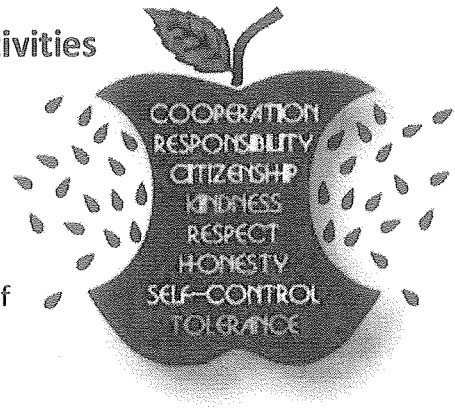


Character Suggested Home Activities

Good character starts at home. In order for your child and Broward County Public Schools to be successful, we need to work together as a community. After extensive public involvement, the School Board of Broward County adopted 8 character traits that are infused throughout our curriculum and student activities. We at the Diversity Cultural Outreach & Prevention Department know that character is at the core of who we are as individuals, and enhancing our character will in turn, enhance our health and wellbeing.

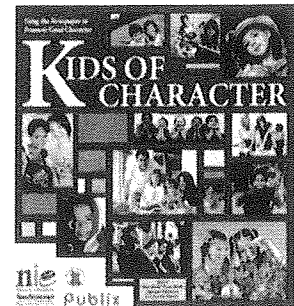


The 8 essential core character traits and the month in which the school district celebrates it are:

1. **COOPERATION (September):** Working with others to accomplish a common goal.
2. **RESPONSIBILITY (October):** Meeting obligations by being reliable, accountable, and dependable to self and others.
3. **CITIZENSHIP (November):** Knowing, understanding, and displaying a high regard for rules, government, heritage, and for those who have served and sacrificed for community and country.
4. **KINDNESS (December):** Being helpful, thoughtful, caring, compassionate, and considerate.
5. **RESPECT (January):** Showing consideration, understanding, and regard for people, places and things.
6. **HONESTY (February):** Being truthful, trustworthy, and sincere.
7. **SELF-CONTROL (March):** Having discipline over one's behavior and actions.
8. **TOLERANCE (April):** Recognizing and respecting the differences, values, and beliefs of other people.

There are many activities that can be utilized to help reinforce these important traits – and they are all available at BrowardPrevention.org. Ways that your family can celebrate and teach character are to:

- Use the **Sun-Sentinel Kids of Character Guide** to help develop strong character traits that last a lifetime.
- Follow the weekly **Character Demonstrator Tips**
- Check out each **Character Traits Newsletter**
- View the **Reality Lane (K-5)** or **Reality Avenue (6-12)** Character shows
- Suggested Home Activities for **Cooperation in September:**
 - Have family members make a cooperation chart for home. Talk about what chores need to be done and who can work together to get each chore accomplished. List all the ways the family benefits from COOPERATING to complete the listed chores.
 - Have students make a cooperation collage using magazine pictures or illustrations drawn by students. They can also cut out or write words instead of using pictures, such as “share,” “work together,” “talk it over,” “take turns,” etc.
- Suggested Home Activities for **Responsibility in October:**
 - What does responsibility look like (actions and behavior)? Brainstorm ways people are responsible.
 - Create a home responsibility chart with your family. Have each member choose three of the responsibilities they can do at home. Then, the following week, carry out the selected responsibilities. Discuss with your family how the experience was. Why did they each select their responsibility? How did they enjoy doing the tasks?



🍌 **Suggested Classroom Activities Citizenship in November:**

- What are our family values as they relate to citizenship? Patriotism?
- The Census is coming! What does your family know about it? More can be learned in the Newsletter. It takes Ten Minutes Every Ten Years and is safe and COMPLETELY confidential for 72 years and cannot be shared with anyone, including welfare and immigration agencies. Census forms will be mailed to every household in March and Census Day is April 1. In Broward County, more than 800,000 housing units will receive the Census! The brief questionnaire takes about 10 minutes to complete, and asks for the name, gender, age, race, ethnicity and relationship to the householder, and whether the householder owns or rents their home. We can all demonstrate our citizenship by filling out our census form wherever we are on the day we receive it, regardless of where we live at other times of the year.

🍌 **Suggested Home Activities Kindness in December:**

- Openly recognize the kind things that your fellow family members have done for you this week.
- As a family choose a kind deed to engage in together in your community.
- How can you as a family recognize through kindness a family member who is far away?
- Have each family member keep a kindness journal and every day write in it both what kindness they have done, and what has been done for them.
- What might your family have that can be given in kindness to those in more need? We all have something that would be a gift to others – food, clothing, time – you can even give your Frequent Flyer Miles!

🍌 **Suggested Home Activities for Respect in January:**

- Discuss as a family:
 - What is respect – how does it look, sound, feel? What about disrespect? Is one easier to recognize than another and why or why not? How does each person feel when they believe that others are not showing them respect?
 - Do you think the expectation of being treated with and treating others with respect should have anything to do with age or position? With parents, children, teachers, employers, grandparents, friends, etc.?
 - Should adults show respect to children? Give examples of ways that adults demonstrate respect to children and ways that children show respect to adults. Has how we view the demonstration of respect changed? How do our grandparents vs. parents vs. children want to be shown or define respect? How do YOU want to be treated?
 - If you treat others with respect, how do you expect them to treat you? Why? What recent examples have been in the media about not showing respect?
 - How do they feel when they are playing a game or participating in any competitive sport and the adult spectators are not respectful of the players, the coaches, the referees and each other? What do they think should be done?
 - What do you respect? Do you only respect people? Is respect only an individual thing? Brainstorm a list of what they respect, what they feel should be respected and why. Can you have respect for others (people and/or things) if you don't have respect for yourself?
- How does your family demonstrate their: Respect for self, Respect for your body, Respect for others, Respect for life, Respect for property?
- Create a RESPECT bulletin board. Each day have family members write down one thing that they did that showed respect for a person, animal, or property.

🍌 Suggested Home Activities for **Honesty in February:**

- What are some things that kids your age say that are guaranteed to close down a conversation with parents? Let's make a list.
- What are some things that parents say that shut things down? Let's make a list.
- **ROLE PLAY (For girls)** You are going out with your friends to a big school dance. You've bought some new clothes and jewelry for the event. You spend a lot of time getting dressed and putting on your make up and you think you look great. But when you come downstairs, your folks go through the roof and say that girls your age shouldn't dress that way – dress is too short, too much makeup, etc.
- **ROLE PLAY (For boys)** You have a friend who always gets in trouble. Your parents want you to stop hanging out with him. You still like him and don't think your parents understand. He asks you to spend Saturday with him at the mall. Now you have to get your parents' permission. - Follow-up questions for both role plays. Put yourself in your parents' shoes and ask these questions: What would be my worst fear? How could you talk to me about these fears? How could you show me that you are ready for this responsibility? What would be a fair solution to this problem?
- **BRAINSTORM:** Let's think up 5 to 10 rules that would help make relations between parents and teens better.
- Have each person write down "a little white lie" they have told and place it in a container. Take turns drawing from the container and discuss if it were you how would you handle a situation like this in the future.

🍌 Suggested Home Activities for **Self-Control in March:**

- Draw or create a cartoon animation expressing how self-control is demonstrated
- Write a positive poem on self-control
- Create a song or rap on self-control
- Create a recipe for cooking up "self-control"
- Create a self-control awareness poster
- Create a PSA (Public Service Announcement) on the importance of self-control
- Have a discussion on how your family expects you to demonstrate self-control
- Create a chart on suggestions to building greater "self-control" and check items daily/weekly
- Engage in some form of exercise for 20 min. daily
- Practice eating healthy by eating a new fruit or vegetable daily or weekly. (Remove junk from your diet one item per week)

🍌 Suggested Home Activities for **Tolerance in April:**

- Draw or create a cartoon animation expressing how tolerance is demonstrated
- Write a positive poem on tolerance
- Create a song or rap on tolerance
- Create a tolerance awareness poster
- Create a PSA (Public Service Announcement) on the importance of tolerance
- Have a discussion on how your family expects you to demonstrate tolerance
- Create a chart on suggestions to building greater "tolerance" and check items daily/weekly