Lesson Plan
Lesson Goals

Lesson Goal(s): Knowing that being a person of character helps build relationships.

Key Understanding: Our character and affects how we relate to other people and our ability to make and keep friends. Caring is important to building lasting relationships and a strong society.

Learners will…

✓Define caring
✓Describe actions that demonstrate caring
✓identify obstacles to caring

Curriculum Introduction

☞If possible, wear Red
☞Introduce yourself to the group
☞Stand where everyone can see you and hear what you say

♦Welcome students to Character Counts
♦Provide an overview of the program –preview program and upcoming lessons

Opening Activity – 5 to 10 Minutes

☞Tool Box

➔ **Tools for a life time- Talking about Character Tools**

☞**Introduce Toolbox** (closed)
   →Lead Discussion, solicit responses
   • Use of tools
   • What It may help to build.

☞**Introduce tools** (paper cutouts of tools) and use; describe use and/or solicit responses
   o Hand saw – cutting apart or in a shape
   o Hammer – reinforces behavior – hammer the point home - positive
   o Measuring tape - used to measure what will fit and it can show growth
   o Level – keep things straight and on the 'level'
   o What other tools would you have in your box
      ▪ Duct tape
      ▪ pliers
☞ **Summarize**
   o Tools and a toolbox help us build things

Relating Game / Activity Experience to Relationships (Anchor) 5 minutes

Introduce a different type of toolbox: Character Tool Box
   • Introduce individuals to their 'Everyday Toolbox'
   • Everyone has one
   • Helps us make it through the day and be successful

☞**Character Toolbox**

→Review definition of character –

-*Character is what determines how we behave, even when no one is looking.*

-*The mental and moral values unique to an individual*

→Introduce Pillar of Caring:

→Think about what kind of tools would go into a toolbox for 'Caring"

Creating a Vision – (Add))Content Delivery)

☞Share objectives: Today we will...

- Define caring
- Describe actions that demonstrate caring
- identify obstacles to caring

☞**Define 'Caring'**

- *'displaying kindness and concern for others'*
- Being kind
- Forgiving others
- Being compassionate
- Showing others you care
- Helping those in need

☞**How does 'Caring' make a difference***?*

Learning Objective: To realize what we say and do makes a difference

Materials: Bowls half full of water; small packets of pepper; sugar packets; pieces of soap

Instructions:

Put a small bowl half full of water on each table, two packets of pepper, a packet of sugar, and a piece of soap.

- **Pepper:** Ask students to sprinkle the pepper liberally on the water.
  - The pepper represents all the people with whom you interact – family, friends, neighbors, teachers, other students, etc.
  - How we get along with these people depends on what we do and say when we are with them.
  - Talk about the power of words and actions and how they can be respectful or hurtful, rude, or unkind.

- **Soap**: The soap represents the hurtful, rude words.
  - Ask students to place and hold the soap in the middle of the pepper.
  - Within three seconds, they are to pull the soap out of the bowl. The soap will repel the pepper and make it move to the sides of the bowl.
  - Relate this illustration to what happens in life with people to whom we are hurtful or unkind.

- **Sugar** Next, have students pour the sugar in the center of the water.
  - The pepper will move towards the sugar.
  - Again, relate this to real life and how others react when we are kind and caring by words and actions.

(Character Counts) Student Engagement

☞**Obstacles to Caring**
→*Are there things that make it difficult to care or show we care?*
→*Brainstorm – examples: when people are mean, bullies, when we don't like someone, when people are different, etc.*

☞**Who / what do we 'Care' about**
→*Clarify – our toolbox looks at the tools we need to be a caring person*
→*What and who do we care about?*
Each other
Family
School
Class
Community
Ourselves

Application and Reflection (Apply)

☞**Why is Caring important?** – Solicit responses
- Makes people feel good to know someone cares
- Helps us build good positive relationships
- Bullying doesn't happen when people care about each other

☞**Caring Attributes (Characteristics) – How do you show you are caring and kind?**
♦**If creating an emoji is too difficult for the age of students, have students use emojis and explain the characteristic it represents.**
→ **Create an Emoji**
- Display a large outline of a person (can be drawn on large sheet of art paper) Working with a partner or in a small group, provide each student with cutout yellow circles
- On each circle, students **create** an emoji to show one attribute/ characteristic of caring.
- Brainstorm Characteristics/Attributes *(An attribute is 'a quality or feature regarded as a characteristic or inherent part of someone or something.')*
  - *Possible attributes/characteristics of caring*
    - *Be thankful (show gratitude), Polite, kind, good listener, helps when needed, good sport, expresses feelings, is honest, pays attention, respect each other, say thank you, compassionate, show concern, shows empathy, understand how you feel, do things for each other*
- *Students share attributes by placing their emojis on the outline of the person*

☞**Summarize** – *these are tools we use to show people we care*

Summarize Key Concepts
- **How we treat others demonstrates our character.**
- **Caring and Kindness are contagious. One caring or kind act encourages another**
- **Caring builds positive relationships**

(**NOTE**: If possible, video students as they share how they will show kindness/caring and include in your portfolio.)

Chain of Care: *- or paper chain*
- *Hand out 3 paperclips to each student,*
- *Begin the paperclip chain by naming 3 ways you will show kindness/caring*
- *Ask each student to share 3 ways they will show kindness and caring, each student then adds their paper clips to the chain*
- *If possible, hang the chain somewhere in classroom and encourage students to add a paperclip whenever they see an act of kindness/caring*