

PILLAR **RESPECT**

Winners Walk Tall

TOPIC (1) – WALK TALL WITH A SMILE!

- Ask each student to walk to the front of the room, shoulders back and head up, with a smile. They love it. Have them repeat if necessary.
- Explain that when you smile, others smile back.
- Have students wear a happy face.
- Ask class to name people they would consider winners.
- Talk about things winners “Do” or “Don’t do.”
- **Winners** wear a happy face. **Winners** walk tall.

(Related Lessons: 3 – Shake Hands; 7 – Strive)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR **RESPECT**

Winners Walk Tall

TOPIC (2) – MAGIC WORDS – “PLEASE” AND “THANK YOU”

- Using magic words shows that you have respect for yourself and others.
- Politeness opens many doors. First impression is very important.
- Examples of magic words:
 - Please, Thank you.
 - May I? Excuse me.
 - Yes Sir. No Sir.
 - Good morning, good afternoon or good evening.
- Ask students how they show respect and caring for others.
- **Winners** speak clearly and use the magic words all the time.

(Related Lessons: 13 – Manners; 18 – Respect)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPECT

Winners Walk Tall

TOPIC (3) – SHAKE HANDS WITH A FIRM GRIP, LOOK THE PEOPLE IN THE EYES, AND CALL THEM BY NAME – WITH A SMILE!

- Break hand shake and greeting into steps and explain why we do each part.
- Have each child walk to the front of the room, erect and with a smile- then shake your hand firmly, looking you in the eyes and saying your name.
- Invite the teacher to join you in shaking hands with the children..
- This is a great session, extremely important and the kids really enjoy it.
- These are traits of *winners*. They will want to shake your hand and look you in the eyes as you come to class each week.

(Related Lessons: 1 – Walk Tall; 13 – Manners; 18 – Respect)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (4) – LEARN HOWEVER, WHENEVER, WHEREVER YOU CAN!

- Use the blackboard to list examples.
- Ask “how” they can learn – lessons, reading, talking with other people.
- Ask “when” they can learn. – every day, all the time, throughout their lives.
- Ask “where” they can learn – schools, museums, libraries, home, festivals, zoo, internet.
- Talk about the value of a good education and staying in school.
- Sum up the session with “*winners* learn however, whenever, wherever.”

(Related Lessons: 5 – TV; 6 – Read)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPECT

Winners Walk Tall

TOPIC (5) - TV IS A TIME-WASTER (AND DELIVERS THE WRONG MESSAGES)

- This is a major topic. Hit this theme often.
- Challenge the kids to limit their TV viewing for the following week to ½ hour/day.
- Ask what they can do instead of watching TV.
- Stress that TV depicts violence and teaches poor grammar. TV is the single worst influence on kids today.
- *Winners* don't waste time watching TV.

(Related Lessons: 6 – Read; 14 – Choices; 19 - Be Your Best)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (6) – READ, READ, READ TO SUCCEED.

- Stress the importance of reading. It stimulates imagination, improves creative thinking, strengthens learning skills.
- Read posters, billboards, and road signs.
- Suggest reading for pleasure as an alternative to TV.
- Reading separates the human race from the animals.
- Suggest they get acquainted with their neighborhood library.
- You could give each child a copy of a story they could take home to read. (Class teachers can help.)
- *Winners* read, read, read!

(Related Lessons: 20 – Good Habits; 49 – Do What's Right)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR **RESPONSIBILITY**

Winners Walk Tall

TOPIC (7) – STRIVE TO BE A WINNER.

- Winners live by the “winner’s code.” Winners do not always finish first.
- It is not whether you win or lose, but how you play the game.
- In the absence of specific instructions, do what your conscience says you should do.
- Do what the people you admire would do.
- Live by the rules. Set an example.
- **Winners** stay in school and get a good education.
- **Winners** do what they are supposed to do

(Related Lessons: 11 – Goals; 20 – Good Habits; 49 – Do What’s Right)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR **RESPONSIBILITY**

Winners Walk Tall

TOPIC (8) – LISTEN TO LEARN, LEARN TO LISTEN

- Discuss the difference between hearing and listening (offer examples).
- Active listening involves thinking about what is heard.
- Stress that they cannot learn if their attention is not focused on what is being said; it is impossible to talk and listen at the same time.
- Play “Simon Says.” Give small prizes to **winners**.
- **Winners** use their ears to hear and their brains to think.
- **Winners** use eye contact when they are actively listening, because that helps them pay better attention.

(Related Lessons: 14 – Choices; 19 – Be Your Best)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR FAIRNESS

Winners Walk Tall

TOPIC (9) – DON'T BE A BULLY

- Bullies have a problem.
- Bullies turn innocent people into victims.
- Bullying is saying or doing anything hostile that hurts another person.
- Bullying makes the victim feel uncomfortable, unsafe or intimidated.
- Bullying can be physical, verbal or emotional.
- Victims should seek help of trusted adults (teachers, principals, family members).
- **Winners** always come to the aid of victims. **Winners** never bully.

(Related Lessons: 18 – Respect; 23 – Make Friends; 33 – Settle Differences)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (10) – NEVER, EVER STEAL and ALWAYS TELL THE TRUTH

- Reputations are built over years, but can be easily destroyed.
- A rumor or a thoughtless act can destroy a reputation.
- Words or actions can never be taken back.
- Lying and shoplifting are just plain wrong. Shoplifting is a crime
- No one can trust a liar.
- People know when you are lying (and you have to remember your lie).
- Use the story of Pinocchio and/or of The Boy Who Cried, “Wolf.”
- **Winners** don't lie or steal.

(Related Lessons: 14 – Choices; 20 – Good Habits; 26 – Greed)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (11) – SET GOALS – THEN GO AFTER THEM

- Decide what you want. Decide what you are willing to do to accomplish it.
- Get to work. Little happens without effort.
- Ask people what they had to do to become doctors, teachers, pilots, etc.
- Stress the importance of setting goals.
- Stress the importance of developing a plan to accomplish those goals.
- Stress the importance of having a measurement that will be used to check progress.
- Winners set goals and work hard to achieve them.

(Related Lessons: 7 – Strive; 14 – Choices; 19 – Be Your Best; 20 – Good Habits; 41 – Advice; 44 – Work Hard)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (12) – BE HONEST WITH YOURSELF AND OTHERS.

- Admit to yourself who you are, your good and bad qualities.
- Knowing yourself develops self-confidence.
- Don't try to be someone you are not.
- Be honest with yourself when you make a mistake.
- Stress the importance of always working to improve one's skills and become a better person.
- *Winners* are honest with themselves.
- *Winners* don't try to be someone they are not.

(Related Lessons: 19 – Be Your Best)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPECT

Winners Walk Tall

TOPIC (13) – MANNERS MATTER

- Manners are the rules that govern social behavior.
- Manners are taught.
- Using good manners makes a positive impression.
- Using good manners shows respect.
- Good manners are: waiting your turn, being on time, offering up your seat, not interrupting, using proper table manners, using good telephone etiquette, and using the “magic words.”
- *Winners* always show good manners. Good manners are a true sign of a *winner*.

(Related Lessons: 1 Walk Tall; 2 – Magic Words; 3 – Shake Hands; 18 – Respect; 20 Good Habits)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (14) – CHOICES, CHOICES – MAKE THE RIGHT ONES

- Life is about making choices, some big, some little – but all are important.
- Decide what you want and what you are willing to exchange for it.
Examples: read or watch TV, do homework or play, eat healthy food or junk food etc.
- Set priorities, and get to work.
- When making your choices, think about the problem and the advantages and disadvantages to each solution.
- Decide what solution to use and implement it.
- Make sure you can live with your decisions.
- *Winners* always make the best choice possible.

(Related Lessons: 16 – Guns/knives; 17 – Peer Pressure; 20 Good Habits; 28 – Just Say No; 30 – Stay Healthy; 45 – Free Time; 46 – Common Sense)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CARING

Winners Walk Tall

TOPIC (15) – WHAT MAY I DO FOR YOU?

- Build up this topic with the idea that this is the most magical question in the world.
- Suggest each child try it on family or other trusted adults and report back next week.
- Everyone needs a hand.
- The question suggests doing good deeds for others.
- Focus on the needs of someone else.
- *Winners* ask this question often.

(Related Lessons: 13 – Manners; 18 - Respect)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (16) – STAY FAR AWAY FROM GUNS AND KNIVES

- Ask the children who are the only people who should carry a gun (police).
- Stress that they should just get away from anyone else who has a gun or a knife.
- Stress that they report it to a trusted adult.
- Guns and knives lead to injuries – and/or to jail.
- *Winners* do not associate with people who carry and use guns and knives.

(Related Lessons: 14 – Choices; 17 – Peer Pressure; 23 – Make Friends; 49 – Do What’s Right)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (17) – PEER PRESSURE – WATCH OUT!

- Topic needs to be addressed often.
- Kids are talked into trouble by being pressured by their peers.
- Discuss the meaning of the words “peer” and “pressure.”
- Peer means “someone like you or equal to you,” and pressure means “someone who forces you to do something you should not do.”
- Some peer pressures can be positive (making you work harder, exercise more, eat healthier foods). Importance of choosing your friends wisely.
- *Winners* avoid negative pressures and make choices that are best for them.

(Related Lessons: 14 – Choices; 23 – Make Friends; 28 – Just Say No; 45 – Free Time; 49 – Do What’s Right)
Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPECT

Winners Walk Tall

TOPIC (18) – SHOWING RESPECT BRINGS RESPECT

- Treat others as you want to be treated.
- Always think “what if our roles were reversed?” and then decide what to do.
- Do not tolerate bullying and don’t permit others to bully.
- Establish the tone of the conversation. It is not what you say but how you say it.
- Ask students for ways they can show respect for others.
- *Winners* always show the utmost respect for others.

(Related Lessons: 2 – Magic Words; 13 – Manners; 24 – Trust; 35 – Compliment; 36 – Respect Differences)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR FAIRNESS

Winners Walk Tall

TOPIC (19) – BE THE BEST YOU CAN BE

- Always try hard and do your best.
- Do the best you can with what you have.
- Don't be jealous of others who have different talents than you.
- Envy can lead to cheating and stealing, and *winners* don't do either.
- Ask the students if they always do the best they can on their studies, on their tests, etc.
- *Winners* always try hard and do their very best.

(Related Lessons: 7 – Strive; 11 – Goals; 14 – Choices; 20 – Good Habits; 38 – Opportunity; 44 – Hard Work; 49 – Do What's Right)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (20) – DEVELOP GOOD HABITS – AVOID BAD HABITS

- Habits develop from choices that are made again and again.
- Habits are things we do without thinking.
- Examples of good habits are: good manners, magic words, reading every day, listening to others carefully, setting goals for yourself, brushing your teeth, getting enough sleep, eating properly, etc.
- Examples of bad habits are watching too much TV, not cleaning up after yourself, interrupting someone while they are speaking.
- It's far easier NOT to develop a bad habit in the first place than it is to break it later.
- You can break bad habits by thinking about them and how to change them.

(Related Lessons: 11 – Goals; 13 – Manners; 14 – Choices; 28 – Just Say No; 30 – Stay Healthy; 45 – Free Time)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (21) – START SAVING EARLY

- Suggest or help students make a savings bank using a small milk carton (stapled shut) and making a slot for the coins.
- You may give a coin to each student to start the bank.
- Make sure they look you in the eyes and say “thank you.”
- Some goals we want to achieve require money.
- It is a good habit to save money for a “rainy day.”
- **Winners** are responsible because they save for the future.
- **Winners** save whenever they can.

(Related Lessons: 11 - Goals; 14 - Choices; 20 – Good Habits)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (22) – TAKE CARE OF YOUR REPUTATION (It’s Your Most Valuable Asset).

- Reputation is how people think of you.
- What you do comes back to you (the boomerang effect).
- It is tough to clear up a bad reputation - it just seems to stay with you.
- People will always remember the bad things you did before all the good things you do.
- How do you want your friends, relatives and teachers to think of you?
- Your reputation is based on your actions. Value your reputation.
- **Winners** work hard to keep a spotless reputation.

(Related Lessons: 8 – Listen; 9 – Bullying; 13 – Manners; ; 14 - Choices; 17 – Peer Pressure; 24 – Trust; 29 – Don’t Swear; 43 – Play by Rules)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPECT

Winners Walk Tall

TOPIC (23) – MAKE AS MANY FRIENDS AS POSSIBLE – BUT CHOOSE YOUR FRIENDS CAREFULLY.

- Make good friends by being a good listener, helping others, and being upbeat and trustworthy.
- Good friends care about you and help when needed and are fun to be around.
- Good friends don't gossip and tell your secrets.
- All friends are not good friends.
- Friends do not ask friends to do things that are wrong.
- You are judged by the company you keep.
- **Winners** know how to be a good friend to others.

(Related Lessons: 9 – Bullying; 17 – Peer Pressure; 18 – Respect; 24 – Trust; 33 – Settle Differences; 35 – Compliment)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (24) – DEVELOP TRUST – A MOST PRECIOUS QUALITY

- Bring a blindfold to the class. Ask for two volunteers.
- Blindfold one child and have the other lead him around the room so he avoids hitting anything. The one blindfolded has put his trust in the other.
- Babies and pets are helpless and must trust others.
- Someone who is your friend is someone you can always depend upon, someone you can trust.
- **Winners** always behave so others trust them.

(Related Lessons: 9 – Bully; 10 – Never Steal/Truth; 17 – Peer Pressure; 18 – Respect)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (25) – CAN “CAN’T” – TRY “TRY”

- Stress the negative connotation of the word “can’t.”
- Talk about the positive meaning of the word “try.”
- Even in situation in which you are likely to fail, you can still “try.”
- When you “try,” you develop positive attitudes about things you want to accomplish.
- Talk about times when people accomplished something they thought they couldn’t do, just by trying.
- *Winners* always try.

(Related Lessons: 7 – Strive; 11 –Goals; 19 – Be Your Best; 44 – Hard Work)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR FAIRNESS

Winners Walk Tall

TOPIC (26) – GREED BRINGS TROUBLE.

- Greed is an obsession to have more, and more, and more.
- Greed is the desire to have more than your fair share.
- Greed can never be satisfied.
- Having more things does not always make a person happier.
- Understand the difference between needing and wanting.
- Greedy people hurt others and themselves.
- No one admires greedy people. *Winners* share with others.

(Related Lessons: 10 – Never Steal/Truth; 14 –Choices; 18 – Respect; 20 – Good Habits; 24 – Trust)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (27) – CHEATERS CHEAT THEMSELVES.

- Do the best you can with what you have.
- Don't be afraid to say, "I don't know."
- Cheating might seem like an easy way to get a good grade, but it does not help you learn.
- Cheating is similar to stealing and lying - all are dishonest.
- Cheaters always have bad reputations and they are not trustworthy.
- **Winners** just don't cheat. **Winners** always work hard and do their best.

(Related Lessons: 10 – Never Steal/Truth; 12 – Honesty; 14 – Choices; 49 – Do What's Right)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CITIZENSHIP

Winners Walk Tall

TOPIC (28) – BE SMART – DON'T START. JUST SAY NO TO DRUGS, ALCOHOL, TOBACCO AND HUFFING

- Be sure that kids understand this topic.
- Don't try alcohol. You always want to be in control of yourself. Bad things happen when you are not in control of yourself.
- Don't try tobacco. Nothing could be worse for your health. The nicotine in tobacco is extremely addictive.
- Just say "no" to drugs. They are against the law for a good reason.
- Sniffing or huffing can kill your brain cells and you.
- Don't let peer pressure shove you into trying something when you know it is wrong.
- **Winners** are smart and just don't start.
- **Winners** say "no" to drugs, alcohol and tobacco.

(Related Lessons: 11 – Goals; 14 – Choices; 17 Peer Pressure; 20 – Good Habits, 30 – Stay Healthy; 49 – Do What's Right)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CARING

Winners Walk Tall

TOPIC (29) – BE ABOVE SWEARING

- Ask the students what is swearing.
- Discuss when people are most likely to swear (when they're angry, frustrated, etc.)
- Swearing might seem cool and grownup, but it isn't.
- Swearing can become a bad habit, one that damages your reputation.
- Ask the class to come up with some other words that they might use when they are angry, frustrated, etc.
- **Winners** don't swear.

(Related Lessons: 14 – Choices; 18 - Respect; 19 – Be Your Best; 20 – Good Habits)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPECT

Winners Walk Tall

TOPIC (30) – STAY HEALTHY AND PHYSICALLY FIT.

- Keeping healthy and physically fit is a way of treating yourself well.
- Remind them that they should always try to eat healthy foods, brush their teeth regularly, keep clean, exercise regularly, have good posture, and follow what their doctor or dentist recommends.
- Discuss with children what you do to keep yourself healthy.
- Ask the students to pick one healthy food that they will eat more of this week and choose one exercise they will try to do every day. Report back next session.
- Reading is a way to keep the mind physically fit.
- **Winners** do what they need to in order to stay healthy and physically fit.

(Related Lessons: 14 – Choices; 19 – Be Your Best; 20 – Good Habits; 28 – Just Say No)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CITIZENSHIP

Winners Walk Tall

TOPIC (31) – PROTECT OUR ENVIRONMENT (Reduce, Reuse, Recycle, Never Litter)

- Pick up some trash from the school yard on your way in and show it to the class. (aluminum, glass, newspaper, paper).
- Reuse: of items such as clothes, cars, homes, newspapers and magazines.
- Reduce: use products that have less packaging that would have to be thrown in trash.
- Recycle: aluminum, glass, plastic, newspaper, paper.
- Never litter: stress “don’t litter,” and talk about what would happen if we all littered.
- Charge them to pick up the litter in the neighborhood as a good deed for the week and put in the trash or recycle. Teach them to be careful about not picking up dirty stuff.
- Winners reduce, reuse, and recycle. Winners respect and protect the environment.

(Related Lessons: 14 – Choices) Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

PILLAR RESPECT

Winners Walk Tall

TOPIC (32) – GOOD GRAMMAR SETS YOU APART.

- Listen to and learn from others who use good grammar.
- TV often teaches poor grammar (except news shows and speeches).
- Good grammar sets you apart. It shows you are educated.
- We learn good grammar from well-written books and in school.
- Others judge us by the grammar we use. (Impressions)
- It is not cool to use slang and bad grammar, like “ain’t,” “I” versus “me,” and double negatives.
- *Winners* always use good grammar.

(Related Lessons: 7 – Strive; 13 – Manners; 18 – Respect; 20 – Good Habits)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

PILLAR RESPECT

Winners Walk Tall

TOPIC (33) – SETTLE YOUR DIFFERENCES PEACEFULLY.

- Disagreements come up frequently in life.
- Don't use fists, guns or knives to settle your differences.
- Teach the students the “talking stick” method.
- The person with the stick presents his or her point of view.
- The next person cannot make a point until he or she can outline the first person's position to that person's satisfaction.
- Differences are often a failure to communicate.
- Find a middle ground. Shake hands, smile, and go on.
- **Winners** look for ways to settle differences peacefully.
- **Winners** always try to choose win-win solutions to disagreements.

(Related Lessons: 9 Bullying; 14 – Choice; 18 – Respect; 24 – Trust; 49 – Do What's Right)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (34) – ‘I WILL’ IS MORE IMPORTANT THAN ‘IQ.’

- Being intelligent is something to be admired.
- We need smart people in our world to come up with good ideas that make our lives healthier and happier. But not everyone can be the smartest in class.
- Others have qualities that are needed to have a healthy and happy world.
- Being helpful, practical, , thoughtful of others, having a good sense of humor.
- It is important to develop your own best qualities to be the best you can be.
- **Winners** work hard and become the best they can be in life.

(Related Lessons: 7 – Strive; 11 – Goals; 12 –Honesty; 19 – Be Your Best; 25 – Can/Try)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CARING

Winners Walk Tall

TOPIC (35) – COMPLIMENT – DON'T CRITICIZE

- Give a sincere compliment about the classroom or teacher.
- Ask the students how they think that made their teacher feel.
- Giving compliments is a way to show others that you care.
- Look for the good in everyone. Sincere compliments are better than criticism.
- Ask students to pay a compliment to someone. Make sure each student gives and receives one compliment.
- Ask if they felt as good about giving a compliment as receiving one.
- *Winners* look for opportunities to give compliments.
- *Winners* criticize in a kind and helpful way.

(Related Lessons: 13 – Manners; 18 – Respect; 20 – Good Habits; 33 – Settle Differences; 36 Respect Differences)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

Character Counts! Kent County, 2007

PILLAR CITIZENSHIP

Winners Walk Tall

TOPIC (36) – DEVELOP RESPECT FOR CULTURAL DIFFERENCES.

- Culture affects many aspects of life, such as food, dress, language, and religious beliefs.
- One of the principles our country was founded on was the belief that all people are welcome here if they want to make a better life for themselves and become good citizens.
- It is important for all of us to acknowledge and respect that people can have different customs and different points of view.
- One way to show respect for all people is to listen to what they have to say in a respectful manner.
- *Winners* always strive to show respect for all people around them.

(Related Lessons: 2 – Magic Words; 13 – Manners Matter; 18 – Showing Respect; 52 - Smile)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CITIZENSHIP

Winners Walk Tall

TOPIC (37) – LEARN TO ENJOY THE ARTS.

- Have the kids repeat out loud: I am creative.
- Share a piece of your favorite artwork with the class – a poem, a painting or musical composition. Discuss what might be some arts that some of the students enjoy or are good with (painting, sculpture, music, acting etc.).
- Ask the kids about the art programs in their schools and their communities.
- Why do humans create art? Art is a creative form of expression and a way to share our emotional experiences with others.
- Talk about why the arts are important and about how they improve our communities.
- **Winners** learn to express themselves creatively. **Winners** enjoy the arts.

(Related Lessons: 5 – TV; 19 – Be Your Best; 45 – Free Time)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPECT

Winners Walk Tall

TOPIC (38) – “O” STANDS FOR OPPORTUNITY

- Everyone has opportunities in life.
- Opportunities come through some of the choices that we make every day.
- We all have opportunities to grow, to learn, to help others, and to get a good education.
- Set your goals, seek opportunities to achieve them, and work hard to succeed.
- **Winners** seek out and follow opportunities in their lives.

(Related Lessons: 7 – Strive; 19 – Be Your Best; 44 – Hard Work; 45 – Free Time)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (39) – DEVELOP GOOD STUDY HABITS.

- Work for students is to study, learn and to do their very best in school.
- When working at something, it's important to use good work habits.
- Understand exactly what you have to do (reading and thinking).
- Be sure to follow instructions carefully and plan for enough time (reading, planning). Take a little extra time to do something well (effort).
- **Winners** develop good study and work habits.
- **Winners** plan ahead so they can do a good job.

(Related Lessons: 19 – Be Your Best; 40 – Work Habits)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (40) – DO IT NOW OR WRITE IT DOWN.

- Children and adults have to keep track of a lot of things.
- Students in school use agenda books to keep track of their homework, tests, project due dates, etc. Adults use a planning book or Palm Pilots.
- Everyone should find a good way to remember all things so they don't have to say, "I forgot."
- **Winners** use tools to help them do their best work.
- **Winners** find ways to remember important things.

(Related Lessons: 7 – Strive; 11 – Goals; 19 – Be Your Best; 39 – Study Habits; 47 – No Excuses)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR TRUSTWORTHINESS

Winners Walk Tall

TOPIC (41) – “YOUR ADVICE, PLEASE.”

- Sometimes it is necessary to seek advice from others.
- Seeking advice shows that you know when you need to have outside information to do or be your best.
- When you seek advice, be sure to show respect for the other person and listen carefully to the advice they offer.
- Asking others for advice can have another good effect: it can help to develop feelings of trust and togetherness.
- **Winners** know how and when to ask for advice.
- **Winners** listen carefully and respectfully to advice when it is given.

(Related Lessons: 2 – Magic Words; 8 – Listen; 18 – Respect; 24 – Trust; 34 – I will/IQ)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CARING

Winners Walk Tall

TOPIC (42) – LEARN TO FORGIVE.

- Everyone makes mistakes.
- Holding a grudge does more harm to you than it does the other person.
- When you forgive, you have an opportunity to make a friend.
- Never think about getting even as an alternative. It is harmful to you.
- Forgiving is a true sign of a winner.
- If you are in the wrong, step up and admit it, and then apologize. This gives the other person a chance to forgive you.
- **Winners** don't hold grudges. **Winners** forgive others for doing wrong to them. **Winners** ask for forgiveness when they have done something wrong.

(Related Lessons: 9 – Bullying; 10 – Never Steal/Truth; 12 – Honesty; 14 – Choices; 18 - Respect)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR FAIRNESS

Winners Walk Tall

TOPIC (43) – PLAY BY THE RULES.

- We have rules at home and at school. We have them for a reason.
- Our parents and teachers set rules. Our elected officials set rules for the people in our society.
- All of us must abide by these rules.
- List some of the rules we all must obey in school and in the community.
- Discuss the idea of fair play as it relates to taking turns in a game, and, putting the other person first.
- Discuss the greatest rule of all, the Golden Rule. “Do unto others as you would have others do unto you.”
- **Winners** follow the rules. **Winners** play fair.

(Related Lessons: 9 – Bullying; 14 – Choices; 24 Trust; 27 – Don’t Cheat; 49 – Do What’s Right)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (44) – HARD WORK IS WORTH IT.

- Work has its rewards even when it is hard.
- Work can be enjoyable and rewarding.
- Work develops character.
- Work requires the use of skills and talent.
- Work is often a learning experience that develops and improves skills.
- It feels good when a job is completed.
- Some people are good enough to make their work look easy.
- Teachers do good work.
- **Winners** know that hard work leads to a sense of accomplishment.

(Related Lessons: 7 – Strive; 11 - Goals; 14 – Choices; 19 – Be Your Best; 45 – Free Time)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (45) – MAKE GOOD USE OF YOUR FREE TIME.

- This is a good topic before vacations and summer break.
- List constructive activities kids can do with their free time (reading, learning a new hobby.)
- List activities they should not do (watching too much TV or play too many computer games.)
- Don't waste your free time.
- Don't let today's opportunities slip away.
- **Winners** will have a great sense of accomplishments after a holiday well spent. **Winners** use their free time well.

(Related Lessons: 6 – Read; 14 – Choices; 19 – Be Your Best; 20 – Good Habits)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (46) – WHEN IN DOUBT, TRY COMMON SENSE.

- Ask the children what is meant by common sense.
- It is knowledge we have that we didn't necessarily learn in school. Common sense comes through experience.
- When befuddled, stop and think before acting.
- Use your brain, and you might come up with some good, practical solutions to a problem..
- Trust your gut feeling to make the right choice!
- **Winners** use good common sense to help them make the right choices.

(Related Lessons: 14 – Choices; 20 – Good Habits; 49 – Do What's Right; 51 Think First)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR **TRUSTWORTHINESS**

Winners Walk Tall

TOPIC (47) – DON'T MAKE EXCUSES (Face Up to Your Mistakes).

- Everyone makes mistakes.
- Making up excuses might seem easy but could get us into bigger trouble than just saying, "I am sorry."
- Impress on the students the importance of taking personal responsibility for their actions and decisions.
- You always have the choice of whether to tell the truth or tell a lie.
- **Winners** never make excuses when they make mistakes.
- **Winners** take responsibility for their decisions and actions.

(Related Lessons: 12 – Honesty; 14 – Choices; 20 – Good Habits; 44 – Work Hard)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR **CITIZENSHIP**

Winners Walk Tall

TOPIC (48) – HAVE A WINNING ATTITUDE

- An optimist is someone who can find something positive in a bad situation and makes the best of it. Being an optimist can have a positive effect on our health.
- Everyone has to face some setbacks in life.
- Discuss some examples of setbacks that they might have to face.
- Someone might have trouble learning to read or have health problems that makes him or her miss a lot of school. They can still remember that they are winners, and this attitude can help them make the best of their situation.
- **Winners** always have a positive attitude.
- **Winners** are optimistic and cheerful.

(Related Lessons: 1 – Walk Tall; 11 – Goals; 34 – I will/IQ; 52 - Smile)

Visit the **Character Counts! Coaches Corner** in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (49) – DO WHAT YOU KNOW IS RIGHT.

- Discuss the idea that life is full of opportunities.
- Some of these opportunities can get you closer to your goals and help you be the best you can be.
- Most people know many kinds of opportunities that can get them in trouble.
- Most people know what is right and what is wrong.
- Encourage them to use their brains to think first and do the right thing.
- **Winners** take time to stop and think.
- **Winners** do what they know is the right thing to do.

(Related Lessons: 11 – Goals; 14 – Choices; 19 – Be Your Best)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CARING

Winners Walk Tall

TOPIC (50) – COUNT YOUR BLESSINGS

- Use this topic just before Thanksgiving or the Christmas break.
- Ask the kids to list all of the things that they are thankful for at home, in school, the teachers, and for some special skills they may have.
- Have a positive attitude.
- What is really important?
- Someone else will always have more.
- **Winners** take time to be grateful for all the good things they have in their lives.

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR RESPONSIBILITY

Winners Walk Tall

TOPIC (51) – WISH I HADN'T DONE THAT – THINK FIRST.

- Explain the idea of instant gratification – of doing something without thinking.
- This type of action often leads to doing things you later wish you hadn't done.
- Sometimes the action might involve taking a risk that just wasn't worth it.
- If you think about the consequences of your actions, you might decide that the risk just isn't worth it.
- Talk about the example of choosing to ride a bicycle without a helmet. What might the consequences be?
- *Winners* think first.

(Related Lessons: 14 – Choices; 17 – Peer Pressure; 28 – Just Say No; 49 – Do What's Right)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007

PILLAR CARING

Winners Walk Tall

TOPIC (52) – SMILE! SMILE! SMILE!

- Smiling makes a big difference. When we smile, others smile in return.
- Smiling is a matter of attitude.
- Have the kids smile at each other.
- Have the kids walk around the room with a smile on their faces.
- It is hard to stay grouchy when you are smiling.
- Smiling makes you feel happier, which has a good effect on your entire well-being.
- *Winners* smile a lot.

(Related Lessons: 1 – Walk Tall; 3 – Shake Hands; 48 – Winning Attitude)

Visit the Character Counts! Coaches Corner in your school for Pillar/topic related books and other resource materials presented in the National Character Counts! books.

Character Counts! Kent County, 2007