

# Daily Character Education Activities

180 Lessons for Each Day of the School Year  
Includes Activities to Build Home-School Connections



- Citizenship • Compassion • Fairness • Honesty • Integrity • Perseverance
- Responsibility • Respect • Self-Discipline • Trustworthiness

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# Trustworthiness

*Be Trustworthy by Not Exaggerating*

**Objective:** Students will learn the importance of not exaggerating when telling the truth.

## MONDAY Check It Out!

Share the following children's rhyme with your students:

*There was an old woman who lived under a hill,  
And if she's not gone, she lives there still.  
Baked apples she sold, and cranberry pies,  
And she's the old woman who never told lies.*

Discussion Questions:

1. Do you know anyone like the old woman who never lies about anything?
2. If you add new details to a story that you don't really know are true (exaggerating), is that the same as telling a lie?
3. Is repeating something that you don't know to be true the same as lying?
4. Can you think of a time you exaggerated to make something sound better?
5. Will people trust you if they find out that you exaggerate a lot?

## TUESDAY Try It Out!

Ask students if it is ever okay to exaggerate. After students have responded, explain that people exaggerate all of the time when writing or telling stories to make them sound more interesting and creative. The difference is that the audience knows that the story is being exaggerated.

## WEDNESDAY Take It Out!

Have students write highly exaggerated short stories or draw pictures with exaggerated events illustrating what they did at school today.

Take-Home Activity: Have students share their exaggerated stories and pictures with their parents. Then, have students explain what they have learned about exaggerating this week.

## THURSDAY Talk It Out!

During group time, have students share their parents' responses to their stories and pictures. See how many of the parents could tell the stories were exaggerated.

## FRIDAY Act It Out!

To see if students understand the concept of exaggeration, give students several examples of the truth and exaggeration.

For example:

1. School lasts 180 days. School lasts forever.
2. He was hungry. He could have eaten everything at the restaurant.

End the activity by singing "We Build Our Lives."

# Trustworthiness

*Be Trustworthy by Keeping Promises*

**Objective:** Students will learn that when they promise to do something, it is important that they follow through.

## MONDAY Check It Out!

Read aloud the book *The Promise Quilt* by Candice F. Ransom (Walker & Company, 2002). This is a story about a girl who learns that sometimes promises are kept in extra special ways.

Discussion Questions:

1. How did the father keep his promise?
2. Is it always easy to keep promises?
3. Have you ever promised you would do something and realized later it was too big of a promise?
4. Why is it important to keep promises?
5. Is it ever okay to break a promise?

## TUESDAY Try It Out!

To celebrate trustworthiness, have students make promise necklaces. Provide students with several heart-shaped cutouts using colorful paper (half of them about 2" x 2" and half 3" x 3"). Have students stack the two different sizes of the heart-shaped cutouts and glue them together. Then, have students write short promise messages on the hearts, such as "I Keep My Promises" or "Promises Are for Keeps." Help students punch out a hole in the heart and string lengths of yarn through each for students to wear their positive promise reminders.

## WEDNESDAY Take It Out!

Encourage students to think of ways they make promises daily, such as checking out library books or writing down homework assignments. Explain how these are promises that they are making to other people that mean they will return library books or complete their homework each night.

**Take-Home Activity:** Have students ask their parents the kinds of promises that they must make each day, such as agreeing to get a certain task at work completed by a specific deadline.

## THURSDAY Talk It Out!

During group time, have students share the examples of daily promises that their parents must make. Ask students to compare the kinds of promises they make with the ones their parents make.

## FRIDAY Act It Out!

Make your own classroom promise quilt by providing each student a piece of colored square felt, about 4" x 4". Have each student sign their piece of felt with a marker. At the front of the room, display a large sheet of felt. Then, have each student go up to the felt sheet and add their quilt square by attaching four hook-and-loop squares to the corners. Explain that by attaching their squares, they are committing to be better keepers of their promises.

End the activity by singing "We Build Our Lives."

# Trustworthiness

*Be Trustworthy by Being Dependable*

Objective: Students will learn that when they are trustworthy, others can count on them.

## MONDAY Check It Out!

Read aloud the book *Inger's Promise* by Jami Parkison (Marsh Media, 1995). This is a story about a reindeer who needs a chance to show his friends that he is reliable.

Discussion Questions:

1. How does the reindeer prove that he is dependable?
2. Whom do you rely on most?
3. How can you prove that you are a dependable person?
4. What do people rely on you to do?
5. Why is it important to be a person that others can count on?

## TUESDAY Try It Out!

Have each student write an acrostic poem about being dependable. Each line can contain a word, phrase, or complete thought.

For example:

Dear friends  
Everyone should  
Play together  
Each day  
Never letting others  
Down  
Always  
Be  
Loyal  
Each day

## WEDNESDAY Take It Out!

Have students think about how they are depended upon at home by parents, siblings, pets, etc. Then, have students make a two-column list of who relies on them and what they are relied on for.

Take-Home Activity: Have students ask their parents to name someone whom they think is dependable and explain why they consider him to be reliable.

## THURSDAY Talk It Out!

During group time, have students share their parents examples of people who are reliable. Have students brainstorm a list of qualities that dependable people have, such as always being on time.

## FRIDAY Act It Out!

Have students make farm animal sock puppets. (See page 62.) Using her puppet, have each student explain how her animal depends on others (people or animals) on the farm and how others also depend on her.

End the activity by singing "We Build Our Lives."

# How to Make Puppets

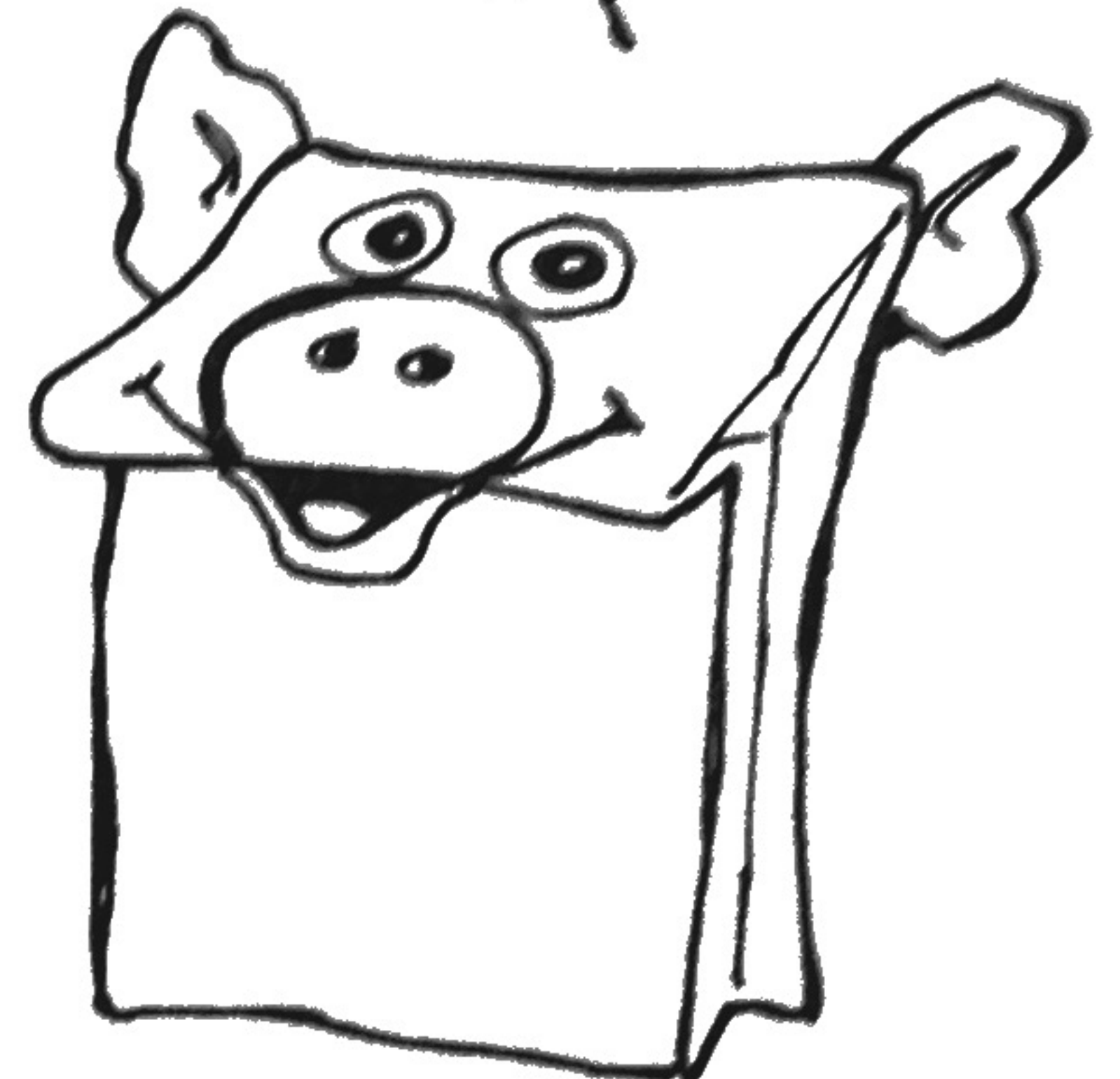
## Hand Puppets

1. If you are right-handed, draw on your left hand. If you are left-handed, draw on your right hand.
2. Make a fist. Be sure that your thumb is tucked under your other fingers to form the bottom of the mouth.
3. Draw two eyes on the base of your forefinger with a washable black marker. Use a washable red marker to draw lips around the gap between the fingers and thumb.



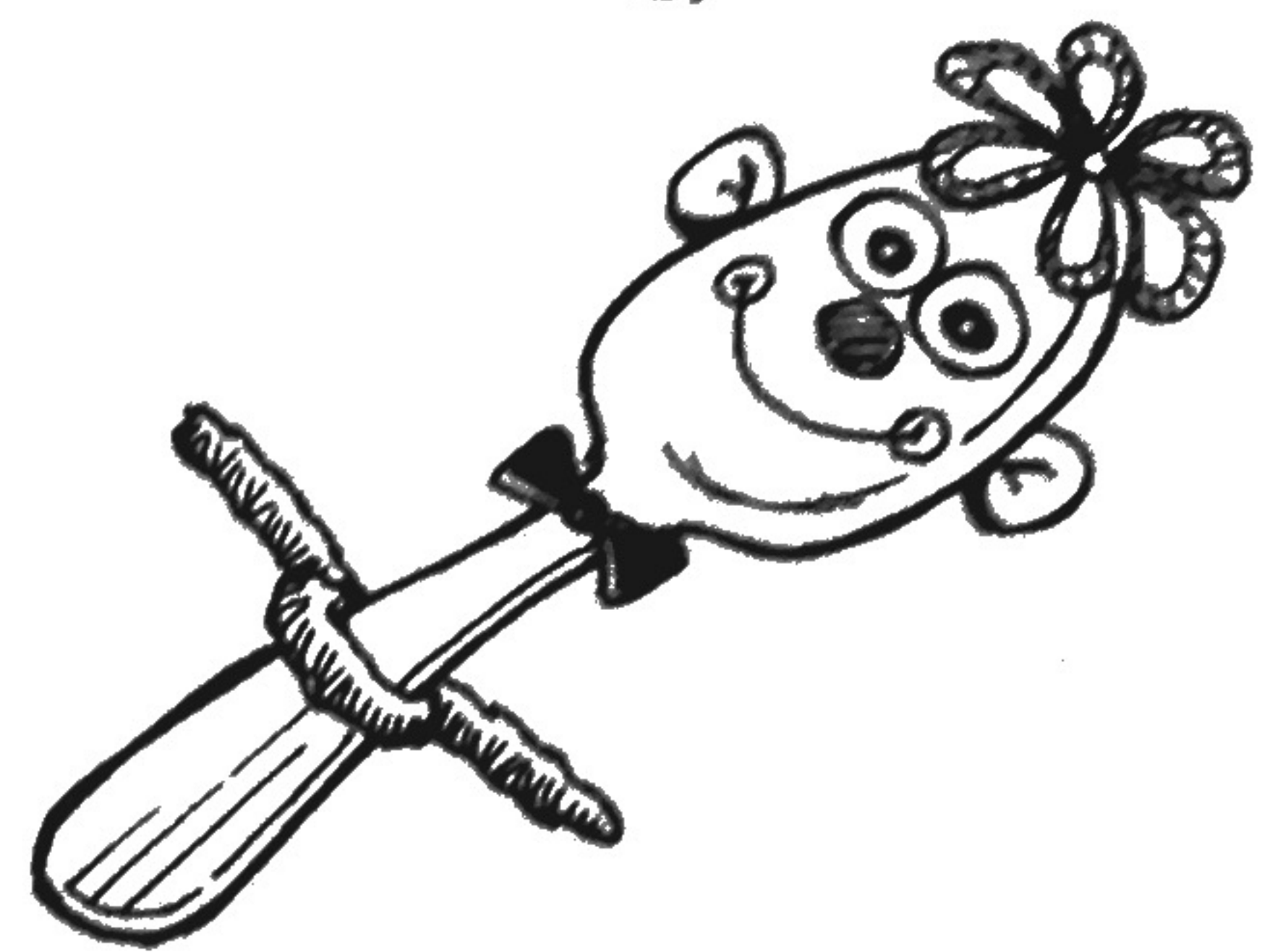
## Sock Puppets

1. If you are right-handed, put the sock on your left hand. If you are left-handed, put it on your right hand.
2. Push the sock in between the thumb and the rest of the hand to make a mouth.
3. Use glue to attach beads, felt cutouts, feathers, etc., to complete the puppet's face.
4. Attach a felt tongue by putting glue on the base of the tongue and placing the tongue deep inside the puppet's mouth.



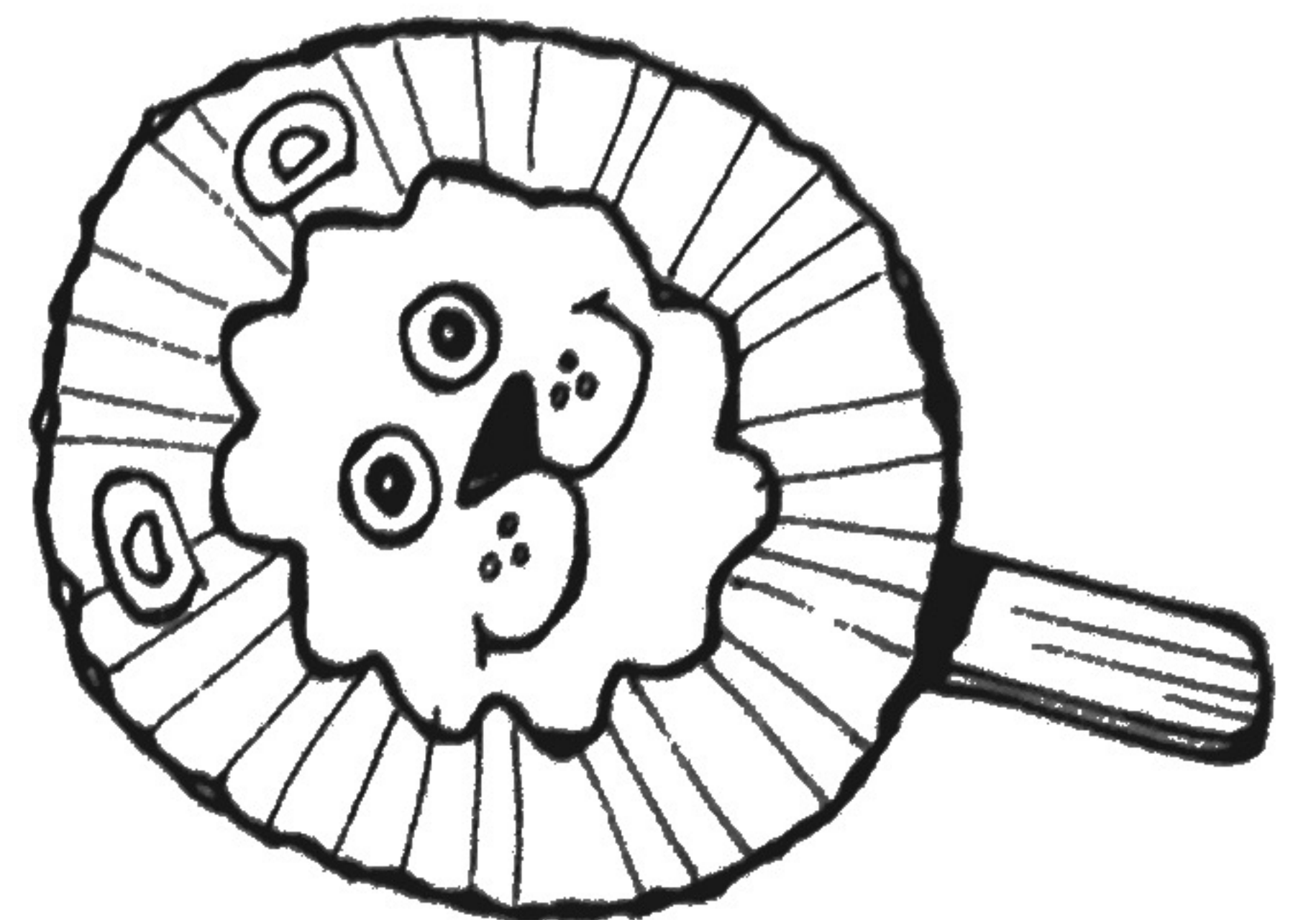
## Paper Bag Puppets

1. Draw a mouth where the bottom of the bag meets the side of the bag.
2. Make facial features by gluing paper cutouts, yarn, fabric scraps, cotton, buttons, ribbons, string, noodles, feathers, or plastic straws to the bag.



## Spoon Puppets

1. Draw a face on a plastic spoon using markers. Attach "hair" by gluing lengths of yarn to the spoon.
2. Use chenille craft sticks wrapped around the spoon for arms or legs. Add additional features, if desired.



## Paper Plate Puppets

1. Tape a craft stick to the back of a small paper plate.
2. On the front of the plate, make facial features by gluing paper cutouts, yarn, fabric scraps, cotton, buttons, ribbons, string, noodles, feathers, or plastic straws to the paper plate.

# Trustworthiness

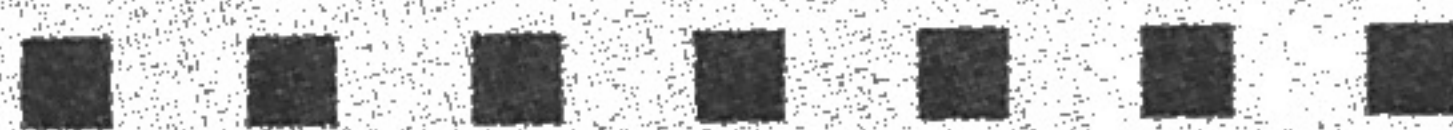
Week 34 - Week 36

## Theme Song

“We Build Our Lives”

Sung to the tune

“Old MacDonald Had a Farm”



We build our lives and make  
them strong,  
Every time we choose,  
To do the right and not the wrong,  
Every time we choose.

We choose to be faithful,  
Each and every day.  
With trust here, and with trust there,  
Know that on us, you can  
always trust.  
We choose to be faithful,  
Each and every day.

We make the world a better place,  
Every time we choose.  
An example for the human race,  
Every time we choose.