuals the same, otherwise one is not being consistent.
- \* Be fair by playing and abiding by the rules of the game. Whether it is sports or just a board game, one should always play by the rules and demonstrate good sportsmanship at all times.

### BOOKS, MOVIES, WEBSITES!

**TO READ:** Some books that teach us about FAIRNESS:

*\*The Rainbow Fish* by Marcus Pfister

*\*Berenstain Bears And The Bully* by Stan and Jan Berenstain

*\*Hazel's Amazing Mother* by Rosemary Wells

*\*A Weekend With Wendell* by Kevin Henkes (ISBN 0-688-14024-6)

*\*Boomer's Big Surprise* by Constance W. McGeorge (ISBN 0-439-13307-6)

*\*All the Colours of the Earth* by Sheila Hamaoka (ISBN 0-439-20221-3)

**TO VISIT:** Try these websites.

[www.atozteacherstuff.com/Themes/Character\\_Education/](http://www.atozteacherstuff.com/Themes/Character_Education/)

[www.goodcharacter.com](http://www.goodcharacter.com)

#### TO DO:

\*Drama and Art (make a Rainbow Fish puppet and retell the story)

\*Math Activity (make a pizza and divide it equally among the class)

Play turn taking games (Trouble, Snakes and Ladders)

Sing (*Got to Love One Another* page 22, Building Character by Kim Mitzo Thompson and Karen Mitzo Hilderbrand, Twin Sisters Productions, LLC)

#### RESOURCES:

*\*Character Education* Grade K (Section on Fairness pg.51) by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

*\*Best Me I Can Be* Mega Library 16 Books (Scholastic)

*\*No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)





## MAY is PERSEVERANCE MONTH!

### I live with *Perseverance*

I will not give up when things get tough. I will stick to my goals and work hard to achieve them, despite obstacles.

#### **WHAT IS PERSEVERANCE?**

Perseverance is sticking to the goals that I have set for myself and never giving up on what I set out to do

#### **I WILL:**

- \* continue to be the best that I can be
- \* lead by example and be a role model for others
- \* be patient and calm as I continue to strive for success
- \* stay the course, no matter how difficult it might become
- \* not become discouraged
- \* always believe in myself and my abilities

#### **A CANADIAN ROLE MODEL OF PERSEVERANCE**

Terry Fox is a Canadian hero. Over the course of 143 days, Terry ran 5,373 Km and ran through six provinces, raising a total of \$24 million for cancer research. It was Terry's perseverance and his belief in himself and his mission that made his Marathon of Hope a success. At one point during the run, Terry said, "Everyone seems to have given up hope of trying. I haven't. It isn't easy and it isn't supposed to be, but I'm accomplishing something. I just wish people would realize that anything's possible if you try."

Contact us at our website.  
<http://www.rdsb.com/> and we'll post some of the stories online for everyone to enjoy.

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#### **WHAT DOES PERSEVERANCE LOOK LIKE?**

Perseverance can be demonstrated and acknowledged in many ways by adults, teens and children alike. Here are some ideas:

For Discussion: Perseverance takes will power. Having will power means that you stay focused on your goal and don't move away from it. Can you remember a time when you demonstrated will power and stayed focused until you attained your goal? How did it make you feel? Share your thoughts.

## BOOKS, MOVIES, WEBSITES!

**TO READ:** Some books that teach us about PERSEVERANCE:

\**Little Engine That Could* by Watty Piper

\**The Little Red Hen* by Jerry Pinkney

\**Up, Up, Down* by Robert Munsch

\**Purple, Green and Yellow* by Robert Munsch

\**D.W. Flips* by Marc Brown

\**Franklin Rides a Bike* by Paulette Bourgeois

**TO VISIT:**

Try these websites:

• [pbskids.org/adventures](http://pbskids.org/adventures)

• [www.amazing-kids.org](http://www.amazing-kids.org)

**TO WATCH:**

\**A Bug's Life*

\**Finding Nemo*

**TO DO:**

\*Phys.Ed. (teach a new skill and practice it)

\*Setting Goals (new things you want to learn)

\*Daily discussions (highlighting positive choices/actions made that day)

#### **RESOURCES:**

\**Character Education* Grade K (*Section on Perseverance* pg.161) by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

\**Best Me I Can Be* Mega Library 16 Books (Scholastic)

\**No Bullies Allowed!* pack by Teddy Slater—6 Books (Scholastic)

#### **Perseverance at Home:**

Your family is getting a new pet. Sometimes it takes perseverance to get through the first few months and get acquainted. Read books about your pet, talk to other pet owners, be sure to feed and care for your pet. Can you think of other ways you can show perseverance at home?

#### **Perseverance at Play:**

Learning to ride a bicycle takes perseverance. Sometimes it seems that you will never get the hang of it. Others don't seem to fall as often as you do. You may even want to quit. You show perseverance when you keep on trying.



## JUNE is RESPONSIBILITY MONTH!

### I live with *Responsibility*

I will be accountable for my actions, be reliable and keep my commitments.

#### WHAT IS RESPONSIBILITY?

RESPONSIBILITY is when you do what you say you're going to do, you keep your promises and you're accountable for your own actions.

#### I WILL:

- honour my commitments to others even though it may be difficult for me.
- be reliable so that people know they can depend on me to do what I say I will do.
- be accountable for the things I say and do and I will not make excuses if I fall short of the mark.

#### TELL US YOUR RESPONSIBILITY STORY!

Do you know someone who demonstrates the positive character attribute of responsibility?  
Let everyone know about it.

Contact us at our website.

<http://www.rrdsb.com/> and we'll post some of the stories online for everyone to read.

JK/SK



#### WHAT DOES RESPONSIBILITY LOOK LIKE?

RESPONSIBILITY can be demonstrated and acknowledged in many ways by adults, teens and children alike.

Here are some ideas:

- Be responsible for the world around you ... be sure to recycle, conserve water and don't litter!
- When your mom or dad picks you up after the movies, when they said they would, be sure to thank them for being responsible.
- When your teenager chooses to stay in and complete homework rather than hanging out with friends, acknowledge how responsible that action is and how much it benefits the teenager.
- When you make a mistake at home or at work, accept the consequences. Apologise, acknowledge the error and do what you can to make the situation right. Don't be afraid to tell your child that you were wrong.
- Live a neat, orderly life. Keep clutter out of your world. Teach your children that it's responsible to pick up after yourself and you'll demonstrate an important skill — organization!
- If you make a promise to someone, keep it.
- If a child knows that a friend is going to do something that could hurt him or someone else, the responsible thing to do is tell a trusted adult.

## BOOKS, MOVIES, WEBSITES!

TO READ: Some books that teach us about RESPONSIBILITY:

\*Saturday Escape by Daniel J. Mahoney

\*Arthur and the School Pet by Marc Brown

\*Berenstain Bears' New Pup By Stan and Jan Berenstain

\*I Am A Leader by David Parker, The Best Me I Can Be (ISBN 0-439-73585-8)

\*I Am Responsible by David Parker, The Best Me I Can Be (ISBN 0-439-62814-8)

\*Gleam and Glow by Eve Bunting

TO VISIT: Try these websites.

\*[www.goodcharacter.com](http://www.goodcharacter.com)

\*[www.pbskids.com](http://www.pbskids.com)

TO WATCH:

\*Ice Age

TO DO:

\*Write and Sing (Responsibility Rock and I am Responsible (a job list from page 11) by Kim Mitzo Thompson and Karen Mitzo Hilderbrand, Twin Sisters Productions, LLC)

\*Drama (role play specific jobs like charades)

#### RESOURCES:

\*Character Education Grade K (Section on Responsibility pg.73) by Sarah Freeman and Q.L.Pearce (0-7682-2790-9)

\*Best Me I Can Be Mega Library 16 Books (Scholastic)

\*No Bullies Allowed! pack by Teddy Slater—6 Books (Scholastic)