

Trustworthy Friends (Grades K-5)



Overview: This activity will demonstrate ways that reliable and trustworthy friends can help you achieve things that feel impossible. Knowing how to identify traits of a trustworthy friend and the benefits of being one will help students as they develop their character skills.

Character Education Objectives:

Students will:

- engage in an activity that will require that they trust and rely on their partner.
- share the elements of a trustworthy friendship.
- reflect on their own friendships and consider how trust is vital to relationships.

Directions:

- Divide students into pairs.
- Partners sit facing each other with the soles of their shoes pressed against the other player's shoes.
- Ask students to reach out and grab their partner's hands.
- Next, ask students to pull their partner's hands. As they pull at the same time, they should try to pull each other into a standing position
- Have participants try this activity with a new partner (start with similar size partners and then try varied size partners).

Discussion:

- When do we have to rely on each other? How does that make you feel?
- Share about times when others have gone beyond the usual to show that they care for you. Ask students to share their experiences.
- What happens in a friendship when you cannot rely on the other person?
- Why is it important to have trustworthy friends?

Trustworthiness is one of the Six Pillars of Character. [Click here](#) to learn more about the Six Pillars!

Trust and Safety (Grades 6-12)



Overview: Students will reflect on their responsibility for trust and safety.

Character Education Objectives:

Students will:

- Read essays on trust and safety.
- Reflect on how they keep themselves safe.
- Consider ways they could protect themselves better.
- Essays:
 - Tucker, A. 2011. It's Yours. Own It. Stage of Life.
 - Kestep. 2011. Defending Yourself Against Social Media. Stage of Life.
 - art paper/markers or polling/word cloud technology tool

Opening Reflection:

- How do you keep yourself safe in today's world?
 - Utilize chart paper and markers or a polling/word cloud online tool to record responses.

Small Groups:

- Read two different essays (above) by teens about trust and safety.
- Highlight ways these teens suggest you must learn to trust yourself for your own safety.

Whole Group:

- Why do you need to trust yourself?
 - Who is to blame when you make a mistake?
 - Why is it challenging to keep yourself safe in this world?
 - How can teens learn to trust themselves to be safe physically, mentally, emotionally, and spiritually? (Consider online and physical location)

Reflection (5 mins):

- Reflect on your own ability to trust yourself to keep you safe.
 - What are some ways you already protect yourself?
 - Where or how could you improve?

More:

- For more lessons, use the filter tool to find lessons by value and age range.

Trustworthiness (Grades K-5)



Overview: Students will participate in an activity where they will have to rely on the trustworthiness of their peers.

Character Education Objectives:

Students will:

- Consider how it feels to rely on the trustworthiness of others.
- Discuss how trustworthiness is related to caring and respect.

Materials needed:

Directions:

1. [REDACTED]
[REDACTED])
2. [REDACTED]
[REDACTED]
3. [REDACTED]
[REDACTED]

4.

5.

Discussion Prompts:

-
-
-

The Impact of Lies (Grades K-5)

his lesson allows students to explore how telling a lie impacts both their relationships and themselves and the decision to be honest, even when it's the hard path, is the best long-term decision.

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.

Six Pillar Coloring Pages

Download these PDFs and get started coloring!

Trustworthiness

Respect

Responsibility

Fairness

Caring

Citizenship

When the Six Pillars Conflict



At CHARACTER COUNTS!, we often refer to the Six Pillars of Character as universal values. In other words, they are values that transcend race, ethnicity, gender, religion, and even time. Put another way, nearly everyone can agree that more trustworthiness, respect, responsibility, fairness, caring, and citizenship would be good and even necessary for our individual, community, and societal growth.

Though the Six Pillars are universal, they are not absolutes. Like anything else in society, what the Pillars look like, sound like, and feel like can change due to context or circumstance. What is considered perfectly respectful behavior at a football game would not be considered respectful in a boardroom, for example. How we define what each pillar looks like and sounds like in unique circumstances is particularly important when Pillars appear to be in conflict. One definition of citizenship may include following the rules, respecting the law, and so on. And yet, Rosa Parks is often highlighted as an example of fairness, for her protest on the

bus in which she technically broke the law – an unjust, unfair, and racist law, but a law nonetheless. Does that mean she's a bad citizen? Or, a student may argue that she was showing caring by letting her friend copy homework so her friend wouldn't get in trouble, while a teacher might argue that the student was being irresponsible and untrustworthy by letting her friend cheat.

The tendency in these moments is to ask, "which Pillar is more important?" but that's the wrong question. The right question is, "in this time, given these circumstances, what does it mean to put the Six Pillars into action?" When one asks this question, Rosa Park's action is not only a demonstration of fighting for fairness, but citizenship, as she tries to make her community a better place for everyone, regardless of race.

Of course, some may view the constant need to negotiate what the Six Pillars look like in different circumstances as soft or unprincipled, but maybe it's the opposite. The intentional, deliberate conversation about what the Six Pillars look like for us, in this situation, is exactly the kind of conversation, sometimes hard conversation, we must have if we're going to work together successfully. Yes, the Pillars are universal, but what we want them to look like for our students, school, community, family, and society is ultimately up to us.

Learn more about character education.

Six Pillar Animal Coloring

Pages

Download these PDFs and get started coloring!

Trustworthiness – Camel

Respect – Lion

Responsibility – Elephant

Fairness – Giraffe

Caring – Kangaroo

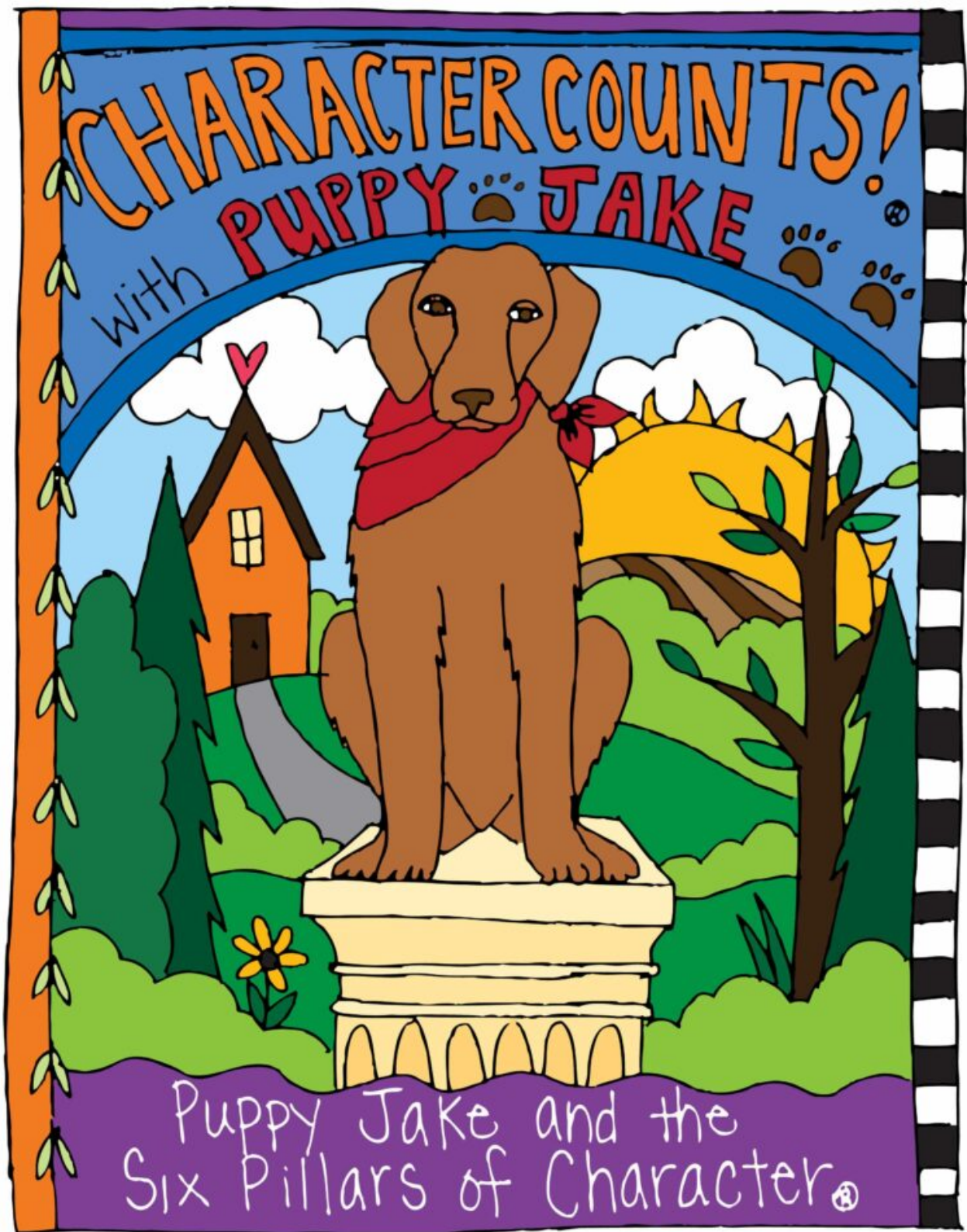
Citizenship – Bear

Quotation database

Database of character education quotations.

CHARACTER COUNTS! Coloring Book

Download our CHARACTER COUNTS! with Puppy Jake coloring book.



Special thanks to our friends at the Puppy Jake Foundation and Sticks.