

# Lesson One

## Building Positive Character

### PURPOSE/OBJECTIVE

Students will learn what is character and what makes a respectful and positive character.

### MATERIALS

- Picture: Brick house
- **CHARACTER** discussion cards A&B
- Poster: “Character House”
- Cards: “Character Bricks”
- **Character Word Cards** [respect, self-control, honest, responsible]
- Students’ Workbooks
- CD—Song: “Character”
- CD Player
- Transparent tape/Glue

### PROCEDURE

1. Welcome students to the *Peaceful Solution Character Education Program*. Tell students they will begin learning about character.
2. Show students the picture of a brick house. Ask them to identify it. Point out the parts of the house: the roof, the windows, and the bricks. Ask them if they’ve seen these parts in other houses. Comment that if you take away a part, it ruins the house, and makes it unsafe to live in. Ask, what are some parts of a house that make it strong? (*the foundation, bricks, wood, etc.*) Point out that the house in the picture is made of bricks, which make it strong. Explain that today they will learn that just as we build a house with bricks, we build our character with parts called traits. These traits/parts of our character help us to make right choices.
3. Show students the poster of the “character house.” Tell students that they are going to build a “character house”. Ask, what was the house we just talked about made of? (*bricks*). Display the character bricks and read the words to and with the students. Explain that each brick represents a part of our character. Have volunteers take turns putting the “bricks” on the “house” with tape/glue. Assist as needed. After all the “bricks” are laid, admire the “character house”.

4. Reiterate that, just like a house can be built with bricks, we build our character with traits. Our character is what helps us make right choices. Refer back to the character bricks and choose two or three words to discuss. For example, people who treat others kindly have **respect**. They greet others when they see them. They use kind words and are polite. For example, “Hi Mommy”, may I please have a cookie?” Encourage them to build these character traits within themselves.

5. Show and use the **CHARACTER** discussion cards A&B. Use the activity guide on the back of the cards to prompt a class discussion on character, then spell the word “Character” animatedly and have the class repeat after you. Point out that

- a. Everyone has character.
- b. Character helps us to choose between right and wrong. For example, “I choose to listen to my mother and father, but it is wrong to hit someone.
- c. We build positive character every time we do something that is kind and respectful, we make ourselves into better people.

6. **Activity#1:** (*all ages*) Show students **Character Word Cards** [respect, honest, self-control, responsible], one at a time as you say each word. Guide students as they give examples of each word, such as, To show **respect** we say “Please, May I?, thank you.” We are **honest** when we tell the truth. We are **responsible** when we take care of our belongings. We use **self-control** when we keep our hands and feet to ourselves.

7. **Activity #2:** (*1-4 year olds*) Show students the Student Workbook. Prompt them to ask questions and talk about some of the pictures. Assist them in writing their names in the books. Have them turn to **page 1** and talk about the Character House. Assist them in cutting and pasting their character bricks from **page 3** onto the house. Tell students that they will complete this activity in Lesson Two.

8. **Activity #3:** (*all ages*) Play the song entitled: “Character” found on the CD. The words are included on **page 5**. Have students sing along with clapping, marching and other creative movements. Make it enjoyable.

9. **Activity #4:** (*all ages*) Read “Abigail’s Day at the Garden” found on **pages 7-15**. Be animated and creative, showing pictures, and emphasizing as you read. Throughout the day as time permits, play the narrative from the CD.

10. Conclude the lesson by reminding students that our character is built positively a little at a time with kind words and actions. Encourage them to build polite, respectful characters.

# **Lesson One**

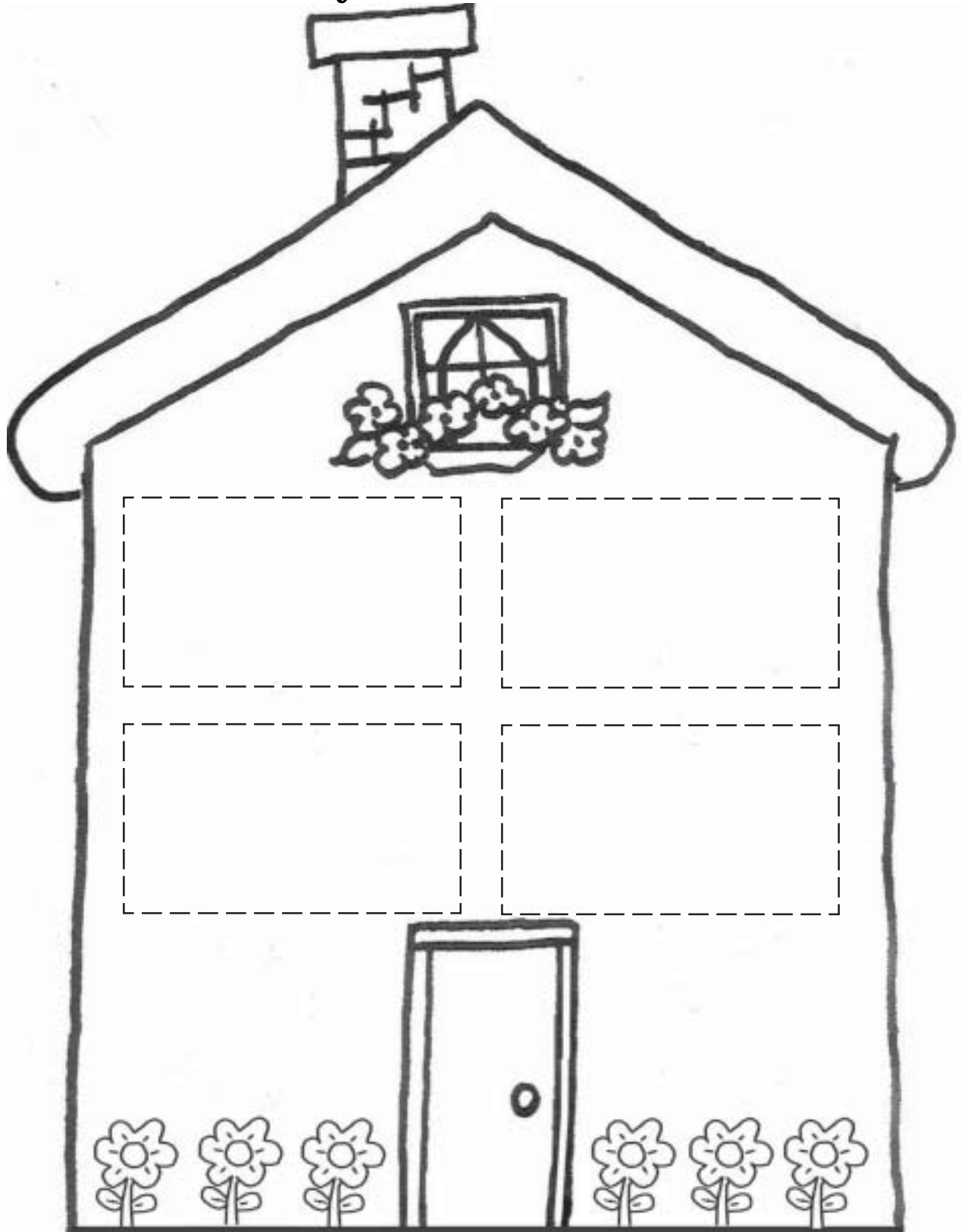
## **Building Positive Character**

### **Additional Activities**

1. Build a “Character Corner” in the classroom. Make it bright and eye-catching, including bubbles of various positive character traits. As conflicts arise between students, bring them to the Character Corner and ask, “What positive character traits do we need to use?” Guide them in how to apply it.
  
2. Create character trait cards with one positive character trait written on each card. Place the cards in a basket or bag. Allow students to choose a character trait card. This will help them remember to practice that trait. They may wear it as a necklace with yarn, or display it on their desks.
  
3. Play the “Character” song throughout the day at various times to reinforce the lesson.
  
4. Read or play the narrative entitled: “Abigail’s Day in the Garden!” Show the pictures as you go along, explaining each one.
  
5. Show and discuss **Character Word Cards** at least three times a day. This will increase their vocabulary and start them early in reading.



**Lesson One: Building Positive Character**  
**Activity #2—Character House**





**Lesson One: Building Positive Character**  
**Activity #2—Character Bricks**

**respect**

**self-  
control**

**honest**

**responsible**





**Lesson One: Building Positive Character**  
**Activity #3—Song**

## Character

Character... is making a right choice.

Character... is being kind.

Character... is having self-control.

Character... is what makes us fine.

Be respectful: say Please and Thank you!

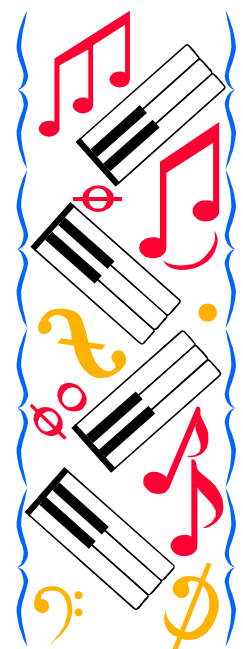
Remember to be kind and caring, too!

Character... is making a right choice.

Character... is being kind.

Character... is having self-control.

Character... is what makes us fine!





**Lesson One: Building Positive Character**  
**Activity #4—Narrative**

# Abigail's Day At The Garden



It was a sunny warm day, just right for a visit to the garden. Abigail woke up Mother and asked her if they could go to the garden. Mother said, "Abigail, you are awake before the birds today! And it looks like it will be a beautiful day. Yes, Abigail, we will go to the garden!"

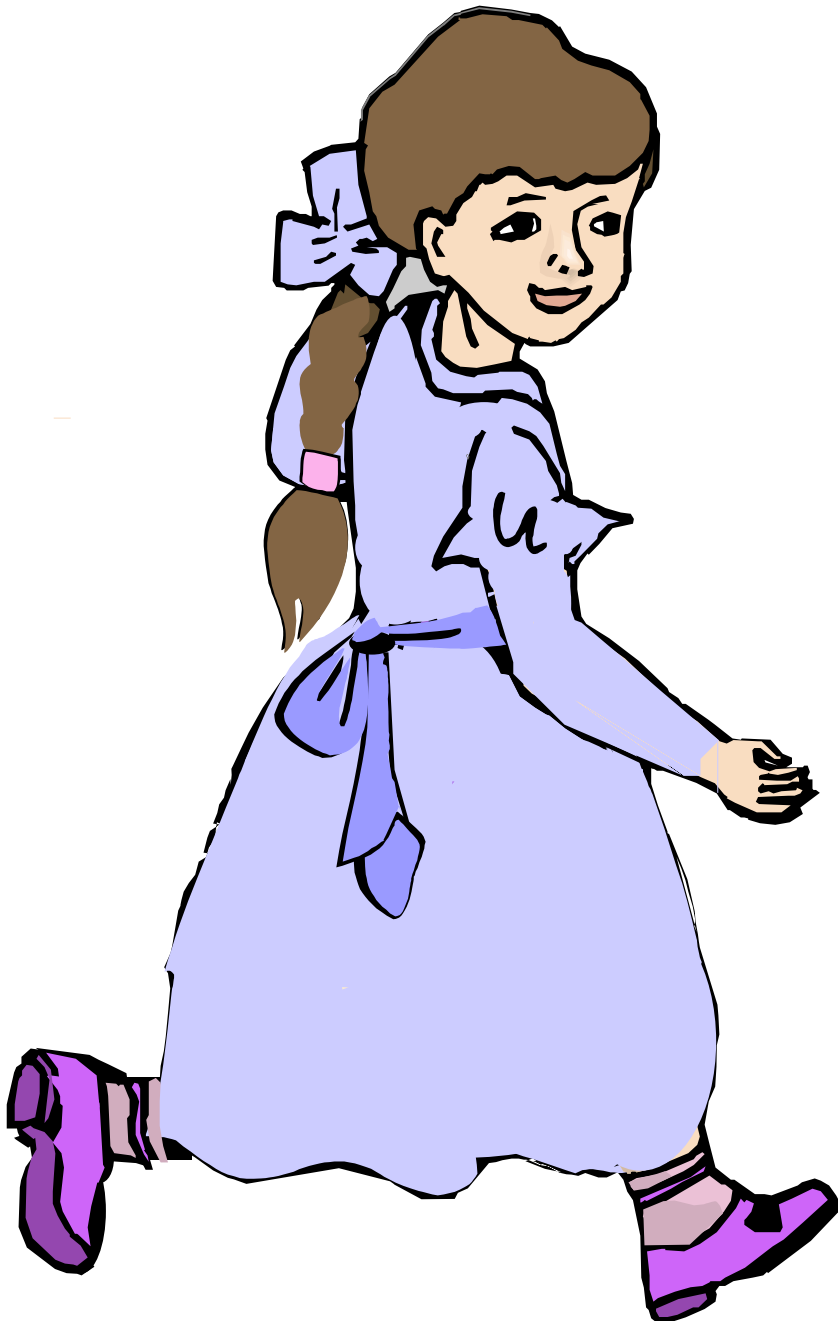
Abigail was so excited! She loved going to the garden! Abigail especially enjoyed seeing the butterflies hovering over all the flowers, and the smell of the fresh mint. She ate her breakfast, all the while thinking about what they would see today. Abigail was so excited that she decided to hurry things along and carry her dirty dishes to the kitchen sink. On the way, her bowl fell off the tray and crashed to the floor!



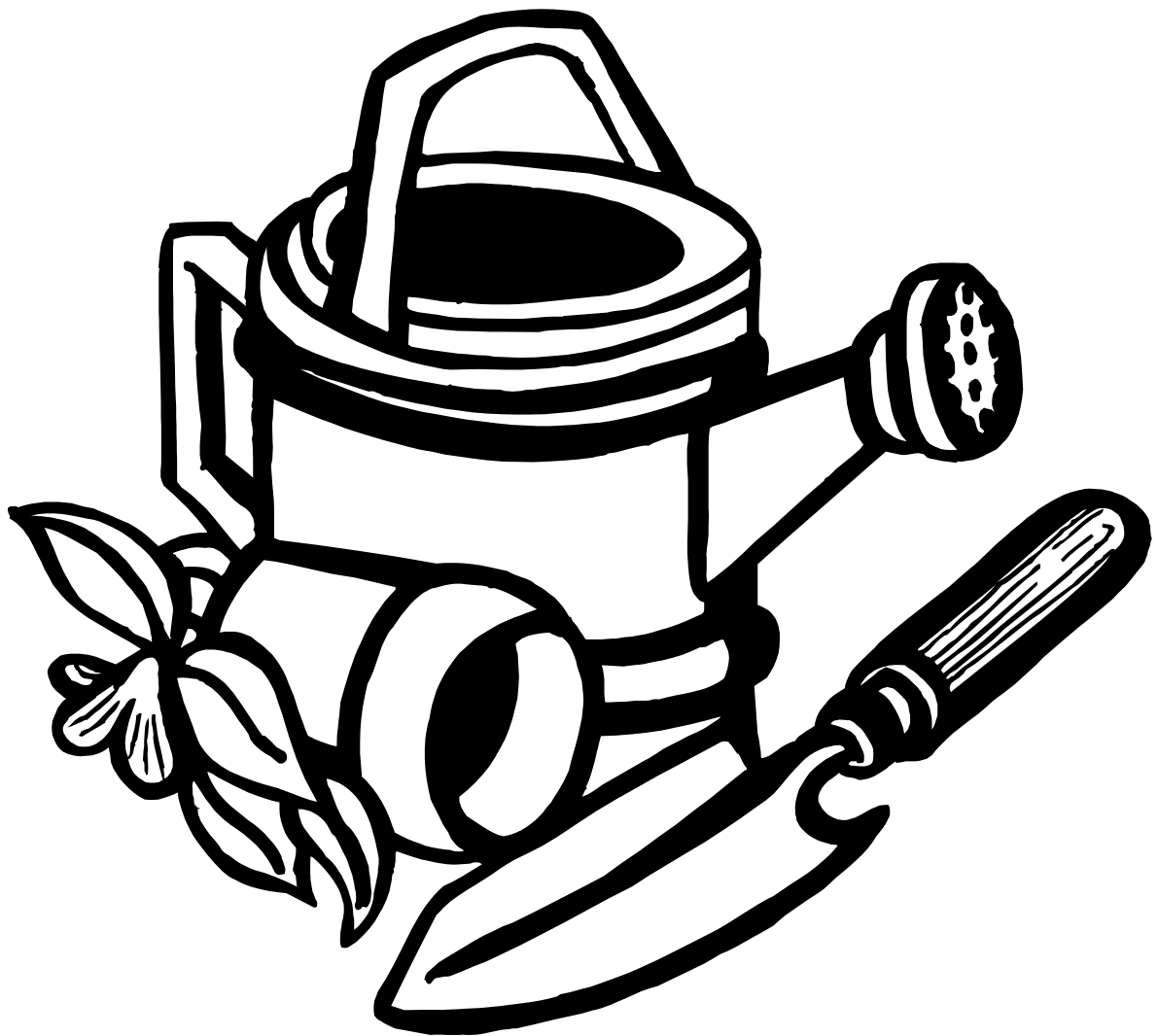
What a loud sound it made as the plastic broke apart and food went everywhere. Abigail started crying, Mother came running and asked if Abigail was okay.

Abigail was okay, and Mother moved her back to the dining room table and told her to wait there until she cleaned up. Mother then came to talk to Abigail and thanked her for helping clear the table. She also reminded Abigail to always ask permission first before carrying the dishes to the kitchen so Mother can help her. Abigail agreed. Abigail didn't make a right choice and the bowl broke, but next time she would try to remember to ask Mother for help first.

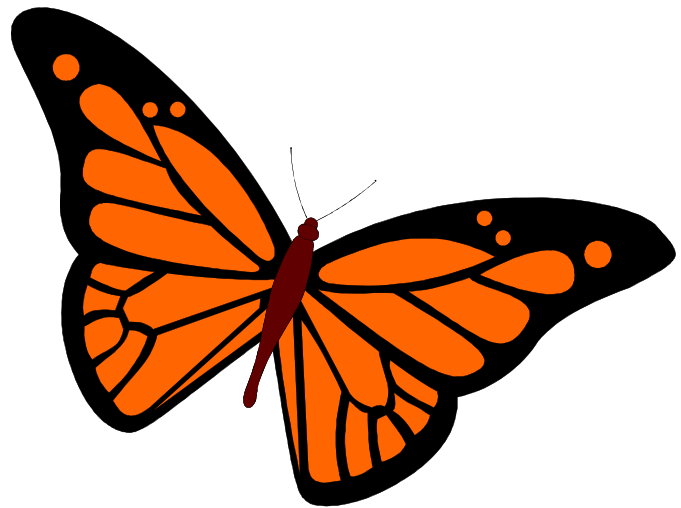
Finally, they were off to the garden! As soon as they came into the backyard Abigail started running, not seeing a big hole in front of her. Mother called, "Abigail, Stop!!! You must wait for me, and we will walk together!"



Abigail was quick to obey and came running back to Mother. She waited patiently while Mother gathered a few things before they walked toward the garden. Mother told Abigail how much she appreciated her obeying right away! That is always a right choice! Abigail beamed with delight, knowing she had pleased her mother.



The rest of the morning, Abigail enjoyed the garden! There must have been a hundred butterflies fluttering from one flower to the next! Mother let her pick some fresh mint to take inside to make some mint tea, and she even got to wash a piece off, salt it, and nibble on it right there. Abigail thought fresh mint was so tasty!



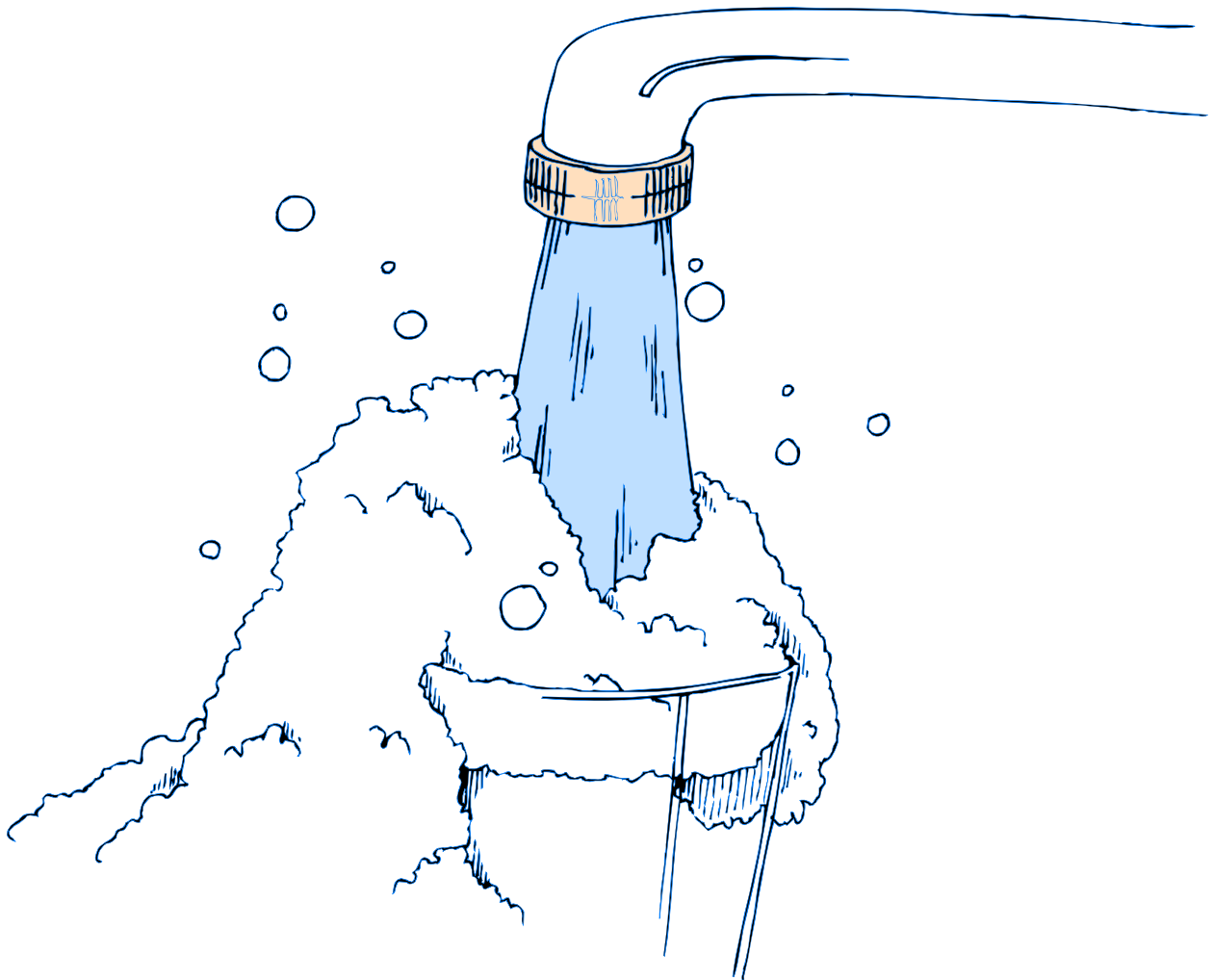


Mother had Abigail help her pick cucumbers, beans, tomatoes, and radishes. Abigail didn't care much for the hot radishes, but she liked the way they pulled out of the ground. Mother's basket was full. Abigail carried a small bucket with some carrots and mint. They washed the dirt off of everything and then went back inside.



Mother let Abigail assist her in washing all the vegetables before putting them away in the refrigerator. Mother told Abigail, " You sure like going to the garden don't you?"

"Oh, yes, mother!" Abigail replied, with a big yawn.



“Abigail, you made great choices at the garden. You obeyed all my instructions, and you certainly worked hard! Now I can see you are sleepy. Please go lay down for a nap, and when you wake up, I’ll have some mint tea ready!”



Abigail responded, “Yes, Mother,” and walked to her room and laid down on her bed for a nap. Yes, Abigail loved going to the garden, she loved making right choices, and she loved pleasing her mother. She especially enjoyed drinking the fresh mint tea after her nap!

