

Stress and connections

Here are five simple activities you can do to help your brain focus on the positive, and thus be more resilient in the face of stress.

The bear and the bees

Be careful not to lose your temper at the expense of a single difficulty. You may make matters worse.

Teaching Fairness: Compromise

One way to help teach fairness is to promote compromise.

The quails

If we work together we can succeed, but if we fight amongst ourselves we will get nowhere.

Together



Look for rainbows

When it rains, look for rainbows. When it's dark, look for stars. Character education quotations.

Teaching attitude responsibility:

Showing responsibility and doing your best requires effort and a good attitude.

Teaching trustworthiness: integrity

Figuring out the “right thing to do” can be difficult.

Making excuses

Ninety-Nine percent of all failures come from people who have a habit of making excuses. Character education quotations.

Commitment and character

Commitment in the face of conflict produces character. Character education quotations.