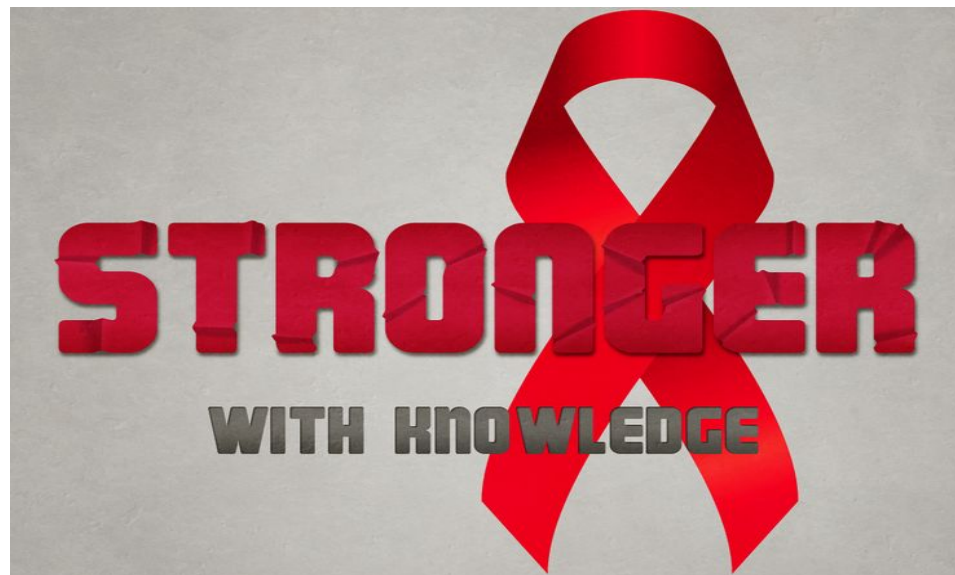


Character Education

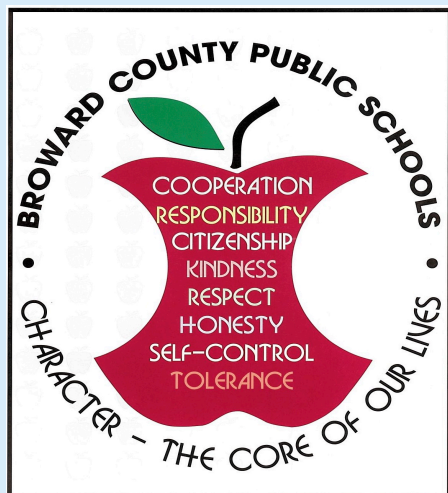
*Suggested Activities
Middle*



December

Kindness

Prevention Calendar December 2016



Inside this issue you will find:

- Alignment to Prevention Calendar.
- A variety of lessons and activities for all grade levels.
- Links to multiple additional resources and helpful websites.
- Social Emotional and Learning alignment.

Monthly Observances:

- [HIV/AIDS Awareness](#)
- [National Drunk and Drugged Driving Prevention](#)

Weekly Observances:

- [Human Rights Week](#), December 10th – 16th
- [National Hand Washing Awareness Week](#), December 6th – 12th

Day Observances:

- December 1 – [World AIDS Day](#)
- December 2 – [International Day for the Abolition Slavery](#)
- December 3 – [International Day of Disabled Persons](#)
- December 5 – [International Volunteer Day](#)
- December 10 – [Human Rights Day](#)
- December 15 – [Bill of Rights Day](#)



DEFINITIONS & QUOTATIONS

DEFINITIONS

Ideas on How to Use:

- Post character trait & definition around the school campus.
- Teachers use definitions to help students understand the meaning of the character development trait.

Kindness involves having a deep concern for the welfare of others. Empathy, compassion, gratitude and generosity are all the marks of a kind person. Demonstrating kindness includes being willing to inconvenience yourself for the benefits of others. Caring for the needs and feelings of others by giving of our energy and time is a critical ingredient in becoming a person of character.

Definitions:

- Being helpful, thoughtful, caring, compassionate and considerate
- A kind act

Related Words:

- Compassion – to have feeling for someone else’s sorrow or hardship with a desire to help
- Care – The work of caring for or attending to someone or something
- Empathy – the ability to imagine oneself in someone else’s situation and to understand that person’s feelings.
- Generosity – the act of being gentle, friendly and good to others

QUOTATIONS

Ideas on How to Use:

- Display a quote each week. Share on morning announcements.
- Teachers post quotes in classrooms.
- Have students write about what the quote means to them.
- Have primary students draw a picture to go with the quote.
- Encourage students to create their own ‘quote’ that promotes monthly trait.

“What wisdom can you find that is greater than kindness.”
– Jean Jacques Rousseau

“Our duty is to be useful, not according to our desires, but according to our powers.”

– Henry F. Amiel

“There are two ways of spreading light: to be the candle or the mirror that reflects it.”

– Edith Wharton

“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.” – Albert Pike

“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.”

- Charles Dickens

“I can live for two months on a good compliment.”

– Mark Twain

“You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who cannot repay you.”

– Ruth Smeltzer

“It is the characteristic of the magnanimous man to ask no favor but to be ready to do kindness to others.”

- Aristotle

“It is never too late to be what you might have been.”

- George Eliot



Book List

Ideas on How to Use:

- In media center, designate a character trait “Featured Readings” section where books promoting the month’s theme are displayed and available for checkout.
- Have students read books, and then depict how the book exemplified the character trait.

Activities

- Have the class read Langston Hughes’ short story, “*Thank You Ma’am*” and then write a letter to the main character, Mrs. Jones, to express a reflection about the story. Have the class discuss real-life events when strangers displayed kindness to them.
- Read portions of Dickens’ *The Christmas Carol* to the class. Have students compare and contrast Scrooge’s behavior before and after the visits from the spirits and write their own perceptions as to why they think his behavior changes.
- Read Aesop’s fable *The Ant and the Dove* to the class. Discuss the moral of the fable with the class: “One good turn deserves another.” Ask the students to recall a situation where they have received kindness and have given it back to someone. Discuss.
- Read the novel *Of Mice and Men* written by John Steinbeck. After reading and discussing the story, have students write an essay examining the characters of George and Lenny. Pick specific examples from the story that demonstrate how George was kind, caring, compassionate, and helpful to Lenny. How does this kind relationship add to the theme and content of the story? How did George’s compassion toward Lenny affect the ending of the story and why?

Wonder by R. J. Palacio

After being home schooled all his life, 10-year-old August Pullman is starting 5th grade at a private middle school in his Upper East side neighborhood. He wonders if anyone will realize that he’s just a normal kid underneath his disfigured face, and affliction he was born with. His middle school classmates are challenged to “be kinder than is necessary” but can they? Will they? In this uplifting story, it turns out that everyone carries some kind of disfigurement that feels isolating, even though most can’t be seen. We cheer for Auggie, as we are moved to tears, that kindness can indeed change the world.

Rocky Road. by Rose Kent

Seventh grader Tess Dobson’s mother is bi-polar and her little brother is deaf. Things look grim when her mother uproots them to take over a run down ice cream in Schenectady, NY where they live in a retirement home. Is it true that “Ice cream warms the heart, no matter what the weather?” or will this latest get rich scheme fail?

Out of My Mind By Sharon M. Draper

Eleven-year-old Melody has a photographic memory. She’s the smartest kid in her whole school – but no one knows it, because Melody can’t talk. She can’t walk. She can’t write. Melody’s story is one full of heartache and hope. Get ready to meet a girl whose voice you’ll never, ever forget.

The Can Man by Laura E. Williams

This is an advanced picture book perfect for children who have noticed homeless people in their communities. This story is about Tim who seems to be anywhere from 8 to 10 years old and wants a skate board for his birthday that his parents can’t afford. He notices his old neighbor, now homeless; collecting cans and does the same to save up for a skate board. From his encounters with The Can Man, Tim realizes that the cans he’s collecting are at the expense of his old neighbor and he decides to give the money to him instead. And there is a happy ending.

How to Talk to an Autistic Kid by Daniel Stefanski

Kids with autism have a hard time communicating, which can be frustrating for autistic kids and for their peers. In this intimate yet practical book, author Daniel Stefanski, a fourteen-year-old boy with autism, helps readers understand why autistic kids act the way they do and offers specific suggestions on how to get along with them.



Prevention Ideas

Monthly Observances:

HIV/AIDS Awareness

[Asmina's Story: A Child Orphaned by HIV/AIDS in Africa](#)
[Myth Busters: HIV Transmission](#)

National Drunk and Drugged Driving Prevention

[Teen Drugged Driving: A Community Awareness Activity Toolkit](#)

[NIDA: National Institute on Drug Abuse for Teens](#)

Website filled with resources to share in your classrooms. It includes lesson plans, activities, free materials and videos for your classroom.

Weekly Observances:

Human Rights Week (December 10th – 16th)

[Activities from HRRC Publications](#)

[Human Rights Lesson 6-8](#)

[United for Human Rights](#) info kit for Educators (FREE)

National Hand Washing Awareness Week (December 6th – 12th)

[Hand washing Prevent Disease & Outbreak Intervention](#)
[It Might Come in Handy](#)

Day Observances:

World AIDS Day (December 1st)

[Browardprevention.org](#)

[A Lesson Plan for World Aids Day](#)

[World AIDS Day Event Ideas for Schools](#)

International Day for the Abolition
 Slavery (December 2nd)

[After the American Revolution:](#)

[Free African Americans in the North](#)

[Quest for Freedom: Slavery and the Underground](#)

[Railroad in Philadelphia](#)

International Day of
 Disabled Persons
 (December 3rd)

[Theo's Story](#)

International Volunteer Day
 (December 5th)

[International Volunteer Day](#)



School-wide

Ideas on how to use:

- Use suggested school-wide ideas to create a culture of character and address your schools need for a RTI Tier I – universal strategy.
- Any teacher or staff members that work with students can incorporate classroom ideas.

1 PA Announcements Students Recognizing Kindness

Have students present the character trait Kindness posters to the student body via closed circuit television. During the presentation ask teachers to have a discussion with their class regarding how the graphic on the poster depicts kindness. Upon completion to participate in an essay contest where students will write about why kindness toward others, is important for the school community.

2 School Displays Building a Community

Students need to learn how to build healthy friendships based on genuine concern for the needs and welfare of others. Have students brainstorm the importance behind this statement and write an essay on why this is true. Students will include in their essay how having concern for others will assist them in developing and maintain healthy friendships.



SUBJECT AREA LESSON PLANS

Ideas on How to Use This Page: Integrate character trait lesson plans into all subject area instruction. Lesson plans are specific to language arts, social studies, math/science, arts, health & physical education

LANGUAGE ARTS

- **Writing a letter**

Write a thank-you letter to a former teacher detailing the difference he or she made for you because you sensed their kindness.

- **Kindness Speeches**

Have students write and give speeches that address how students can show kindness and compassion for others at school or in the community.

SOCIAL STUDIES

“A person is a person because he recognizes others as persons.” *Desmond Tutu*

The above quote speaks about civility and the framework of society. Have students write a speech, which explains the significance of the quote and specifically the quotes explanation of civility and society. Have students deliver their speech to the class.

MATH/SCIENCE

- **Math Survey**

Have students create and implement a survey of students in the school about what makes good friendships. Use some simple analysis to analyze the results. Have students make charts and graphs with the data and publish in the school newsletter.

- **Character in Scientist**

Have students in groups come up with specific ways that successful scientist need to demonstrate caring, kindness and compassion in the work that they do.

ARTS

- **VISUAL ARTS: Kindness**

In small groups have students create a collage of pictures, which depict people caring for each other.

- **Performing Arts**

Have students divide into small groups. Have each group make up a skit in which characters are displaying caring relationships.

Lesson Plans [cont'd]

HEALTH & PHYSICAL EDUCATION

- **Performing Acts of Kindness**

Students will pick a name out of a hat and for one week they will perform anonymous acts of kindness for the person they have drawn.

- **Caring about Others through Sports**

Often when we help others, we develop empathy and caring for them. Sports and physical games provide wonderful opportunities for students to teach others and consequently become more caring adults. Allow students to teach a new game or sport to elementary students or students with disabilities.

FOREIGN LANGUAGE

- **Group Posters**

Have students design posters with illustrations and vocabulary, which depict caring in the foreign language that they are studying. These posters should encourage other students in the school to demonstrate kindness, caring or generosity for others.



Activities

- Do a research paper on famous people in the past or present who have shown kindness to others. Consider scientists, educators, athletes, movie stars, philosophers, presidents and artist.
- Have students write a poem, song/rap, or skit about kindness and then perform it for the class, school and/or community.
- Student write a short story about when someone was kind to them. The students will include in detail what the act was and how it made them feel.
- Assign students to research the Anti-Defamation League's website at www.adl.org. Discuss dangers of gossip that care caused in the class as well as options rather than gossiping.
- Have students write a note of appreciation to a previous teacher whom they have had who made a particular impact upon them.

LEAPS

[Leaps Lesson on Kindness](#)



Classroom Ideas

Class Discussion Topics

- Discuss with students the following quote: “Be Kind. Everyone is fighting his or her own secret battle.” Discuss with students the following questions: What does it mean to you? What hard battles are you fighting right now? Who is helping you?

Creative Expression

- Have the class or a group of students create a kindness collage combining pictures, sayings, words and feelings. Display it in the classroom. Have students do a writing assignment that explains how the collage makes them feel. What would the classroom, the school, their home or the world be like if everyone thought and acted according to the ideas of the collage?

Service Learning

Ideas on How to Use this Section:

- Promote school-wide service learning initiative/campaigns using provided ideas. (Do a ‘service day’; encourage classes to do random service acts of kindness to other classes/staff, etc.)
- Engage school clubs/student council to lead service projects.

School Service-Learning

• **Caring Service Projects**

Have students form small groups and come up with ideas that address a need in the community. Then have students reach a consensus on a priority list of service projects they want to accomplish. The class will then develop a step-by-step plan of how they will turn their ideas into a concrete plan of action. Students will give their project a name and a mission statement that describes how this project represents kindness.

• **School Wide Caring Efforts**

Have students place boxes in easily accessible spots around the school for students, staff and community members to donate books, clothing, and shoes to local charities. Have teachers and administrators promote this activity through their personal involvement.

• **Caring Lessons**

Have students prepare and teach to younger students lessons about kindness/caring. Students can include role-plays about demonstrating kindness/caring in their lessons.

• **Demonstrating Kindness**

Have classes get involved with ongoing service project where they are building relationships with people who are different from them, such as the elderly, disabled, etc. This project will help build empathy for others and promote caring, kindness and generosity.

• **Research Community Involvement**

Have students research community groups, which provide caring support to those in need in the community. Have students learn how they can participate in the group’s efforts.

Hands-on Activities/Projects

- Have students read their favorite story and record it. Send it to Ronald McDonald House or to the local hospital for children who are bedridden. Also, design get well cards for children who are in the hospital, cheery cards for the elderly in nursing homes, and a thank you card for those who are deserving. Contact hospital(s) or convalescent homes for the names of people who would like to receive cards during the holidays and send these cards to them.
- Check out <https://www.randomactsofkindness.org/> for more hands-on Activities.

Family Newsletter

Dear Parent:

A caring person is considerate, kind, compassionate and generous. A caring person takes into account how decisions, words and actions are likely to affect other people. Remind your child that they have the power to brighten another person's day through a simple act of kindness.

Ideas to Do as a Family

- Participate in a community service project with your child, which allows the family to show kindness towards others.
- As a family, discuss what you could do to show that you care about the environment, such as cleaning up a street, picking up trash, or starting a recycling program.
- As a family identify things that you can do together to make a difference in someone else's life.
- Catch your child being kind and acknowledge how important that behavior is. This is a simple opportunity to reinforce how important being kind is in your family.
- Watch a television program together and talk about the various ways in which the characters acted uncaring or caring towards one another.
- Remember that the best teaching tool is to always model the behavior you want your child to learn. You are powerful role model for your child. If you are kind and helpful to other people, that is what your child will learn from you.



Character Education: Middle

December



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Resource Center
1400 NW 14th Court
Fort Lauderdale, FL 33311
(754) 321-1655
Fax: (754) 321-1691

www.browardprevention.org

Email:

Kimberly.Young@browardschools.com

Character Check

- Who in your life has taken care of you when you needed help? How did you feel as a result?
- Have you ever helped take care of someone or something?
- In what ways have you helped someone feel better?
- How do you feel when caring for others, showing kindness and being generous can improve your relationships with others?

Have family members talk about times they experienced their friends demonstrate kindness, generosity and/or caring.



*What Wisdom Can you
Find that is Greater
than Kindness.*