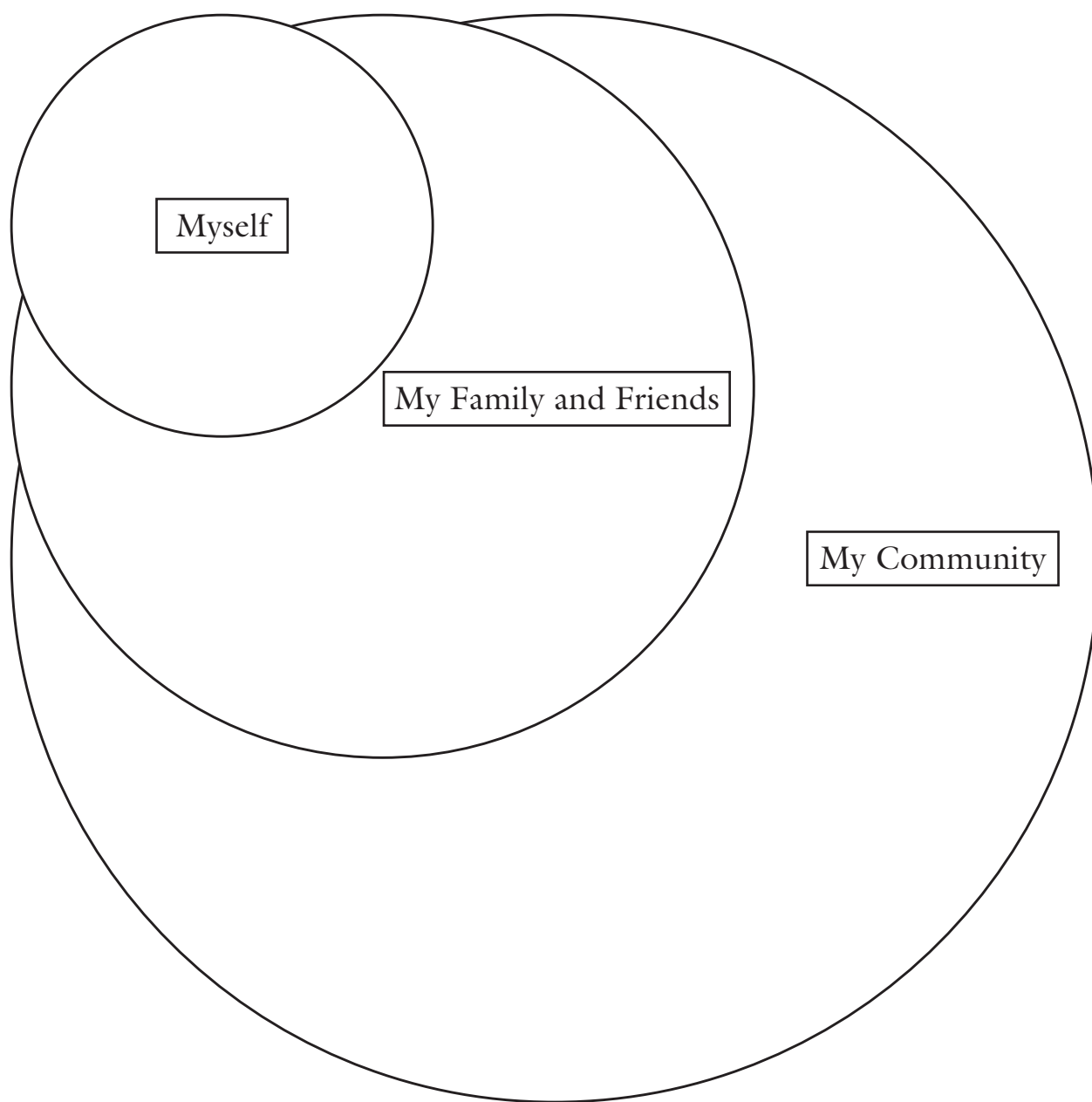
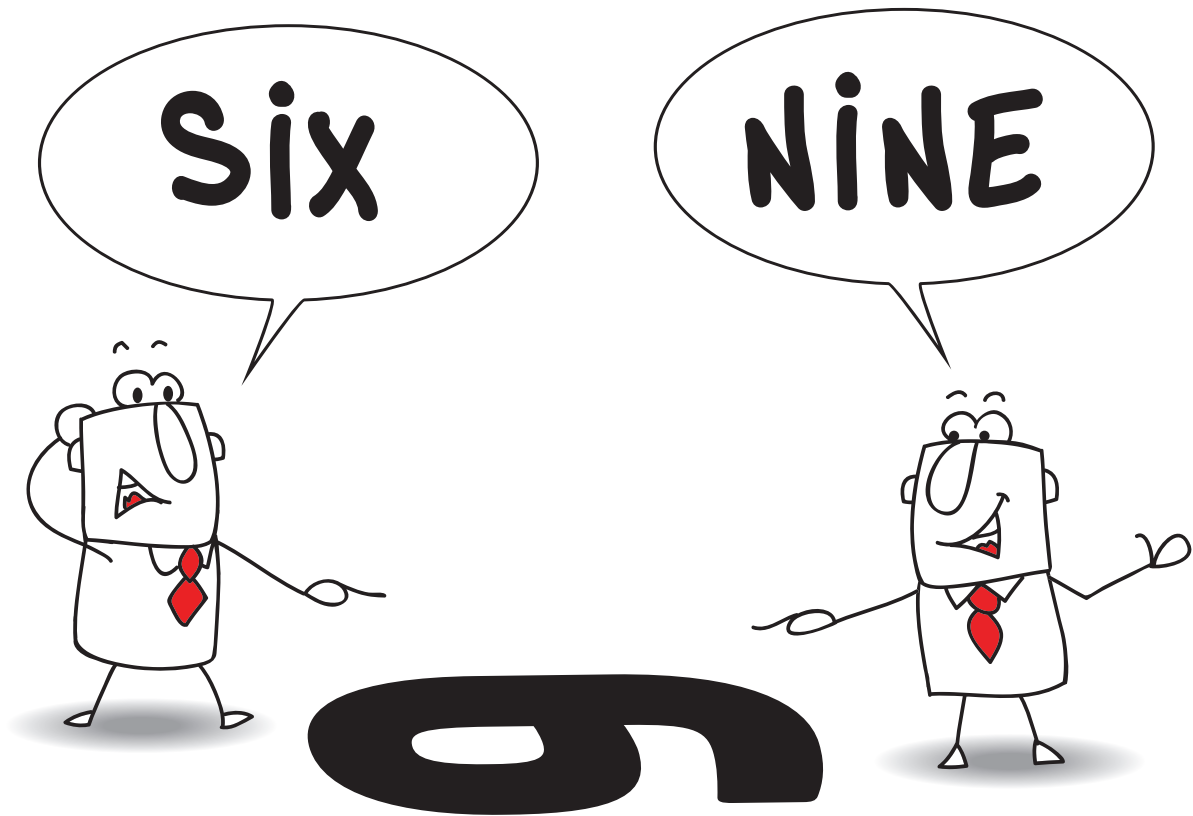


CIRCLES OF RESPONSIBILITY



6 OR 9?



5 STEPS TO EMPATHY

STEP 1: PAY ATTENTION!

- What is your friend saying?
- How would you describe his or her body language?

STEP 2: CONNECT!

- Make a personal connection to how your friend is feeling.
- When have you experienced a similar feeling?

STEP 3: IMAGINE!

- How do you think your friend feels right now?
- How would you feel if this were to happen to you?

STEP 4: ASK!

- Ask your friend how he or she is feeling.

STEP 5: ACT!

- Listen attentively to your friend talk about his or her feelings.
Make eye contact.
- Show your friend that you care with your words and actions.

EMPATHY SCENARIO CARDS



.....

Your best friend, Sara, is jealous of the new friend you have made, Leila. One day during the carpool line, Sara begins to snicker and make mean comments about the car Leila's mom drives. Leila overhears and is embarrassed; you know Leila's mom just lost her job. What should you do?

.....

Your best friend, Mateo, has started to make fun of Jayden for being a slow reader. At first you thought it was funny, but Mateo's comments to Jayden have become meaner. In fact, Jayden is embarrassed now to read aloud to the class, and he puts his head down whenever he is called on to answer a question. Other students in the class still think Mateo's comments and sneers are funny when Jayden has to read. What should you do?

.....

A bully at school and several of his friends are surrounding a student at recess. They are making fun of his dirty sneakers. What should you do?

.....

Children are picking teams for a baseball game during P.E. Two students are left, but the captains don't want to pick them. What should you do?

.....

Shania is having a birthday party. The whole class is invited except for one student. What should you do?

.....

A new student comes into your classroom with bad acne and big glasses. Some of the other kids in the class start to laugh. At lunch, he sits by himself. What should you do?

.....

You are online and receive a message making fun of a classmate that has been sent to other students in your class. The classmate who is being made fun of does not know about the secret group message. What should you do?

.....

Kayla got a new haircut, and the hairdresser accidentally cut her hair shorter than she wanted it. All of your friends are saying she looks like a boy. Kayla is clearly upset. What should you do?

.....

Name: _____

1. How do you think the person in your scenario feels?
2. How would this situation make you feel?
3. If you observed this situation in real life, what could you do to show empathy?

SHOWING RESPECT

How Can I Show Respect?

At School



At Home



In the Community



RESPECT SCENARIO CARDS

<p>Card 1</p> <p>Johnny's teacher asks the class to take out their math books and pencils. Johnny is mad because he forgot to do his homework and does not take out his math book or pencil. When his teacher reminds him of the directions, he still does not follow them. Is Johnny being respectful? What should Johnny do to show respect to his teacher?</p>	<p>Card 2</p> <p>Sarah is at the park; she throws her potato chip bag on the ground when she is done and runs to play on the swings. Is Sarah being respectful? What should Sarah do to show she is being respectful in the community?</p>
<p>Card 3</p> <p>Ben is running in the hallway on his way to the bathroom. A teacher he does not know asks him to walk. Ben ignores the teacher and keeps running. Is Ben being respectful? What should Ben do to show respect at school?</p>	<p>Card 4</p> <p>Anna's teacher tells the class to put their tablets away and go back to their seats. Anna really wants to finish the game she is playing, so she ignores the direction and continues playing on the tablet. Is Anna being respectful? What should Anna do to show respect to her teacher?</p>
<p>Card 5</p> <p>Eric's baseball team did not win the big game. Eric was very mad. When it was time for both teams to shake hands, Eric sat on the bench and refused to shake hands with the other team. Is Eric being respectful? What should Eric do to show respect?</p>	<p>Card 6</p> <p>Sean's mom told him that he could not go play with his friends until he cleaned his room. Sean did not want to clean his room, but he really wanted to play outside. Sean went upstairs and cleaned his room like his mom asked. Is Sean being respectful?</p>
<p>Card 7</p> <p>Serena's grandma made pasta for dinner. Serena does not like pasta. At the dinner table, she yells at her grandma for making pasta and tells her that she is the worst cook ever. Is Serena being respectful? What should Serena do to show respect to her grandma?</p>	<p>Card 8</p> <p>During Show and Tell, two boys start laughing when their classmate is sharing what her favorite movie is. They laugh and say that it is a boring movie. Are these students being respectful to their classmate? What should the boys do to show respect?</p>

SAMPLE QUOTES ABOUT INTEGRITY

“Real integrity is doing the right thing, knowing that nobody’s going to know whether you did it or not.” —Oprah Winfrey

“Integrity is choosing your thoughts and actions based on values rather than personal gain.” —Unknown

“Whoever is careless with the truth in small matters cannot be trusted with important matters.” —Albert Einstein

“The time is always right to do what is right.” —Martin Luther King, Jr.

“Integrity is doing the right thing, even when no one is watching.”
—C. S. Lewis

“Wisdom is knowing the right path to take...integrity is taking it.”
—Unknown

“It is not what we profess in public, but where we walk and what we practice in secret that gives us integrity.” —Sir Francis Bacon

“Being honest may not get you a lot of friends, but it’ll always get you the right ones.” —John Lennon

THE INTEGRITY CHALLENGE SCENARIOS

Read these scenarios to your class. Students are to choose what they would do for each scenario and go to the corresponding side of the room—1 or 2.

1. Your friend has come over, and you are both on your mom's computer. Your friend wants you to go to a website that you know your mom does not want you to visit. However, your mom has run over to your neighbor's home for a few minutes, so you and your friend are alone. Would you...

Choice 1: ...visit the website? Your mom is not home now, and she may never know you visited it.

Choice 2: ...tell your friend that you should go to another website or do something else? You will get in trouble if you visit the website.

2. You did not find the time to study for your vocabulary test, and your grandmother told you that you must get an "A" on the test to go to the mall with her this weekend. During the test, you notice that you can easily see the answers of the student who is sitting next to you. Would you...

Choice 1: ...cheat off the student's test? You know she studied and probably has the correct answers!

Choice 2: ...choose to do your own work? You may not get an "A," but you didn't cheat.

3. You saw your best friend steal some money out of the backpack of another student in your class. Would you...

Choice 1: ...report what you saw to your teacher? You know your friend may be mad, but the student in your class now doesn't have money for lunch.

Choice 2: ...not say anything? You weren't the one who stole the money!

Integrity Third Grade—Fifth Grade

POSITIVE THOUGHTS

I am smart.

I am a hard worker.

I am a good friend.

I am responsible.

I am dependable.

I am funny.

I am brave.

I am good at sports.

I am a great reader.

I am helpful.

I am great at math.

I am respectful.

I am liked.

I am kind.

I am artistic.

NEGATIVE THOUGHTS

I am stupid.

I never do anything right.

I am terrible at sports.

No one wants to be my friend.

Everything is hard.

I can't draw.

Everyone is mean.

My teacher always yells at me.

I hate math.

My big brother never wants to play with me.

Recess is boring.

I am the worst reader.

I am going to fail school.

I always get yelled at to do my chores at home.

I never do anything fun.

THE GOALS OF PERSEVERANCE

My long-term goal is: _____

When I complete my goal, it will look like...

THE GOALS OF PERSEVERANCE

WHEN I COMPLETE MY GOAL, IT WILL LOOK LIKE...

Short-Term Goal 1:



Short-Term Goal 2:



Short-Term Goal 3:



Short-Term Goal 4:



Short-Term Goal 5:



COMPLETED LONG-TERM GOAL:

SAMPLE “YOU-MESSAGE”

Read the text conversation between Naomi (*messages in white*) and her friend (*messages in blue*).

How would you feel if you were Naomi’s friend?



“I-MESSAGE” PRACTICE

Directions: Read the following examples.

Imagine they were happening to you; then, write your own “I-Message” for each example.

EXAMPLE:

Your mom is making you cut your hair before you visit your grandparents.
But you want your hair to stay how it is.

I feel upset

when you make me change my hairstyle

because I like the way my hair currently looks.

1. A teammate has been making fun of the shoes you wear to practice.

I feel _____

when you _____

because _____.

2. Your classmates won't let you join their game at recess.

I feel _____

when you _____

because _____.

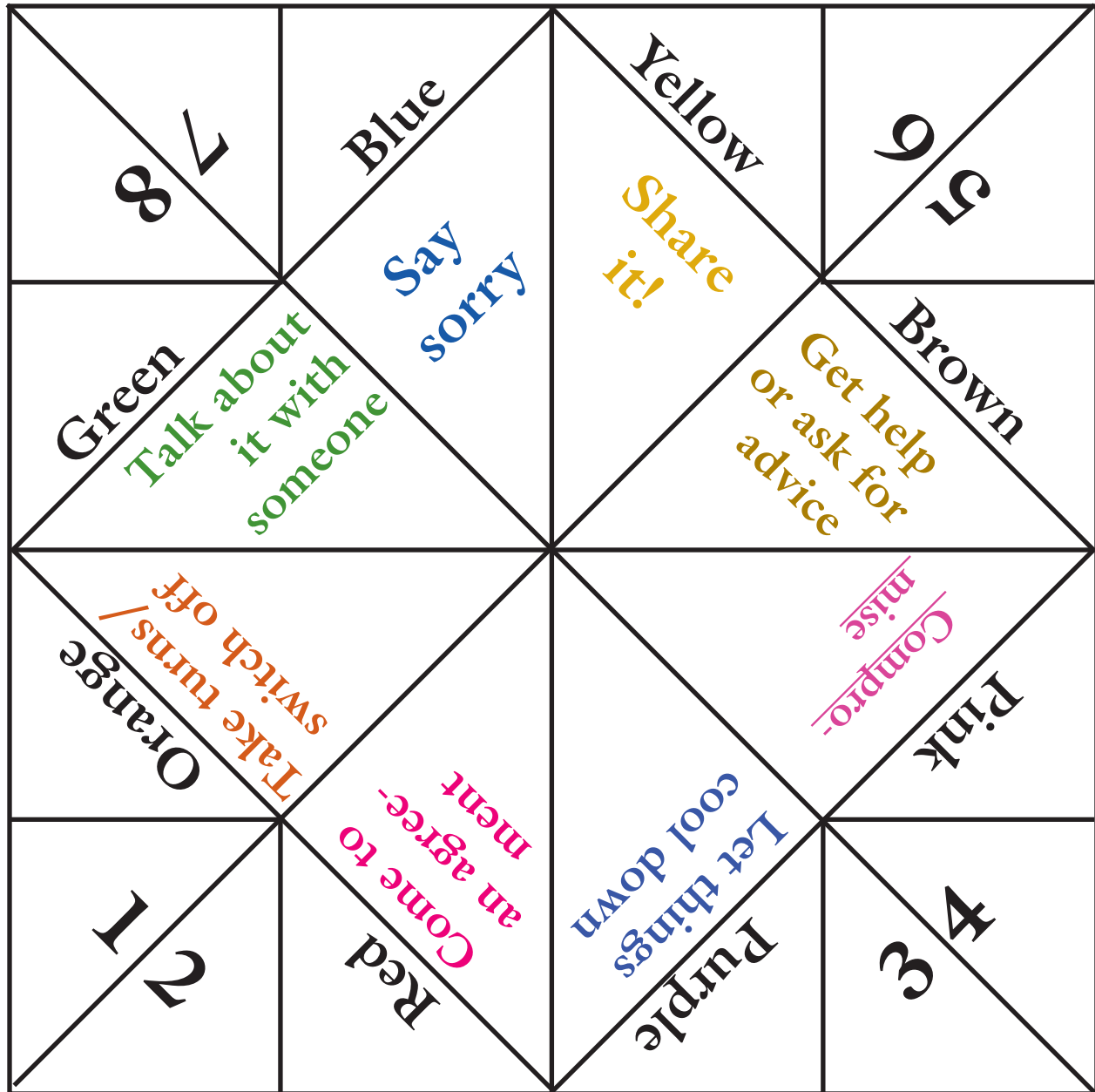
3. Your sibling calls you a “nerd” because you like to read.

I feel _____

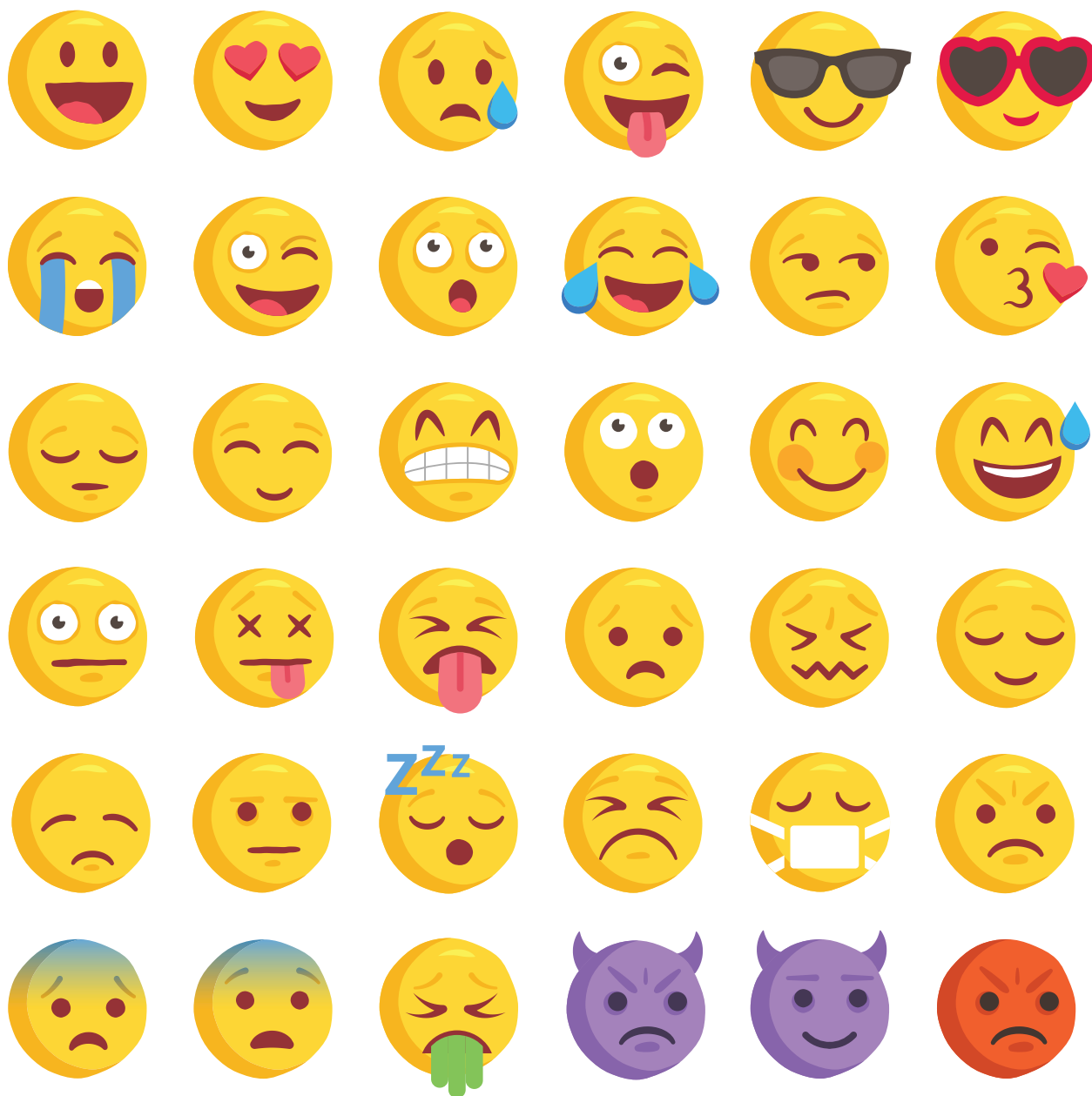
when you _____

because _____.

CONFLICT RESOLUTION FORTUNE TELLER



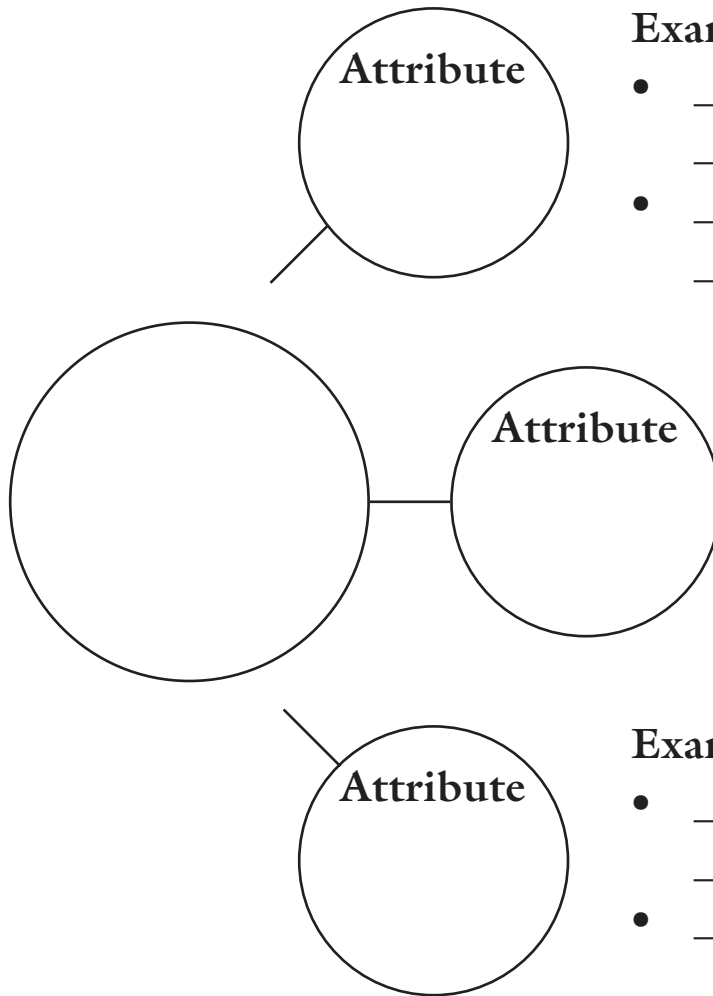
EMOTIONAL EMOJIS



PEER PRESSURE SCENARIOS LIST

1. You and a group of friends are playing soccer on a field near your house. You have been told to be home by dark. Just before dark, a popular kid in the neighborhood invites you and your group of friends to go to his house to play night tag in his backyard. All of your friends decide to go, but you know you are expected to be home at dark.
2. During computer class, one of your classmates went to a website that you know you are not allowed to be on at school. She wants you to go to the website as well so that she can show you a “cool” video. Your classmate says you are a teacher’s pet if you follow school rules all the time.
3. Geraldo really wants a pair of soccer cleats. His grandma drops him off at a local mall and gives him money to go inside and buy the shoes. As he is walking toward the shoe department, he notices a group of soccer players wearing the same pair of soccer shorts. Although he has been wanting the soccer cleats for a long time, Geraldo also feels pressured to be cool and fit in with the other soccer players.
4. On the bus ride to school, a classmate asks Naquan if he can copy his homework. Naquan wants to say no because he knows that is cheating. But his classmate tells him, “Only nerds refuse to share answers. Do you want to be called a nerd?”
5. When DeAnna is at a school dance, the new girl at her school tries to come up and join her friends’ dance circle. All of DeAnna’s friends roll their eyes and move around so that they block the new girl out. DeAnna notices that the new girl looks really lonely, but doesn’t want to appear “uncool” to her friends.
6. Rachel was sitting quietly in class, reading a book like her teacher instructed her to do. Suddenly, her best friend sitting beside her asks her to pass a note down to another student. Rachel is nervous about getting into trouble, but Leilani threatens to not be her best friend anymore if she doesn’t pass the note.

ATTRIBUTE WEB

	<p>Example(s)</p> <ul style="list-style-type: none">• _____• _____
	<p>Example(s)</p> <ul style="list-style-type: none">• _____• _____
	<p>Example(s)</p> <ul style="list-style-type: none">• _____• _____

CITIZENSHIP CHART

I am going to make this world
a better place by...

At school	At home	In my community