

Protecting the Environment (Grades K-5)

There is so much power in the actions of one person. This lesson is designed for students to understand the impact of being an engaged citizen of their community. Citizenship is more than voting and obeying laws. It involves individuals taking responsibility for their duty to protect the environment. This lesson gives students time to discuss solutions to problems they see in their communities around the environment.

Volunteering (Grades 6-12)



Character Education Objective:

- Students will discuss how caring is demonstrated through volunteering.

Content Objective:

- Students will volunteer for an organization that is close to their heart to demonstrate care for others.

Language Objective:

- Students will research local organizations where they can volunteer

Purpose:

Students can learn how to care for others by volunteering for organizations and getting more involved. Discussing ways to care for animals, the Earth, or people is a great way to share caring, but serving in those areas is a superior way to make connections to this pillar of character. Therefore, this lesson will push students to think and research organizations where they can volunteer and demonstrate what it means to care in action not just in words.

Lesson

Independent (5 minutes)

- If you could write a blank check to any non-profit or service organization what would it be and why?

Categorize who or what your selected organization cares for in service (2 min)

- Animals
- Individuals with disabilities
- Sick Children
- Etc

Utilizing the areas of interest find a group who is also interested in supporting these types of organizations. (13 min)

- Create a poster as a team of the 5W and H ways to volunteer and demonstrate you care
- What organizations are available in your area?

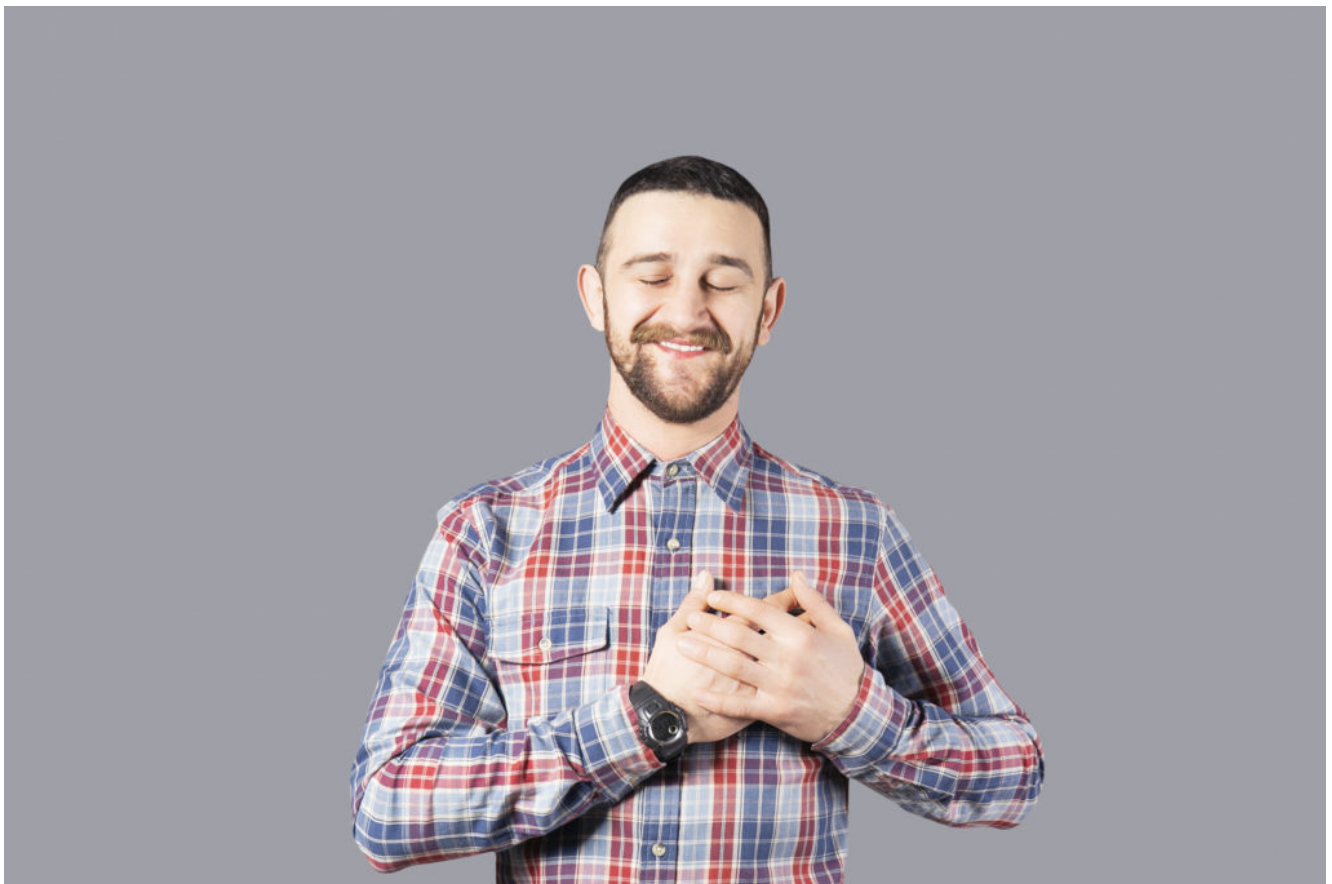
- Where do you need to go to get signed up to volunteer?
- When do can you volunteer?
- Who do they need or accept to volunteer?
- Why would you choose to volunteer?

Share out your Why (2 min)

- Why should you volunteer at your selected organization?

Learn more about character education.

Ten Ways to Pay it Forward This Holiday Season



The holiday season is often filled with gift-giving, hot chocolate and twinkling lights. Those things are all a

beautiful and wonderful part of the holiday, but this time of year is truly about selflessness, kindness and compassion. What we do for others brings us joy and cheer, it makes us feel good knowing that we can make someone else feel special. It only takes one act of kindness towards your friends, family or a stranger to show that you care and want to spread joy. So, remember that during this holiday season you have the power to pay it forward and brighten someone's day.

1. **Pay for another person's meal in the drive-thru.** This simple and unexpected act of kindness can brighten someone's day and remind them that they are cared about.
2. **Donate blood.** Taking an hour out of your day to donate blood can make a huge difference in the lives of people who may be unable to be home with their families during the holidays.
3. **Clean out your closet and donate.** We all have those few items of clothing that sit in our closet waiting to be worn all year long. Clear out those unused clothing items and bring them to a local youth center or homeless shelter. Warm items are especially appreciated during the winter.
4. **Compliment a stranger.** Do you like someone's sweater? Tell them! Do you like someone's shoes? Tell Them! Do you appreciate someone? Tell them!
5. **Invite your neighbors or someone you lost touch with out for coffee.** Life is busy for everyone and we can lose touch with those who were once so close to us. Reach out to someone you've been growing distant from to catch up and reminisce.
6. **Shovel snow or mow the lawn for someone.** If you have some extra time, show your neighbors you appreciate them and help them out with some yard work.
7. **Take someone's dog for a walk.** Get some exercise and puppy time for yourself by helping a friend by taking their dog for a walk around the block.

8. **Give a generous tip to your waitress or waiter.** Servers work super hard, especially during the busy holiday season. By leaving a generous tip you're letting your server know you appreciate their hard work and you'll boost their mood for the rest of their shift
9. **Leave a positive review of a local business or restaurant.** Local businesses rely heavily on positive word of mouth to spread the news about their businesses. By giving a 5-star review on Yelp or Google, you can help out a small business.
10. **Buy a reusable shopping bag for someone behind you in line.** Help be more environmentally responsible and make someone's day by gifting them a bag they can keep in their car to continuously reuse.

The holidays are a great time to get started on paying it forward as we reflect on all of the great times of the past year. Often, paying it forward can set forth a chain reaction. If you do something nice for someone else, they might just pay that kindness forward to another person. If you do something nice for two people, and those two people do something nice for two new people, the chain reaction could be endless. You have the power to set a powerful chain in motion by starting with any one of the simple ways to pay it forward above.

Learn more about character education.

K-5 Character Education **Lesson Plan: Community**

Service

Help students understand the importance of intentionally seeking out opportunities for community service and how those acts will impact the community.

Make no mistake about it

Mistakes have a negative image. So we hide them, play the blame game, or beat ourselves up when they occur. In fact, these actions compound our mistakes by creating stress and anxiety, damaging relationships, squandering time and money, and most importantly, often causing us to repeat the same mishap over and over again. The truth is, mistakes aren't inherently bad — what counts is how we view and react to them.

It pays to delegate



10 ways it pays to delegate

#leadership

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Contributor, Frank Sonnenberg.

Leave your comfort zone. If you don't feel comfortable delegating, you're not alone. Change is difficult. Think about it this way...if we didn't try to walk, we'd all still be crawling.

Know what matters most. Set priorities and determine which trade-offs are right for you.

Build trust. Surround yourself with talented people who possess a high level of trust and integrity.

Manage the process. Focus on the process as much as on the end result. And make sure to consider strengths and weaknesses when assigning work.

Be explicit about goals and expectations. Tell people your ultimate goal rather than micromanaging how they do it. Who knows...they may come up with a better way.

Set milestones. Delegating does *not* mean walking away from an activity until it's complete. Establish key milestones and review progress along the way.

Delegate responsibility and authority. It's not enough to delegate a task. Give the person the responsibility and authority to get it done.

Set the right tone. Create an environment in which dialog is open, questions are encouraged, and mistakes become part of a learning experience.

Give continual feedback. Remember, there's a difference between criticism and constructive feedback.

Recognize and reward excellence. Give credit where credit is due. Compliment people in public; criticize them in private.

This is adapted from *BOOKSMART: Hundreds of real-world lessons for success and happiness* by Frank Sonnenberg released November 2016.



Frank is an award-winning author. He has written six books and over 300 articles. Frank was recently named one of "America's Top 100 Thought Leaders" and one of America's Most Influential Small Business Experts. Frank has served on several boards and has consulted to some of the largest and most respected companies in the world. Additionally, *FrankSonnenbergOnline* was named among the "Best 21st Century Leadership Blogs," among the "Top 100 Socially-Shared Leadership Blogs," and one of the "Best Inspirational Blogs On the Planet." Frank's new book, *BookSmart: Hundreds of real-world lessons for success and happiness* was released November 2016. © 2018 Frank Sonnenberg. All rights reserved.

Teaching leadership

citizenship:

You can show good citizenship by being a leader in your school or community. Leadership isn't a job – it's an action. Everyone in your family can be a leader.

Own your life

Everyone is born with the potential for greatness. What happens next is up to you.

What will continue

A city skyline at night with a quote overlay. The quote is in large, white, bold, sans-serif capital letters. The background shows a city with several tall buildings, some of which are lit up, and a body of water in the foreground.

**“WHAT YOU
ALLOW, IS WHAT
WILL CONTINUE.”**

- UNKNOWN

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5 secrets to raise kind-hearted kids

Helping a child recognize the impact of kindness is a fabulous way to convey to our kids that caring is important to us and can make our world a better place.