

Leading a significant life

“Life’s most persistent and urgent question is: What are you doing for others?”

Conflict Resolution for Kids

Although we can’t protect our kids from problems, frustrations and heartaches, we can arm them with tools to better handle them. The more we help them learn to resolve conflicts peacefully, the greater the likelihood they’ll develop into more self-sufficient, and resourceful individuals able to deal any issue—and do so without our guidance.

The Treasure of Old Friends

Communicating with “old friends” can enrich our lives by bringing our pasts into the present, reminding us of who we were and how we became what we are.

Resilience and Overcoming

Obstacles (Grades 6-12)

Students need to embrace resilience as they care for one another during conflict. This lesson focuses on the caring Pillar while supplying a resource to problem-solve and build resilience.

Caring (Grades K-5)

Reflecting on your own character is important to grow and stay accountable. This lesson is designed for students to reflect on the character trait of caring and the ways they display it to others. It also allows students time to discuss on how they can continue to show care towards others and how they can make changes to become even more caring.

Tips for Educators: An Introduction to Caring

Teachers care about the relational aspect of teaching. They take time to establish a trusting and caring connection with students, who in turn become more receptive to what's being taught. Caring is at the heart of our character and will help in creating a positive school climate. Here are our tips for educators: an introduction to caring:

Questions to ask:

- What are your thoughts on teaching caring, kindness and empathy in the classroom?
- In what way are our students already upholding the Pillar of caring?
- Are there examples of where we could improve in words or actions on the part of students toward the Pillar of caring? How about as a staff?
- What can we do to teach students to be more caring and kind to others?

Activities to do:

1. Write 3 classroom key beliefs around the Pillar of caring that you would like to instill in your students.
2. Write 2 key beliefs you would like to instill in students throughout the school, hallways, lunchroom, etc.
3. What instructional strategies or classroom management techniques could you use to be intentional and explicit in instilling these beliefs?
 - Positive Sticky Notes – Leave sticky notes with positive messages
 - Thank You Letter – Write (and send!) an anonymous letter to someone you respect in your school, workplace, or other community space.
 - Caring Bulletin Board – Create a bulletin board in your school and provide plenty of paper in fun shapes or designs where adults and students can write down the acts of kindness they have received or benefitted from.

Project to explore:

One of the effective ways to implement CHARACTER COUNTS! in a school is the creation of a school-wide project. As this lesson is on the Pillar of caring, a school could consider as a project a Campaign of Kindness. As a staff, brainstorm the following:

- Slogan for the campaign
- Agree upon at least four action items that would help to implement the Culture of Kindness campaign
- Assign responsibilities for staff, students and parents
- Establish a timeline with a specific target date for the Kindness project

For additional ideas, a great resource is Random Acts of Kindness – <https://www.randomactsofkindness.org>

Join our CHARACTER COUNTS! Coalition to have access to more videos like this!

Goal Setting (Grades 6-12)

Setting and reaching goals is an important skill every student needs to develop to become a more productive citizen. However, students do not always understand the difference in goal setting and goal achievement, nor do they grasp the steps it requires to achieve their goals. So, this lesson will walk students through the steps and supports needed to set and attain their goals

Digital Citizenship (Grades K-5)

Our citizenship does not stop at the physical space we occupy. Citizenship has expanded to the communities we have created online. Being a digital citizen is important for students as

they complete school work and socialize in the digital space. This lesson is designed to give students tips on being a safe digital citizen.

Fun Ways to Help Kids Learn the Power of Kindness

Studies firmly support the theory that by practicing small acts of kindness, people are often guided to perform more widespread acts of compassion even though that may not have been their original intention.

Seven ways to build strong character and integrity in children

Wondering what can you do to help your kids counter negative influences and stand up for what they know is right? The answer is to nurture a solid moral core that will guide them to stand up for their beliefs and act right without us. And the best news is that we can teach kids the core virtues and skills of strong character and moral courage and can begin when they are toddlers.