**Denmark Elementary**

**Student Relationship Building**

**Monthly Character Traits and Definitions**

**Keys to Character**

Your Character is who you really are inside yourself!

Good Character traits can become good life habits!

Good life habits can lead toward a better life!

Your good character can never be taken away from you by anyone but you!

Character involves the way you deal with yourself and others-both on the outside and the inside.

Good character equals more life success.

Good character helps maintain integrity (honesty; uprightness, making good choices) through both good and bad times.

Good character is supported by a positive attitude.

Appear positive, think positive, act positive and the character of those around you will improve!

Gain peace inside yourself by practicing good character traits such as honesty, respect (to show consideration for others), responsibility and courage.

**August**

**Positive Attitude**-The belief that a person can reach their goals and be successful.

**Keys to a positive attitude**

A positive attitude covers many disappointments.

Plan to have the most positive attitude possible, no matter what the circumstances.

Good body posture radiates a good attitude to those around you.

A great attitude is like a taste of your favorite candy-it leaves a delicious taste in your mind and body!

When a friend is having a bad day, your positive attitude about your friendship will encourage them.

Walk into your classroom each day with a positive attitude.

Doing your very best is the most you can expect from yourself.

Better attitudes lead to better self-control.

A forgiving attitude is a peaceful attitude.

**Questions:** If you are sad or mad what can make you happy again?

Who are some people you are around every day that show positive attitudes? How do these people make you feel? Why?

Which of your friends shows a positive attitude? Do you?

Why is having a good attitude important?

**September**

**Respect**- Showing high regard for authority, other people, self, property, and country. Treating others as you would want to be treated.

**Keys to respect**

Think of one good thing that others respect about you.

Respect others by being courteous and kind.

Respect cannot be bought.

Respect must be earned.

If we respect authority (or laws), we are much safer.

Respect the property of others.

Respect your body.

Respect your physical health by eating properly and exercising regularly.

Respect your emotional health by allowing yourself some quiet time each day.

When showing respect for others (parents, teachers, friends, etc.), you are setting a good example for those watching you.

R-E-S-P-E-C-T=Respect for Excellence Shows Peoples Exceptional Character Traits!

Learn to respect yourself, teachers, and others by practicing respect daily.

**Questions:** Describe a time when you did not take care of your own property? What could be done differently next time?

What will happen if you do not take care of the property of your friends?

Why should you be responsible for our school’s property?

Who has the Power to Respect the property of others?

Why is Respect so important to have as a good character trait?

When is it the hardest for you to respect other people? Why?

Describe a time in or outside our building that do you saw the least respect for people? Why do you think that happens?

**October**

**Cooperation**- the process of working together to the same end; working well with others.

**Keys to Cooperation**

Be a good listener.

Concentrate on what others tell you by looking at the person as he or she speaks to you.

To cooperate is to work and grow together.

Cooperation is a character trait we must possess.

Team cooperation makes any job easier for each team member.

When the band plays a song, each instrument must help out, just as each of us must cooperate (or work together) with each other.

**Questions:** Why would people want to cooperate?

What are some ways you have to share or cooperate at school? Home?

Do you think you will have to share or cooperate more or less as you get older? Why?

Who, in my home, do I need to share and cooperate more with today? Why?

Suggested Reading: A Chair for My Mother by Vera Williams (K-2); Across Five Aprils by Irene Hunt (3-5); Stories of Cooperation by Henry Billings (Any Age).

**November**

**Honesty**- Telling the truth, admitting wrongdoing and being trustworthy.

**Keys to Honesty**

Being honesty shows others your good character.

Being truthful builds your own self-respect.

Being truthful takes courage.

Cheating is not being truthful. Remember-cheating eventually hurts you the most in many ways.

Being truthful helps keep us safe (Remember “The Boy Who Cried Wolf”).

Being honest helps others respect you more.

Honesty helps others respect you more.

Honesty and integrity are parts of real friendships.

Honesty is for everyone.

Being honesty is easy if the truth is told the FIRST time.

When being honest use good manners-or tact.

You can be trusted when you are honest.

Honest actions build good character.

Honesty is to friendship as food is to the body.

**Questions:** If you know you may get into trouble if you tell the truth the first time, what will be the right choice? Why?

What will happen if you wait to tell the truth until someone “catches” you?

How will you family or teacher feel about you if they find out you have not been truthful? How will they feel if they know you always tell the truth?

If you realize you have broken a rule, what should you do if it could hurt someone or yourself?

December

**Joy**- The feeling of happiness.

**Keys to Joy/Happiness**

January

Peace- Peace is quietness, calmness, privacy and coming together.

February

Kindness- Kindness is showing others they are special by how you treat them.

March

Orderliness- Arranging things to make your day easier.

April

Courage- Doing the right thing when faced with difficulty instead of following the crowd.

May

Citizenship- Being law abiding and involved in service to school, community, and country.

Dear Teacher,

The character building questions listed are weekly suggestions for conversation starters with your class. I have also provided additional information concerning the character traits to guide and target student learning. Do not feel that you must check off each question or have students memorize the information provided, this is only a tool that you have available to help you with this initiative. Additionally, feel free to elaborate or eliminate certain questions that may or may not meet your student’s needs. However, **please** allow students to share and give examples. Thanks for all you!!

Dr. Tina Williams

Professional School Counselor