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## TRUSTWORTHINESS

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## 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. Don't spread rumors.
- 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).
- Read "Pinocchio" and/or "The Boy Who Cried Wolf!"
- Honor code: "I will not lie, cheat, steal or tolerate others who do."
- **Winners** don't lie or steal.

### Books:

- *The Boy Who Cried Wolf*
- *Pinocchio*
- *The Berenstain; Bears and the Truth*
- *The Berenstain Bears and the Double Dare*

### Suggested Videos:

- Peer Pressure
- The Berenstain Bears and the Truth
- The Berenstain Bears and the Double Dare

# NOTES:

# Trustworthiness means ...

Be honest and sincere.

Don't deceive, cheat or steal.

Be reliable; do what you say you will do.

Have the courage to do the right thing.

Stand up for your beliefs and follow  
your conscience.

Build a good reputation.

Be loyal; stand by your family, friends  
and country.

**TAKE CARE OF YOUR REPUTATION**

- What is a reputation?
- Reputation is how people think of you.
- What you do comes back to you (the boomerang effect).
- Use yourself as an example.
- 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.

**Example Lessons:** Have students poke holes in a piece of paper with pencils or tear the paper. Use tape to repair the paper but explain that even though it is taped it is still damaged and will never be as it was originally. Just like a damaged reputation.

**Suggested Video:**

- The Boy Who Cried Wolf

**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.
- Cheating is not better.
- **Winners** just don't cheat. Winners always work hard and do their best.

**Suggested Videos:**

- Classroom

**NOTES:**

**NOTES:**

## DON'T MAKE EXCUSES – FACE UP TO YOUR MISTAKES/ACCOUNTABILITY

- Everyone makes mistakes.
- Why do we make excuses
- 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.
- First step to become better.
- **Winners** never make excuses when they make mistakes.
- **Winners** take responsibility for their decisions and actions.

### Books:

- *David Gets in Trouble*

### Suggested Videos:

- David Gets in Trouble

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## RESPECT

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# Respect means...

# NOTES:

Treat others with respect; follow the *Golden Rule*.

Be tolerant of differences.

Use good manners; do not use putdowns or insults.

Be considerate of other's feelings.

Listen to others; try to understand their point of view.

Don't threaten, hit or hurt anyone.

Deal peacefully with anger, insults and disagreements.

## GREETING/FIRST IMPRESSION – ALWAYS SMILE WITH A FIRM HANDSHAKE

- 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.
- 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.
- Have the kids walk around the room with smiles on their faces. Explain that when you smile, others smile back. Have students wear a happy face.
- Have students walk to the front of the room, shoulders back, heads up and smiling. Have each child shake your hand firmly, look you in the eyes and say your name.
- Invite the teacher to join you in shaking hands with the children.
- **Winners** smile a lot and wear a happy face.
- **Winners** give firm handshakes.

## MANNERS MATTER

- Manners are the rules that govern social behavior.
- 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.
- 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.
- Speak clearly and use the magic words all the time.

### Books:

- *Do Unto Others*



**Notes:**

**Notes:**

### TIME MANAGEMENT/PLANNING - BEWARE OF TIME-WASTERS

- Talk about time management and balance
- Everything in moderation.
- Address time wasters – TV; video and computer games; cell phones and social media; web surfing
- Ask if they know how much time they spend on their phones, the internet, etc. and watching TV.
- Challenge the kids to limit their “time wasters”; try limiting TV viewing or video games for the following week to ½ hour/day; put the cell phones down (especially if friends are over)
- Ask what activities they can do instead of these “time wasters” (reading, playing outside, etc.)
- Give them a challenge – for every hour spent with a “time waster” spend that same amount of time reading or exercising.
- **Winners** make good use of their time.

### SHOWING RESPECT BRINGS RESPECT

- What is respect and what does it mean to you?
- Treat others the way 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. (Bullying follow up)
- Establish the tone of the conversation. It is not what you say but how you say it (ie sarcasm).
- Explain the difference between giving and throwing a compliment/apology/criticism (sincere vs. insincere).
- Ask students for ways they can show respect for others.
- **Winners** always show the utmost respect for others.

**Notes:**

**Notes:**

**CHOOSE YOUR FRIENDS CAREFULLY**

- What qualities do you like in a friend?
- Make good friends by being a good listener, helping others, and being upbeat and trustworthy.
- Good friends care about you and help when needed; they are fun to be around.
- Good friends don't gossip or tell your secrets.
- All friends are not good friends.
- Friends do not ask friends to do things that are wrong.
- We are judged by our reputations and the company we keep (guilt by association).
- **Winners** know how to be a good friend to others.

**Suggested Videos:**

- Homer
- Peer Pressure

**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 keeps the mind physically fit.
- **Winners** do what they need to in order to stay healthy and physically fit.

**Example Lesson:**

- Easy as Pi Worksheet
- 100 a Day Exercises Worksheet

**Notes:**

**Notes:**

## GOOD GRAMMAR SETS YOU APART

- Listen and learn from others who use good grammar.
- TV/Pop music often teaches poor grammar
- 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)
- Don't end sentences with "at"; say "yes" instead of "yeah"; don't use "um" or "like" excessively.
- It is not cool to use slang or bad grammar, like "ain't," "I" versus "me," and double negatives.
- Handshake = first impression, our words = second impression.
- Discuss swearing and inappropriate words.
- Talk about when people are most likely to swear (when they're angry, frustrated, etc.)
- Swearing might seem cool and grownup, but it isn't. It can become a bad habit that damages your reputation.
- If you can't be kind be quiet
- Bad words destroy a good reputation.
- **Winners** don't swear or use inappropriate words.
- **Winners** always use good grammar.

## SETTLE YOUR DIFFERENCES PEACEFULLY

- Disagreements come up frequently in life.
- Don't use fists, guns or knives to settle your differences.
- The person with the "floor" presents his or her point of view. Be quiet and listen.
- 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. (Listening skills)
- Find a middle ground. Shake hands, smile, and move on.
- **Winners** look for ways to settle differences peacefully.
- **Winners** always try to choose win-win solutions to disagreements.

**Suggested Videos:** Timeout

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## READ, READ, READ TO SUCCEED

- Stress the importance of reading. It stimulates imagination, improves creative thinking and 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.)
- It is your responsibility to read.
- **Winners** read, read, read!



# Notes:

## Responsibility means...

Do what you are supposed to do.

Persevere: keep on trying.

Always do your best; be proud of your work.

Be prepared and work hard.

Use self-control; be self-disciplined.

Think before you act; consider  
the consequences.

Be accountable for your choices and actions.

**LISTEN TO LEARN, LEARN TO LISTEN**

- Discuss the difference between hearing and listening (offer examples).
- Active listening involves thinking about what is heard. Make eye contact; don't interrupt.
- 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.
- Listening is power.
- Ask students, "Who do you listen to? Who gives you good advice?"
- **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.

**Example Lesson:**

- "Telephone Game" or "Simon Says"
- Use "Talking Stick" for debate practice.

**PERSEVERANCE - SET GOALS, THEN GO AFTER THEM**

- Define what a goal is. A wish with a deadline that needs work and a plan; a target you want to achieve; something to work towards; helps you get results.
- Decide what you want. Decide what you are willing to do to accomplish it.
- 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.
- Discuss short and long term goals.
- **Winners** set goals and work hard to achieve them.

**Example Lesson:**

- Discuss differences between want and wish.
- Write down students' goals and track progress (how many books, how little TV).

**Books/Stories:**

- Relate the story of Columbus.

**Notes:**

**Notes:**

**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.
- When making your choices, think about the problem and the advantages and disadvantages to each solution.
- Decide what solution to use and implement it (Goal setting follow up).
- Make sure you can live with your decisions.
- **Winners** always make the best choice possible.

**Example Lesson:**

- Give the students examples of various choices and have them give thumbs up if it's a good choice and a thumbs down if it's a bad choice.

**Suggested Videos:**

- Umpire
- Basketball
- Purse

**PEER PRESSURE – WATCH OUT! BE A LEADER NOT A FOLLOWER**

- Topic needs to be addressed often.
- Kids are talked into trouble by being pressured by their peers.
- Define “peer” and “pressure.”
- Peer means “someone like you or equal to you,” and pressure means “force to do something you should not do.”
- Some peer pressure can be positive (making you work harder, exercise more, eat healthier foods). Importance of choosing your friends wisely.
- Discuss double dares; bullying; good and bad pressure.
- Don't allow yourself to be talked into something you know is wrong. Be courageous and stand your ground.
- **Winners** avoid negative pressures and make choices that are best for them.

**Notes:**

**Notes:**

**DEVELOP GOOD 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.
- Develop good study habits.
  - Take good notes.
  - Study without distractions. (no TV/phone/music)
  - Ask questions. Ask for help.
  - Plan time for studying. Don't procrastinate or cram for tests.
  - Use flashcards when studying.
- Develop good work habits.
  - Be on time, punctual and have good attendance.
  - Take direction well.
  - Be organized.
  - Be a team player.
  - Take advantage of training opportunities.
- **Winners** develop good study and work habits.
- **Winners** plan ahead so they can do a good job.

**HARD WORK IS WORTH IT -  
PERSEVERANCE**

- Work has its rewards even when it is hard (satisfaction).
- 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.

**Books:**

- The Very Busy Spider
- The Little Engine That Could
- The Ant and The Grasshopper

**Suggested Videos:**

- Finish Line
- Gatorade Hard Work Commercial
- Nike American Woman World Cup Soccer

**Notes:**

**Notes:**

**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, exercise, play sports)
- 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.

**WHEN IN DOUBT, TRY COMMON SENSE – DO WHAT YOU KNOW IS RIGHT!**

- 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! Let your conscience be your guide. If it doesn't feel right it probably isn't.
- 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.
- **Winners** use good common sense to help them make the right choices.



**Notes:**

**Notes:**

### WISH I HADN'T DONE THAT

- 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. Define consequence.
- Talk about the example of choosing to ride a bicycle without a helmet. What might the consequences be?
- *Winners* think first.

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### FAIRNESS

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8. Play By The Rules

# Fairness means...

# Notes:

Play by the rules.

Take turns and share.

Be open-minded; listen to others.

Make decisions without favoritism or prejudice.

Don't take advantage of others.

Don't blame carelessly.

**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 (teasing words).
- Bullying can happen anywhere.
- How does it feel to be a victim of bullying?
- Victims should seek help of trusted adults (teachers, principals, family members).
- **Winners** always come to the aid of victims.
- **Winners** never bully and follow the Golden Rule.

**Books:**

- *Trouble in the Barkers Class*

**BE THE BEST YOU CAN BE**

- We can all be the best ME always.
- 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.

**Books/Stories:**

- *The Story of the Hummingbird*

**Suggested Videos:**

- Kid President's Awesome Year Challenge

**Notes:**

**Notes:**

**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 (ball hog).
- Having more things does not always make a person happier.
- Understand the difference between need and want.
- Greedy people hurt others and themselves.
- No one admires greedy people. **Winners** share with others.

**Books/Stories:**

- *The Goose that Laid the Golden Egg*
- *The Dog and the Bone*
- *The Greedy Spider*
- *A Day at the Park*

**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.

**Example Lesson:**

- Play the Paperclip Game.

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## CARING

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## 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.

### Books/Stories:

- *A Wish to be a Christmas Tree*

### Suggested Videos:

- Helping Others
- Liberty Mutual Pay it Forward Commercial



# Notes:

# Caring means...

Be kind.

Be compassionate and show you care.

Be thankful and express gratitude.

Forgive others.

Help people in need

**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** offer constructive advice in a kind and helpful way.

**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 (Respect follow up).
- 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.

**Example Lesson:**

- Use a heavy backpack to represent a "grudge". Have the students walk around the room performing various activities with the backpack on and then do the same activities with it off. Ask them how it felt, what was the difference.

**Notes:**

**Notes:**

## 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.

### Example Lesson:

- Make a “blessings” chain. Ask what are you thankful for? Students respond on green paper strips. Staple & link the strips to form blessing chain/wreath.
- Make a thankful turkey. Trace hands to create turkey with blessings on tail feathers.
- Blessings Jar

### Suggested Videos:

- Gratitude Kids

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## CITIZENSHIP

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6. Protect Our Environment (Reduce, Reuse, Recycle and Never Litter)
7. Develop Respect for Cultural Differences
8. Have a Winning Attitude

# Citizenship means...

# Notes:

Do your share to make your school  
and community a better place.

Cooperate with others.

Stay informed.

Be a good neighbor.

Obey the laws and rules.

Respect others.

Protect the environment.

## BE SMART – DON'T START JUST SAY NO TO DRUGS, ALCOHOL, TOBACCO

- 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.

## PROTECT OUR ENVIRONMENT (Reduce, Reuse, Recycle, Never Litter)

- **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.

### Example Lesson:

- Pick up a bag of roadside trash on your way to session and share.
- Recycle trash into something useful for classroom. (tin can pencil cups, egg carton caterpillars, etc.)
- Plant flowers outside classroom.

### Books/Stories:

- "Starfish Story."

### Suggested Videos:

- Bag It

**Notes:**

**Notes:**

**DEVELOP RESPECT FOR 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.

**Example Lesson:**

- Cultural Pursuit
- Brown and White Egg
- Box of Crayons

**Books/Stories:**

- *The Crayon Box That Talked*
- *People*
- *The Perfect Thanksgiving*

**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.
- Set backs happen. 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.
- Attitude can change you – better or worse. Inspire others to change for the better.
- **Winners** always have a positive attitude.
- **Winners** are optimistic and cheerful.

**Books/Stories:**

- *The Two Wolves*

**Suggested Videos:**

- The Greatest - Kid President Pep Talk
- Texas High School Football Player Post Game Interview



**Notes:**

**Notes:**