

## **Character Education**

### **Honesty**

Honesty means being truthful, genuine, sincere, trustworthy, loyal, fair, and upright. An honest person tells the truth and does not lie, cheat, or steal. An honest person does not hide anything. A person who is honest is frank and straightforward. Miguel de Cervantes is often quoted as having said, "Honesty is the best policy." This statement explains that it is important to be truthful and to never cheat or steal. If you are honest, your character will always shine through.

### **Brainstorming**

Close your eyes and think about the word honesty. What other words come to mind?

- List three situations in which you were honest.
- List three situations in which you were not honest. Explain what you could have done differently to be more truthful.

### **Trustworthiness**

Be honest. Don't deceive, cheat, or steal. Be reliable – do what you say you'll do. Have the courage to do the right thing. Build a good reputation. Be loyal – stand by your family friends and country.

### **Respect**

Respect is concern for the rights of others. It also means treating others as you would want them to treat you. In other words, showing respect means following the Golden Rule. Respect is also understanding that even though people have differences, they also have similar feelings and needs. In order to demonstrate respect, you must use good manners, be polite, show consideration, and value the property of other people. If you treat others with courtesy, you are being respectful.

### **Brainstorming**

Close your eyes and think about the word respect. What other words come to mind?

- List three situations in which you showed respect.
- List three situations in which you did not show respect. Explain what you could have done differently to be more respectful.

Treat others with respect; follow the Golden Rule. Be tolerant and accepting of differences. Use good manners, not bad language. Be considerate of the feelings of others. Don't threaten, hit or hurt anyone. Deal peacefully with anger, insults, and disagreements.

### **Responsibility**

Responsibility means being accountable for who you are and what you do. Responsibility is being dependable and trustworthy. Someone who is responsible does her best and doesn't blame others for her mistakes. A responsible person makes sure the job is done correctly and on time. A person who is responsible has a moral duty to follow through and complete a task. Trying your best and working hard to complete assigned tasks shows that you are responsible.

### Brainstorming

Close your eyes and think about the word responsibility. What other words come to mind?

- List three situations in which you acted responsibly.
- List three situations in which you did not act responsibly. Explain what you could have done differently to be more responsible.

Do what you are supposed to do. Plan ahead. Persevere: keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act – consider the consequences. Be accountable for your words, actions, and attitudes. Set a good example for others.

### **Fairness**

Fairness means being impartial, just, or free of favoritism. It means treating everyone the same. Someone who is fair values equality and is willing to correct his mistakes. If you follow the rules and are honest and reasonable, you are demonstrating fairness. Sometimes, it may be difficult for you to understand fairness, but it is important to learn how to treat people equally. When you make sure that others are not treated badly and you do what is right, you are being fair.

### Brainstorming

Close your eyes and think about the word fairness. What other words come to mind?

- List three situations in which you showed fairness.
- List three situations in which you did not show fairness. Explain what you could have done differently to be more fair.

Play by the rules. Take turns and share. Be open-minded; listen to others. Don't take advantage of others. Don't blame others carelessly. Treat all people fairly.

### **Kindness**

Kindness is being generous, friendly, or warm-hearted. It means having a kind and gentle nature. Kindness involves doing good rather than harm. When practicing kindness, people show an understanding for others and treat them with respect. Kindness involves doing thoughtful deeds for people who are in need. It often means putting other people's feelings before your own. When people are kind, they feel compassion.

### Brainstorming

Close your eyes and think about the word kindness. What other words come to mind?

- List 3 situations in which you showed kindness.
- List 3 situations in which you did not show kindness. Explain what you could have done differently to be more kind.

### Practicing Kindness

Ask students to think of something kind that someone has done for them. Showing and expressing thanks for a kind deed is a way of showing kindness in return. Have each student write a thank you note to someone for being kind.

## **Caring**

Be kind. Be compassionate and show you care. Express gratitude. Forgive others. Help people in need.

## **Citizenship**

Citizenship means doing your best to make your home, community, neighborhood, and school better places. A good citizen obeys rules and respects authority. In a democratic society, independence and freedom are treasured. As a good citizen, it is your duty and obligation to do your share to improve and honor these traditions.

### Brainstorming

Close your eyes and think about the word citizenship. What other words come to mind?

- List 3 situations in which you acted like a good citizen.
- List 3 situations in which you did not act like a good citizen. Explain what you could have done differently to be a better citizen.

Do your share to make your school and community better. Cooperate. Get involved in community affairs. Stay informed; vote. Be a good neighbor. Obey laws and rules. Respect authority. Protect the environment. Volunteer.

## **Courage**

Courage is the ability to face your fears with determination and confidence. It is the state of being brave, unafraid, and fearless. It takes courage to admit to others when you have made a mistake. Confronting pain, danger, and trouble are all examples of courage.

### Brainstorming

Close your eyes and think about the word courage. What other words come to mind?

- List 3 situations in which you showed courage.
- List 3 situations in which you did not show courage. Explain what you could have done differently to be more courageous.

## **Perseverance**

Perseverance is the act or quality of holding to a course of action, belief, or purpose. To persist or act in spite of opposition or discouragement is to persevere. Sticking to a purpose or a goal and never giving up is another way to express the meaning of the word perseverance. To try and try again, no matter what obstacles are placed before you, demonstrates perseverance. When you stick with an activity regardless of its length or difficulty, you are showing perseverance.

### Brainstorming

Close your eyes and think about the word perseverance. What other words come to mind?

- List 3 situations in which you showed perseverance.
- List 3 situations in which you did not show perseverance. Explain what you could have done differently to be more resolute.

## **Self Discipline**

Self-Discipline is the training and control of one's self and one's conduct, usually for personal improvement. When practicing self-discipline, you agree to live within limits created not only by yourself but also by those created by others. Self-discipline is practiced in the way people speak to and act toward one another. In addition, self-discipline applies to the way a person allocates time. On the most basic level, self-discipline mirrors the habits of good living.

### **Brainstorming**

Close your eyes and think about the word self-discipline. What other words come to mind?

- List 3 situations in which you showed self-discipline.
- List 3 situations in which you did not show self-discipline. Explain what you could have done differently to show more self control.

## **Sportsmanship**

Sports is one of the few venues where life-skill sets (integrity, perseverance, sacrifice, respect, responsibility, etc.) are formally taught. Thus, sports can be a powerful instrument in which to instill and enhance positive values and behavior in participants, spectators, and society. It's been said that sports builds character. In fact, it *reveals* character.

## **Leadership**

Leadership is the art of motivating a group of people to act towards achieving a common goal. Put even more simply, the leader is the inspiration and director of the action. He or she is the person in the group that possesses the combination of personality and skills that makes others want to follow his or her direction.