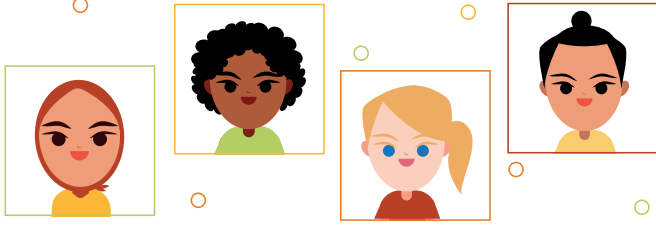


All About Acceptance And Diversity

Acceptance is understanding, respecting, and celebrating the ways in which each person is unique and different. When you show acceptance you are friendly and kind, and you help others feel important.

Diversity And Inclusion



The **many differences** between people is called **diversity**. When you **embrace** diversity and **include everyone** in activities, we call this **inclusion**.

An Inclusive Environment accepts all...

- ✓ Learning Differences
- ✓ Abilities
- ✓ Ages
- ✓ Incomes
- ✓ Genders and Identities
- ✓ Orientations
- ✓ Belief Systems
- ✓ Feelings
- ✓ Shapes and Sizes
- ✓ Languages
- ✓ Skin Colors
- ✓ Religions and Customs
- ✓ Thoughts and Opinions
- ✓ Races and Ethnicities

Everyone Belongs!

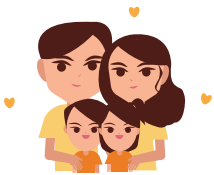
What does diversity look like?



People come in many **shapes, sizes, and colors**.

Never judge others on their appearance.

We may look different, but deep down we are all **human!**



There are many different **types of families!**

Two parents, one parent, step-families, grandparents, interracial families, two moms or dads, adoptive or foster families, multiple generations in a home, **and more!**

Where we come from makes each of us **unique!**



We all have unique **abilities**.

Some people have **disabilities** that can make learning or physical activities difficult.

Always remember that our abilities **outweigh** our disabilities!

How To Practice Acceptance



Be kind and respectful to everyone, not just your friends.

Spend time with, and learn about people who are different than you.

Include everyone, even if they look or act different than you.

Understand that not everyone will always agree with you and **that's okay**.

Always **A.C.T.** with kindness



Acceptance
Accept and include all people into your groups and activities.



Compassion
Help others when they are in need, and stand up for the underdog.



Tolerance
Be fair and respect everyone's opinions and beliefs.

All About Accountability

Accountability means accepting responsibility for your actions. It means taking ownership for your choices, and accepting any consequences that come as a result. This includes trying to make things better whenever you make mistakes.

Why Does Accountability Matter?



Every **action**, whether good or bad, has an **effect**.



If you want to have a **positive effect**, you need to make sure your **thoughts, words, and actions** are positive.



When you **hold yourself accountable** for your actions, then you can **achieve the goals** you set for yourself.

Accountability Helps You Improve Yourself By...

MISTAKES

Quickly spotting and fixing mistakes



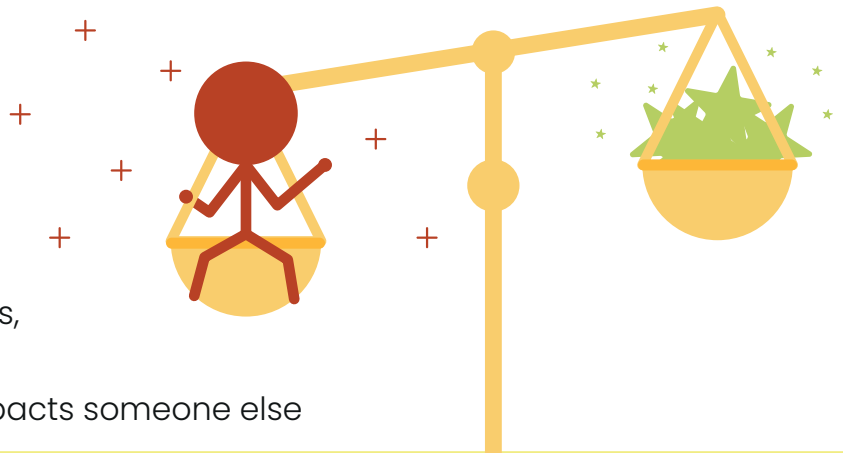
Responding positively to feedback



Learning from past experiences

Ways To Hold Yourself Accountable

- Admit your mistakes
- Take action to solve mistakes
- Don't blame or make excuses
- Be honest with yourself and others
- Follow through on your promises and commitments
- Accept the consequences of your actions, good or bad
- Apologize if you make a mistake that impacts someone else



Qualities Of Accountable People



- Humble
- Integrity
- Ownership
- Resilience
- Proactive
- Leadership
- Committed
- Transparent
- Courageous
- Action-Oriented
- Positive Attitude
- Self-Improvement
- Makes Good Choices



Accountability Questions



- Did I work as hard as I could have?
- Did I ask questions if I needed help?
- Am I being fully honest with myself and others?
- Am I happy with how I acted?
- How can I do better next time?
- What can I learn from my experience?
- Did I avoid distractions, temptations, and procrastination?

All About Being Hopeful

Being hopeful is a personal belief that things will get better. A hopeful person expects good outcomes, and sees struggles as challenges to be solved. Hope can help you stay positive during stressful situations.

Feeling Hopeless...



Hopelessness is a feeling that your situation will not

improve no matter what you do or how hard you try. Hopelessness can often make us feel sad, helpless, or empty.

Why Is Hope Important?









- Increases happiness
- Reduces stress, anxiety, and depression
- Strengthens immune system
- Helps you to overcome life challenges
- Improves school or work performance
- Increases self-confidence
- Encourages you to take action toward goals

Ways To Feel More Hopeful

- Read books and watch movies that show characters who have hope and determination
- Encouraging self-talk - "I'm strong. I can do this. It will be ok. I can ask for help."
- Create a dreams list with big dreams you would like to accomplish in your life
- Set goals, and come up with a step-by-step plan to achieve them
- Volunteer, help others in need to give others a hopeful future
- Use a journal to write about things you are hopeful for
- Pursue a hobby or activity you feel passionate about
- Talk with a therapist, counselor, or other caring adult
- Spend time around other hopeful, positive people
- Plant seeds and watch them sprout and grow
- Practice gratitude
- Practice optimism



The following chart shows how a hopeful vs. a hopeless mindset impacts your thoughts, feelings, and actions:

 Hopeless	 Hopeful
 Thought	 Thought
<ul style="list-style-type: none"> - I can't handle this situation - Nothing will improve - I'm so angry about everything - Everything is completely ruined 	<ul style="list-style-type: none"> - I can ask for help to get me through - I can figure out a solution - I can calm down and move forward - Something good will come from this
 Feelings	 Feelings
<ul style="list-style-type: none"> - Worry - Fear - Doubt - Hopeless 	<ul style="list-style-type: none"> - Excited - Courage - Confidence - Hopeful
 Actions	 Actions
<ul style="list-style-type: none"> - Stay in bed - Give up easily - Withdraw from others 	<ul style="list-style-type: none"> - Plan your day to motivate yourself to get up - Continue trying even when things are difficult - Connect with others

All About Being Humble

Being humble means having quiet confidence without having to forcefully promote your good qualities to others. A humble person does not need to show off, or brag about their skills.

Pride vs. Humility

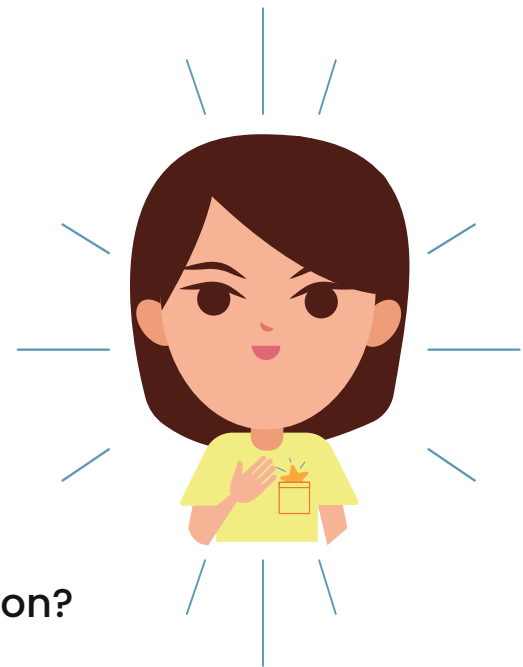


It is often good for your self-esteem to feel personal pride for your successes and achievements. However, being overly prideful means that you have an exaggerated sense of your own importance. This can cause you to be boastful, and can negatively affect your relationship with others.

When you are humble it is often said that you have humility. Humility is a character quality that is the opposite of pride, arrogance, and conceit. It is a decision to put the good of all before your own personal desires. It is a modest attitude that does not hold the belief that you are better than others.

Why Should We Be Humble?

- It helps people around you feel valued and comfortable
- It helps people connect and relate with you
- It allows you to be aware of your flaws and weakness (which can help you improve yourself)
- It helps you learn more about yourself
- It helps you be patient and understanding with other people
- Humble people tend to get better grades and have better job performance



How To Be a More Humble Person?



Listen carefully to others



Try to be caring and considerate to others



Be grateful for all the things you have



Don't be afraid to ask for help when you need it



Seek feedback from others to improve yourself



Be open and accepting to feedback (positive or negative) from others



Review your past actions and times when you felt like you were bragging or being overly prideful



Be open to mistakes and failures, and use them as opportunities to learn and grow



Accept your flaws and weaknesses, while working to improve yourself



Learn about your own biases, and work hard to overcome them



Give compliments, and acknowledge others for their accomplishments



Practice mindfulness

All About Being Open-Minded

Being open-minded means you are willing to listen and learn about different ideas and ways of doing things. You are willing to try new experiences. You respect other people's beliefs and cultures even if they are different from your own.

Open-Minded People...

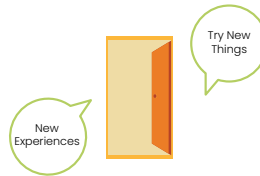
Don't judge.



Ask questions about the other person's view.



Are willing to try new things and have new experiences.



Are open to new ideas and opinions, and willing to consider them.

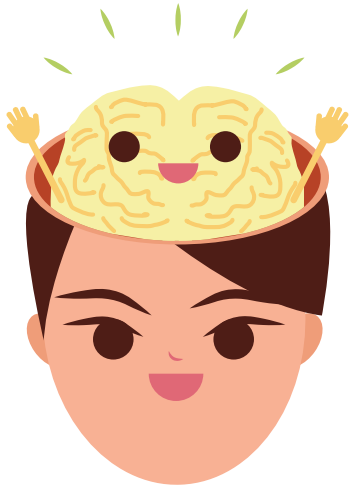


Respect other people's differences, including thoughts, values, and beliefs.



Respect, Acceptance, And Understanding

Being open-minded **does not** mean that you **believe** all the ideas and viewpoints of others. It means that you **accept** that the other person's beliefs are **equally important** as your own. You **respect their belief**, and **try to understand** where they are coming from.



How To Become More Open-Minded

Try new things - Test out a new hobby or routine. Try new foods. Experiment with different clothes, colors, or styles.

Meet new people - Make friends with people who have different thoughts, cultures, and beliefs.

Understand both sides - If you are quick to disagree with someone, ask yourself, "Where are they coming from?"

Accept your flaws - Know that it's okay to make mistakes and be wrong.

To become more open-minded, I will...

- **Grow** from each new experience.
- **Listen** to other people and **respect** their ideas.
- **Take time to think** about other points of view.
- **Accept** that people are **different** and may do different things.
- **Understand** that not everyone will think like me and **that's okay**.
- **Appreciate** my own culture and personal history, while still **being open** to the perspectives, values, and traditions of others.



All About Being Trustworthy

Someone is considered trustworthy when they are dependable, reliable, and responsible. You are trustworthy when you can be trusted to be honest or truthful.

Trust Is A Fragile Thing



Think about the following phrase - "Trust is the foundation of our relationships, but trust is also a fragile thing." What comes to mind when you read this phrase?

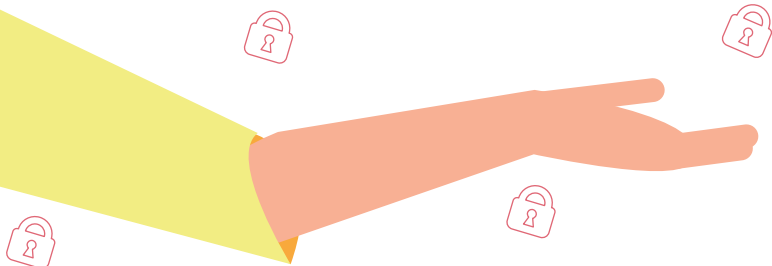
Trustworthy vs Untrustworthy

Trustworthy

- They are consistent (with their words and actions)
- They are honest with themselves and others
- They keep promises
- They respect you and others
- Their actions match their words
- You can count on them when you need them
- They don't gossip
- Willing to support you
- They have good self-control
- They do not lie, cheat, or steal
- They are a good friend
- Treat others how they want to be treated

Untrustworthy

- Inconsistent with their actions (do not do the things they say)
- They lie or hide the truth
- Rude or disrespectful
- Not loyal
- They spread rumors
- They do not want to support you
- They bring you down
- Not there for you when you need them
- Selfish – only think about themselves

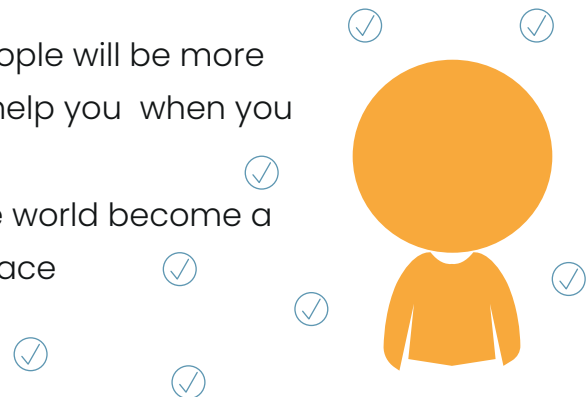


How To Show Others You Are Trustworthy

- Don't hide the truth or lie
- Follow through with your words – don't make promises you can't keep
- Admit your mistakes – accept the consequences of your actions
- Apologize when needed – commit to correcting your mistakes
- Stay away from those who gossip
- Don't share personal information of others
- Be helpful
- Be kind and caring to others
- Think before you act – take time to make decisions
- Be there for friends in good times and in bad
- Be on time
- Return what you borrow
- Keep in contact with those you care for

Benefits Of Being Trustworthy

- Less stress
- Builds your character
- Builds your self-confidence
- Strengthens relationships with others
- Other people will be more likely to interact with you
- Other people will be more likely to help you when you need it
- Helps the world become a better place



All About Caring

Caring means that you are kind and compassionate. You show concern and attention to the needs of others. Caring people tend to be thoughtful, generous, helpful, and forgiving.



Benefits Of Being Caring

- Boosts the mood of others
- Boosts your mood
- Helps others feel valued
- Improves relationships
- Gives a sense of purpose
- Attracts positive people
- Creates stronger friendships
- Boosts self-esteem
- Inspires others to be caring
- Reduces stress

Acts Of Caring

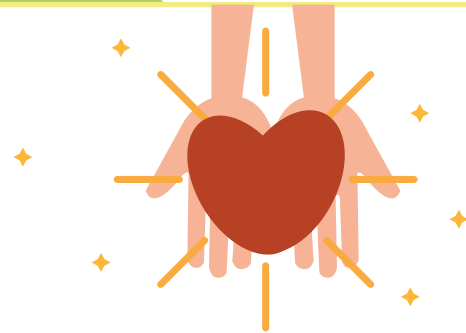
- **Create memories with others.**
Enjoy relaxing at home with your family, invite your friends to spend time together, go for a walk with your pet, etc.
- **Reach out to friends or family** through phone or video to let them know they are on your mind.
- **Tell someone** how grateful you are to have them in your life.



- **Give a small, thoughtful gift** to someone you care for. It can be a snack, a flower, a piece of art, or a craft item that you made on your own.
- **Lend a helping hand.** If you see someone struggling, help them.
- **Write a letter** expressing how much you care for and appreciate someone.

Ways To Become More Caring

- **Pay attention** to the feelings of others
- **Sincerely ask** someone how they are doing
- **Take care** of others who are sick or injured
- **Give to others** without expecting anything in return
- **Send positive** thoughts and prayers to those who you care about
- **Be observant**, and offer help to those who might be too shy to ask



Quick Tips!



Forgive others



Be a good listener



Compliment others



Don't exclude others



Stand up for the underdog



Be reliable and trustworthy



Show kindness and respect

All About Character Building

Character building is putting in effort to strengthen personal qualities that improve your character. It requires personal reflection, goal setting, and ongoing effort to strive toward self-improvement.

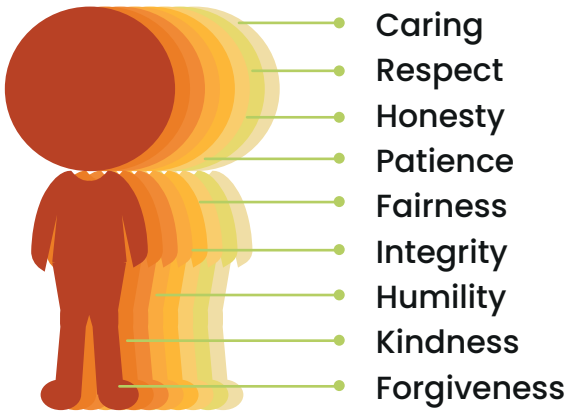
Benefits Of Character Building

Character building helps you to **handle life's challenges**, and **make good decisions**. It also helps you to **get along better with others**, and **enjoy a happier life**.

Lifelong Personal Development

Character building **is not** a one-time goal that is achieved. It is something that we must **continually strive to achieve** from the time we are young **throughout our entire lives**.

9 Core Character Traits



Character Building Activities

- Socialize
- Volunteer
- Include others
- Follow directions
- Take care of nature
- Practice gratitude and appreciation
- Treat others with kindness and respect
- Surround yourself with others who have a good character

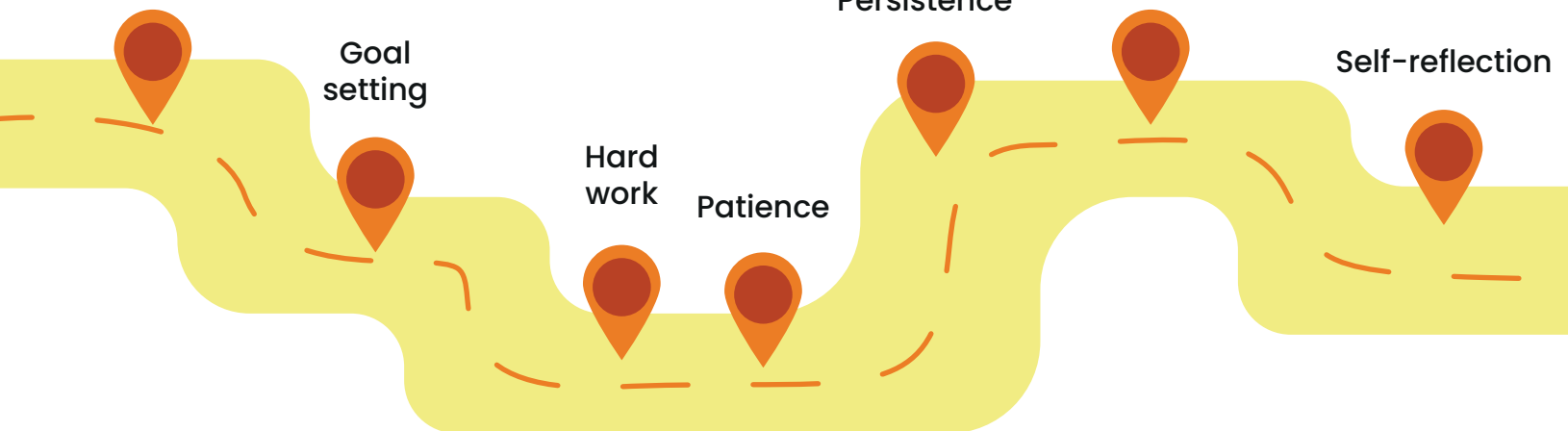


Tips To Build Your Character

- Keep your promises
- Be patient with others
- Try your best, and don't give up easily
- Treat others the way you want to be treated
- Embrace failure as something you can learn and improve from

Character building is a **journey** that takes **time and effort**. The following are **qualities** that support you in **building your character**.

Identifying your core values



All About Citizenship

Citizenship is being a good member of your community, following rules and laws, and helping others. It means being a good neighbor, respecting authority, and protecting the environment.

There is a difference between being a citizen and practicing citizenship.

Citizenship encourages you to...



1) Actively participate and contribute to your school and your community.



2) Be respectful and helpful to others within your community.

Qualities Of Good Citizenship

- Fair
- Caring
- Friendly
- Honest
- Helpful
- Responsible
- Cooperative
- Good listener
- Respectful
- Hard working
- Thoughtful
- Positive attitude
- Well-mannered

Action Steps For Good Citizenship

- **Report** wrongdoings.
- **Don't violate** the rights of others.
- **Respect** others and their property.
- Be a **good neighbor** and a **good citizen**.
- **Participate** in school and community events.
- **Read** your local newspaper, or **watch** your local news.
- **Listen to and respect** the views and opinions of others.
- **Help others** who are not in the position to help themselves.
- **Vote - stay informed** about important issues before you vote.
- **Volunteer at your school or in your community** to make things cleaner, safer, and better for all.

Protect the environment by...

- Not littering.
- Picking up trash.
- Reducing pollution.
- Reusing shopping bags.
- Cleaning up after yourself.
- Recycling and conserving resources.
- Helping with yard work and gardening. Grow your own vegetables.
- Turning the water off while you are brushing your teeth or doing the dishes.
- Watching shows about science and nature. Notice and appreciate nature around you.



Respect rules, laws, and those in authority by...

- Being cooperative.
- Being a good sport.
- Following traffic rules.
- Following school rules.
- Always playing by the rules.
- Listening to parents and teachers.
- Following the laws in your community.
- Respecting all people, animals, plants, and property.
- Taking time to learn about how the government works.



All About Compassion

Compassion is when you care about others, treat them with kindness, and feel the urge to help those in need.

The Difference Between Compassion And Empathy



Empathy is understanding how others are feeling. Compassion is not only understanding how they are feeling, but also feeling a desire to help. Compassion is empathy in action.

Examples Of Compassion

Compassion is not simply telling someone that you'll be there to support and care for them, it is showing you care through your actions. True compassion is acting in kind, caring, and helpful ways without being asked.



- Show respect to people of all ages
- Speak with kindness and care
- Share a hug or handshake
- Listen without judging others
- Accept people for who they are, even if they are different than you
- Forgive people for their negative actions toward you or others
- Offer help without asking for anything in return
- Notice when others are feeling sad or upset and offer your support
- Include others who are left out
- Help someone going through a tough time even if you don't know them

What About Self-Compassion?

Self-compassion is when you are kind to yourself, especially when you're going through a stressful time. It is similar to self-love, and involves taking good care of yourself mentally and physically.

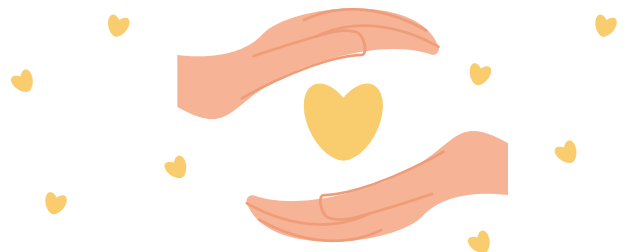


Examples Of Self-Compassion

- Treat yourself like you treat your loved ones
- Be kind to yourself
- Practice self-forgiveness
- Accept your flaws and weaknesses
- Don't be too hard on yourself, don't judge or criticize yourself
- Don't let the opinions of others bring you down

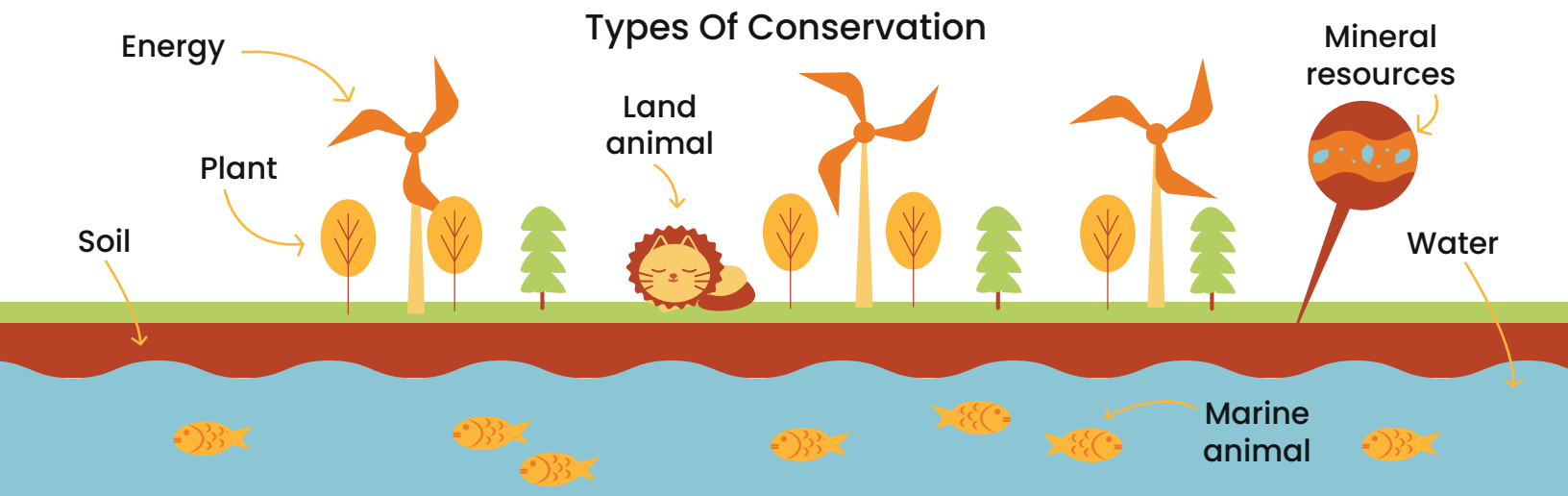
Why Should You Practice Compassion?

- Being kind and compassionate can help others feel happier, and overcome difficult moments
- Compassion boosts your feelings of happiness
- Compassion can make you feel more connected to others, which can defend against depression and anxiety
- Compassion can reduce your stress, strengthen your immune system, and speed up recovery from illness
- Compassion is contagious - acting with compassion can inspire others to be compassionate



All About Conservation

Conservation means protecting things found in nature. It is the mindful use of Earth's natural resources, including animals, plants, water, soil, minerals, and forests. Conservation helps keep the environment clean and healthy so it can be enjoyed by current and future generations.



Benefits Of Conservation



- Reduces **greenhouse gases**
- Reduces **air and water pollution**
- **Protects** land and aquatic wildlife
- **Helps** you become a **more responsible** citizen
- **Repairs environmental damage** done by humans
- **Maintains** the environment for future generations
- **Helps you appreciate** wildlife and other natural resources
- **Maintains scenic landscapes** and recreational lands for everyone to enjoy
- **Promotes sustainable farming and forestry**, which provides food and health benefits

Ways To Practice Conservation



1. Reduce your ecological footprint

- Use less plastic, use reusable bags and water bottles
- Recycle trash
- Use less paper
- Don't run the water when brushing your teeth
- When not in use, turn off all lights, appliances, and electronics



2. Protect and preserve nature

- Plant trees, flowers, or crops
- Do not harm, or keep wildlife as a pet
- Separate your garbage and use the fruit and vegetable scraps to make a compost



3. Connect with mother earth

- Walk or ride a bike, or use public transportation
- Use fewer cosmetics that contain too many ingredients from nature
- Go paperless to reduce junk mail and unnecessary papers
- Experience the beauty of parks, rivers, lakes, and forests

All About Courage

Courage is when you are willing to take action to do something that is difficult, uncomfortable, or scary. Someone who acts with courage is considered brave. When you act with courage you may feel scared, but you do not let the fear hold you back from doing what you want.



13 Acts of Courage To Practice

- Apologizing – saying "I'm sorry," truly meaning it, and making efforts to improve
- Service to others – helping someone who is going through a tough time
- Being who you are – showing everyone your true colors, flaws, and strengths
- Speaking up – sharing your thoughts and true feelings
- Learning how to say 'No' – being assertive and standing up for yourself
- Forgiving others – letting go of negative and angry feelings toward others can reduce your stress and bring inner peace
- Listening with an open heart – listen without judging, pay attention, and be open to the thoughts and feelings of others
- Not giving up – do not let failures, mistakes, or obstacles stop you from moving forward
- Choosing to be happy and hopeful – when faced with challenges or negative life situations finding happiness, hope, and positivity requires inner strength and courage
- Admitting your mistakes – being able to admit your mistakes can help you to improve, and grow into a better person
- Facing your fears – taking action in the direction of the thing you fear can help extinguish the fear
- Loving yourself – take care of your thoughts and feelings, be kind and encouraging to yourself
- Asking for help – all people who have achieved great things have received help from someone along the way

What are some other examples of courage you can think of?

How To Build Courage

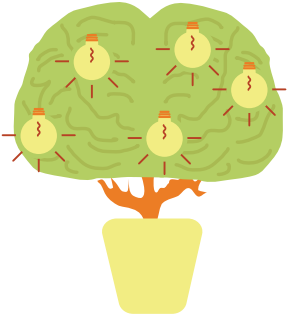
- Get out of your comfort zone
- Face your fears
- Practice calmness before taking action (take deep breaths, encourage yourself with positive affirmations)
- Try a new activity that is challenging
- Learn new skills that take practice and effort
- Talk to someone you trust about the thing you fear



"The cave you fear to enter holds the treasure you seek." -- Joseph Campbell

All About Creativity

Creativity means using your imagination to create something new and unique. This might include a unique idea or way of doing something, or creating a physical object like a work of art or an invention.



- 💡 Creative people approach tasks or ideas from a new perspective.
- 💡 Creativity is a skill that can be developed with practice and effort.
- 💡 Everyone has creative potential.
- 💡 Follow your interests and passions, and don't be afraid to try new things.

5 Benefits Of Creativity

More Self-Confidence
Improved Problem-Solving Skills
Greater Ability To Overcome Challenges
Better Academic Performance
Less Stress, Better Mood

Ways To Increase Creativity



- ★ Do puzzles and brain games
- ★ Brainstorm – Come up with as many ideas as possible.
- ★ Free writing – Don't worry about grammar or spelling. Don't overthink, just flow.
- ★ Play word games – Wordscapes, Word Cookies, Scrabble, etc.
- ★ Play with creative toys or building blocks – LEGOs, Play-Doh, etc.
- ★ Engage in a creative hobby
- ★ Role-play or join a theater club
- ★ Take things apart and put them back together again
- ★ Travel



Quick Tips!

1. Take risks
2. Try new things
3. Be willing to make mistakes
4. Experiment with unique ideas and new ways of doing things
5. Take breaks, and give your brain time to rest and recharge

All About Curiosity

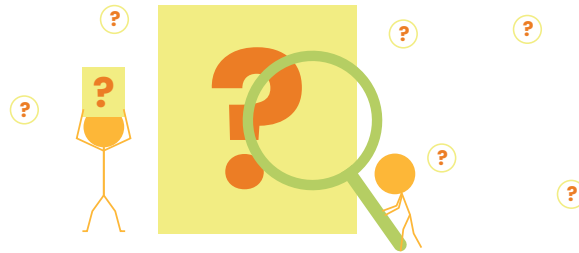
Curiosity is what makes you want to explore and discover new things. It's what drives you to ask questions and learn more about the world around you.

Being Curious Helps You...

Discover new things

Solve problems

Achieve your goals



Plus, it makes life more fun and exciting!

Ways To Develop



- Explore nature
- Try new hobbies
- Travel to new places
- Experiment with science projects
- Ask questions and converse with others
- Watch documentaries and educational videos
- Attend events, clubs, or activities such as museums, zoos, or historical sites

8 Tips To Increase Your Curiosity

Tips 1 **Ask "why?"** When you ask questions, you get the chance to discover new things.

Tips 2 **Be observant.** The more you observe, the more you'll discover.

Tips 3 **Try new things.** New experiences can spark new interests.

Tips 4 **Read books.** Just by imagining, books can take you on adventures without ever leaving your room.

Tips 5 **Experiment.** Experimentation can lead to unexpected discoveries.

Tips 6 **Play games** that can challenge your mind and spark curiosity.

Tips 7 **Explore.** Visiting new places can open your eyes to new wonders.

Tips 8 **Connect with others.** This can lead to valuable insights and ideas.

All About Empathy

Empathy is the act of understanding what someone else is thinking and feeling. It's the ability to place yourself in someone else's shoes.



Importance Of Empathy

Empathy allows you to understand how others feel, so you can better support and care for them. It also helps you to make changes to your behavior if you are doing something that makes them feel unhappy.

How To Respond With Empathy When Someone Confides In You



Listen actively. Read nonverbal cues. Don't interrupt. Pause before you respond to make sure you heard what they said.



Respect them regardless of the story they share. Understand that we all go through good and bad times, so don't judge their thoughts, feelings, or experiences.



Avoid turning the attention to yourself, instead focus on them and their experience.



If you are unsure how to read someone's facial expression, tone of voice, or body language, ask a friend or caring adult to help you understand what each nonverbal cue could mean.

How To Tell What Others Might Be Feeling

There are three nonverbal cues that can be helpful clues to tell you what others might be feeling:



1. Facial Expressions

Are they frowning or smiling?
Are their eyes wide open or glaring?



2. Tone Of Voice

Are they quiet or loud?
Do they sound annoyed or excited?



3. Body Language

Are their arms crossed, is their head down?
Do they look relaxed or tense?

Examples Of Empathetic Responses

1. Acknowledge how they feel.

"I'm sorry you are going through this."
"I wish you didn't have to go through that."
"I'd feel the same if I were in your situation."
"That sounds really stressful."

2. Show gratitude that the person is sharing their experience.

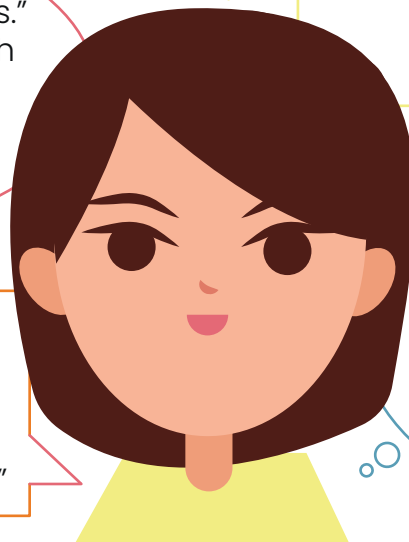
"Thanks for opening up to me."
"I'm glad you told me about this."
"Thank you for sharing this with me."

3. Ask questions to show you're interested.

"How are you feeling now?"
"Is there anything else you want to tell me?"

4. Be encouraging and supportive.

"You're really strong."
"You're awesome/amazing."
"I'm here for you."
"Is there anything I can do to help?"
"I'm happy to listen any time."



All About Equality

Equality means that each person has an equal opportunity to reach their full potential. Everyone should have the same rights, resources, and opportunities to be successful. No one should be treated differently because of how they look or where they come from.

No one should be given less opportunity or treated worse due to their...



Race



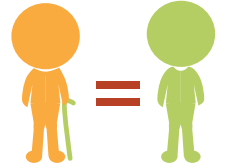
Disability



Birthplace



Socioeconomic
status



Age



Gender



Skin
color



Religious
beliefs

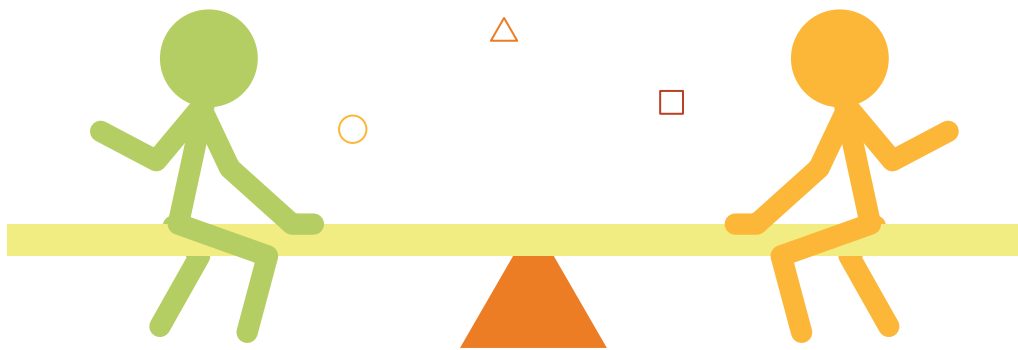


Thoughts,
beliefs, or opinions

Sexual
orientation

Ways To Promote Equality

- **Learn about issues of inequality** that affect your community. **Knowledge is power**, so knowing such issues **can help you support** people who are treated unfairly.
- **Join a club** or online group, or volunteer at an organization in your community that **stands up for human rights**.
- **Treat everyone fairly** no matter where they come from, how they look, or what they believe.
- **Respect the rights of everyone**.
- **Speak up** if you notice someone being mistreated due to being different from others.
- **Be mindful of your words**, and don't say things that may hurt or offend others.
- **Report and stand up** against all incidents of bullying.
- **Get to know others** who have different interests and backgrounds.



Reminders!

- **Everyone should have equal rights and opportunities** to be happy and successful, regardless of their gender, skin color, or other personal differences.
- Differences should be **embraced, respected, and valued**.
- **We all have the right to be treated with the same respect as everyone else in the world.**

All About Excellence

Excellence is when you put in effort to become the best you can be. Excellence is not about being perfect. It is about giving your best effort, and striving to become the best version of yourself in all areas of your life.

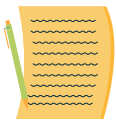
Excellence IS NOT about...

- ✗ Competing with others.
- ✗ Being better than others.
- ✗ Comparing yourself to others.

Excellence IS about...

- ✓ Trying your best.
- ✓ Working on yourself to grow and improve.
- ✓ Being better than you were yesterday.

Ways To Strive Toward Excellence



Set goals – Think about your strengths and weaknesses. Write down qualities or skills you'd like to improve.



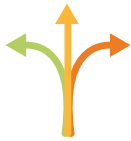
Be willing to **take smart risks**, and get out of your **comfort zone**.



Make a commitment – Commit to working hard, putting in your full effort, and not giving up.



Forgive yourself for past mistakes or failures so you can learn from them.



Be Flexible – If your plans are not working out, be willing to create a new plan to continue your journey toward excellence.



See every experience, good or bad, as an **opportunity to learn and grow**.



Be brave – Don't be afraid to take on challenging tasks or goals.



Be grateful for the small things. Be grateful for your current progress, even if it's day one of your journey.



Be yourself – Follow your own path even if others around you seem happy with being mediocre.

FAILURE
=
OPPORTUNITY

Embrace failure – Failure is an opportunity to improve yourself, and a stepping stone to success.



Surround yourself with other people who are **positive, encouraging, and working toward goals**.



Self-care – Take care of your mental and physical health. Exercise is a natural way to strive toward excellence.



Support and encourage others to become their best self.



Connect with a mentor or caring person – Ask questions to learn new things, and ask for advice during challenging times.

All About Fairness

Fairness is a core value that happens when you treat everyone equally, offer assistance without choosing favorites, and give equal access to things that they deserve.



Why Does Fairness Matter?

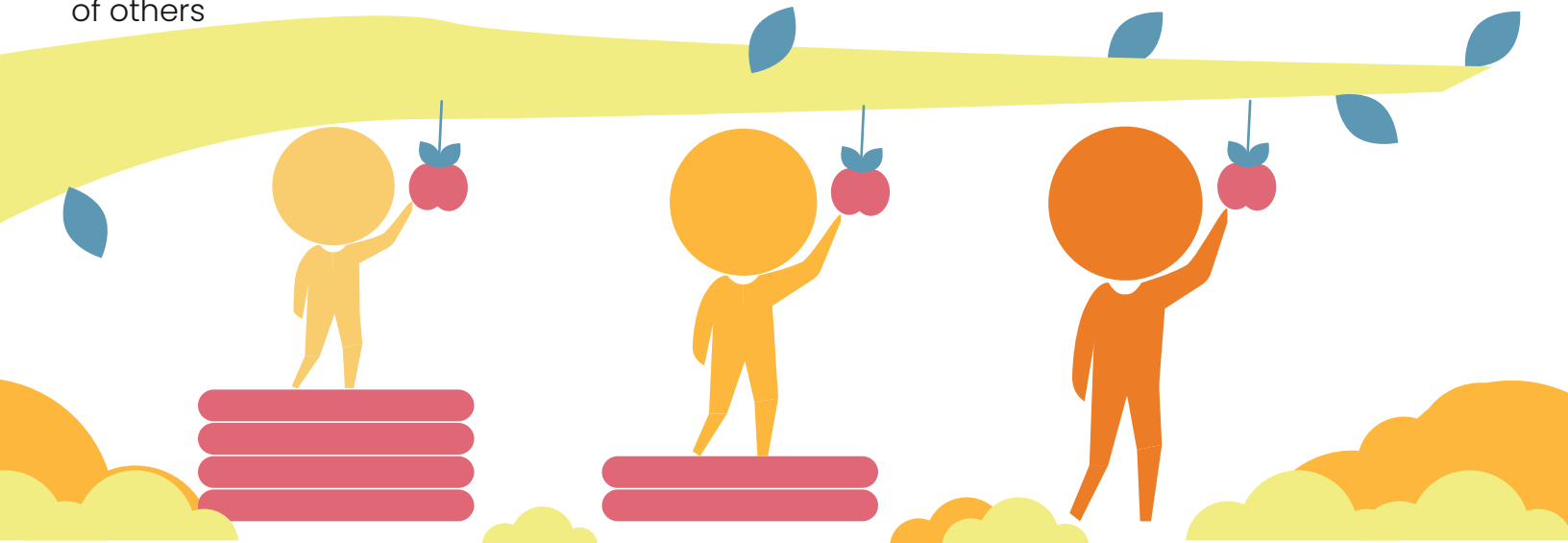
Fairness helps you to gain trust and cooperation. It reduces conflict with others. Fairness gives everyone a chance to contribute and participate, and be the best person they can be. When you are fair with others it helps you be a good person.

You Are Fair When You...

- Always try to do the right thing
- Treat everyone equally
- Have good sportsmanship
- Take only your fair share
- Do not judge others
- Do not blame others without reason
- Do not pick favorites
- Play by the rules
- Listen to what others have to say
- Try to see the other person's side
- Gather facts before making an opinion on something
- Take turns
- Share with others
- Do not take advantage of others
- Are open-minded to the thoughts and opinions of others

How To Be More Fair

- Treat people the way you want to be treated
- Be kind to others
- Tell the truth
- Give others the chance to participate in a game or activity
- Find ways to share
- Follow rules when playing games
- Do your assigned tasks at home and school
- Respect people who are different than you
- Don't cheat
- Accept the consequences when you break a rule
- Work with others to make things more fair for everyone



Fairness Questions

- Am I open to hearing other people's views and ideas?
- Did I check everyone's opinion on the matter that we are talking about?
- Did everyone have a chance to participate?
- Am I treating others how I want to be treated?

All About Forgiveness

Forgiveness is the act of genuine acceptance of the pain that a person has caused you, and moving on without hatred. It is when you choose to free your heart from all the negative emotions you've kept inside.



Research Has Shown The Following Benefits Of Forgiveness

- Less anger, stress, and depression
- Better relationships
- Fewer health problems
- More self-confidence and hope for the future



Forgiveness Is Not...

- Approval of what the other person did
- Excusing what the other person did
- Forgetting what occurred
- Pretending you were not hurt



You Know You Have Completely Forgiven When You...

- No longer feel the urge to tell others what someone did to hurt you
- No longer feel the desire to get revenge or punish
- You want the other person to forgive themselves and not feel guilty
- No longer feel bitterness and resentment inside you
- Are aware of what someone did and forgive them anyway
- Are able to calm your mind when thoughts of the incident arise

Forgive

If You Choose To Forgive It Means...

- You're ready to let go of the negativity you have felt when someone harmed you
- You have decided to accept what happened
- You are taking steps to move on, heal, and be at peace



How to Forgive Yourself

Forgiveness can also be given to yourself. You deserve to be free from the shame, guilt, or anger you feel from your mistakes.

- Acknowledge your emotions
- Use coping skills to help manage your negative emotions
- Learn from your mistakes
- Don't be so hard on yourself, avoid judging yourself, treat yourself with kindness and compassion

What If You Can't Forgive Yet?

If it feels like you can't forgive yourself or others at this time, then put the process on hold and return to deal with it when you feel ready. Turn to coping skills to manage negative emotions that come up when you think of the stressful situation. Talk to a therapist, counselor, or other caring person if you are having trouble overcoming the incident.



All About Generosity

A generous person is willing to give and share what they have freely without expecting anything in return. Research shows that generous people are happier, healthier, and more satisfied with life than those who are less generous.

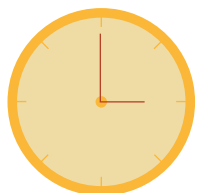
Simple Ways To Show Generosity

- Hold the door for someone
- Let others borrow your things
- Make something for someone
- Give compliments
- Share with others
- Let other people have a turn
- Clean without being told



- Donate items to others in need
- Spend time helping someone
- Smile at others
- Give someone a gift
- Cook a meal for someone
- Volunteer for a good cause

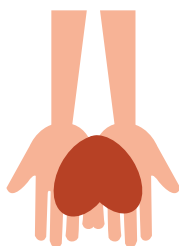
We Can All Be Generous With Our...



Time



Words



Attention



Possessions



Talents and skills



Forgiveness and compassion

Action Exercises To Become More Generous

- **Practice daily gratitude** by keeping a gratitude journal. It can be easier to be generous to others when you keep in mind the things you are thankful for.
- **Give without expecting anything in return.** Start by giving away small things such as unused clothes or shoes.
- **Prepare a meal** for your loved ones, or assist in preparing and cleaning up.
- **Leave notes of encouragement and appreciation** for those you care about.
- **Spend time with people in need.** Volunteer at a local homeless shelter, food pantry, or soup kitchen
- **Give one kind or encouraging word**, or one compliment to someone each day.
- **Research positive news**, and share the positive news with others.
- **If someone is kind or generous to you**, then **pay it forward** within 24 hours by being kind and generous to someone else.



All About Gratitude

Gratitude involves feeling thankful for something or someone in your life, and sharing how thankful you are with others.

The Many Benefits Of Gratitude

Physical Health



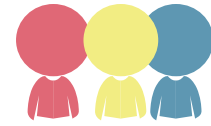
- Better Sleep
- Less overeating
- Helps your heart
- Stronger immune system
- Live longer and healthier
- Less bothered by aches and pains

Mental/Emotional Health



- More patience
- Helps manage grief after a loss
- More happiness and positive emotions
- Helps you deal with adversity or trauma
- Less envy, jealousy, resentment, or regret
- Reduces depression, anger, stress, and anxiety

Social Life



- More forgiving
- Attracts others who are also grateful
- Less desire to retaliate or seek revenge
- More helpful, generous, and compassionate
- Improves communication, which helps to resolve conflict
- Strengthens relationships with family, friends, and coworkers

How to Build A Gratitude Habit



Say "thank you" often.



Shift your focus to something you are grateful for any time you have negative thoughts or emotions.



Start and end your day by thinking about the things you appreciate most.

Gratitude Exercises

- **Write a thank you** letter, card, or email to people who have touched your life.
- **Gratitude jar** – write something you are grateful for each day on a strip of paper. Put the paper in a jar, and read at the end of the week.
- **Share three good things** with your family each day.
- **Keep a gratitude photo album**, or post photos on a memory wall in your bedroom.
- **Thank someone mentally.**
- **Gratitude journal** – write 1-3 things you are grateful for each day.
- **Go on a gratitude walk.**



Heart-Centered Gratitude Meditation

- 1) Focus your **attention** on your **heart**. Place your hand on your heart if it helps you **focus** on this area.
- 2) Take **slow, deep belly breaths**. Breathe in for 4-6 seconds until you get a gentle and calm breathing rhythm.
- 3) Generate a **heart-centered feeling of gratitude and appreciation** for something in your life. Continue to **focus your mind** on this **positive feeling or thought** for 3-5 minutes.



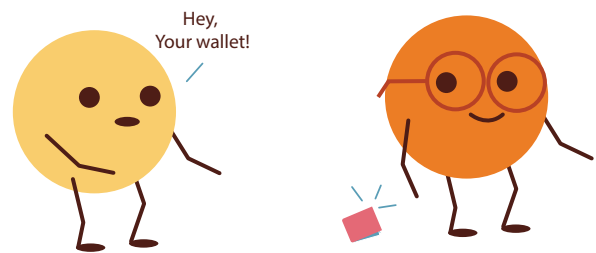
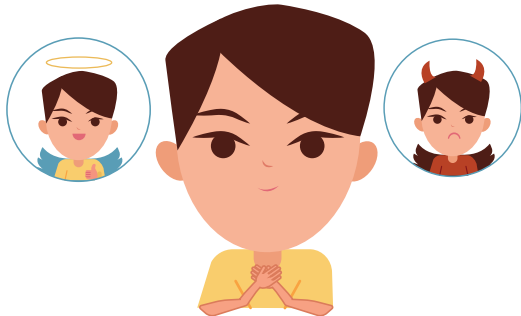
All About Honesty

Being honest means being truthful. An honest person won't lie, cheat, or steal. It means being honest with yourself, and with others in both your words and your actions.



Why Is Honesty Important?

- It helps build relationships.
- It helps other people trust you, and when someone is honest with you, it helps you trust them as well.
- It keeps you out of trouble.
- Lies can be emotionally and mentally hurtful to others.



Being Honest With Yourself

- Accepting your flaws without criticizing yourself
- Accepting the consequences of your actions
- Sharing your thoughts and emotions sincerely
- Doing what you really love without guilt

Acts of Honesty With Others

- Admitting your mistakes
- Choosing not to cheat, lie, or steal
- Not taking more than your fair share
- Returning things that are not yours
- Making your true feelings known in a respectful way
- Telling the truth to your parents

Honesty is more than simply “not lying.” Honesty is about both **words** and **actions**.

You are fully honest when...

- You do not leave out parts of the story in order to hide something you know is wrong.
- You do not act in a way that tricks or deceives others.
- You don't say things about people that are not true. This includes spreading rumors that you heard from others.
- You admit your actions and mistakes, even if you might get in trouble. You do not hide your actions, or deny you did something wrong when you know you broke a rule.

Remember:

Hiding the truth with your words is called **lying**.
Breaking rules to gain an advantage is called **cheating**.
Taking something that isn't yours is called **stealing**.

All About Integrity

Integrity is knowing the difference between right and wrong. It is being strong enough to do the right thing, even when it is difficult or when no one is looking.

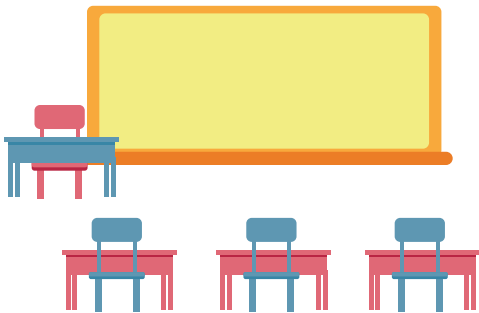
What Does Acting With Integrity Mean?

Choosing to live with honesty, fairness, and respect is one aspect of integrity. It also means understanding rules and laws, and choosing to follow them. It means acting with good behavior, and doing the right thing in all situations, even when it is hard to do.

Why Is Integrity Important?

When you act with integrity it shows that you have a strong character, which lets other people know they can trust you. This helps you to have good relationships. Integrity also helps you to make smart choices, and to feel good about yourself.

What Integrity Looks Like



In The Classroom

- Be honest and fair (follow classroom rules, submit your own work, no cheating)
- Be trustworthy and responsible (complete assigned tasks on time, come to class prepared, come to class ready to learn)
- Be respectful (listen during class, don't disrupt class, show up to class on time)



At Home

- Do the right thing (finish household chores, follow home rules, always be honest)
- Apologize and correct mistakes (say sorry for what you did, set goals to improve)
- Speak kindly with all family members (use kind and encouraging words, use a respectful tone)



With Other Kids

- Offer to help others (or stand up for the underdog)
- Be respectful (use kind and encouraging words, listen when someone else is speaking)
- Be reliable and trustworthy (follow through with your promises and commitments, be honest)

What are some other examples of integrity you can think of at school, home, or with other kids?

Tips To Develop Integrity

- Write down your values – What kind of person do you want to be?
- Be respectful to others even if they have different beliefs and values
- Spend time around others who have good integrity
- Treat others how you want to be treated
- Strive to improve yourself in all areas
- Follow through with your promises
- Always tell the truth



All About Kindness

Kindness can be defined as being friendly, generous, helpful, and caring. It includes kind deeds, smiles, and encouraging words. It also encourages us to treat others as we would like to be treated.



Why Be Kind?

Kindness provides the following benefits:

- Helps to boost feelings of happiness and self-esteem
- Reduces isolation and increases our sense of connection to others, which improves our overall mental health
- Helps us to feel more positive and optimistic about our lives and the world around us
- Inspires hope in others, and encourages others to also practice kindness
- Makes the world a better place

How to Be Kind to Yourself and Others

Every person faces different stresses each day, which is why we need to be careful with our words and be kind to other people.

Ways To Be Kind To Others

- Smile
- Listen when someone confides in you
- Give compliments and encouragement
- Offer help without expecting anything in return
- Give hugs to your loved ones
- Say thank you often
- Eliminate complaints and criticisms
- Use humor to lighten the mood
- Write a kind note
- Tell your loved ones that you love them
- Invite someone to join you
- Volunteer at school or in the community
- Make donations (old clothes, toys)
- Greet others with positive words
- Share your things with others
- Help someone who's having a tough day
- Clean up around your home, school, or community without being asked

Just like everyone else, you also deserve to be treated with kindness.

Ways To Be Kind To Yourself

- Share your feelings with a supportive person
- Forgive yourself when you make mistakes
- Surround yourself with positive people
- Hang out with yourself (read books, do hobbies, learn new skills, rest and recharge)
- Highlight your small successes
- Practice good hygiene
- Drink plenty of water
- Do things you enjoy
- Practice self-care
- Get good sleep
- Get out in nature
- Eat healthy
- Exercise



Do one kind thing for yourself, and one kind thing for someone else today!

All About Loyalty

Loyalty is a commitment to a person, place, group, or cause. A loyal person is supportive and reliable at all times. You can show loyalty with your words and actions.

Benefits Of Staying Loyal



A loyal person...

- Stands by and supports people or groups they care for.
- Stands up for people, places, or causes that are important to them.
- Does not lie or cheat.
- Does not abandon those who they are loyal to.
- Is dependable, faithful, and trustworthy.

Qualities Of A Loyal Person



- Honest
- Selfless
- Reliable
- Steadfast
- Consistent
- Supportive
- Committed
- Transparent
- Trustworthy
- Promise Keeper

Ways To Show Loyalty

- Don't judge others
- Respect the people you care for
- Keep your promises and commitments
- Stay in regular contact with those you care for
- Don't gossip, tell secrets, or talk behind their back
- Support others when they are going through a tough time
- Stand up for a friend even if it means going against the majority

Important Points



Loyalty does not mean that you will stand by while your friend breaks rules, or does something to hurt themselves or others.



It is important to speak up and stand up for what is right.



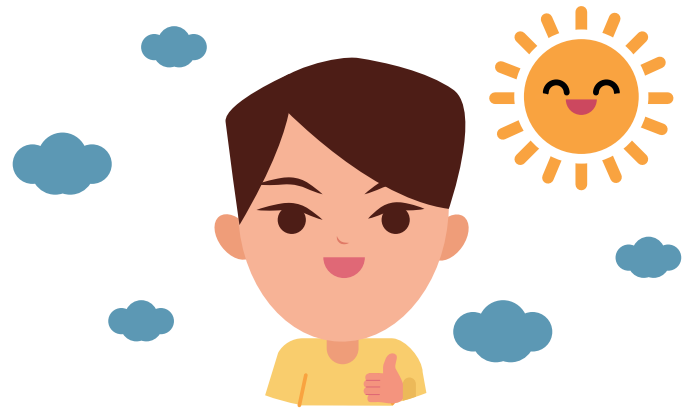
It is important to be loyal to yourself and your values.

All About Optimism

Optimism is the ability to see the world, other people, and events in a positive light. It is also the ability to overcome challenges with a positive attitude.

The Optimist

A person who shows optimism is called an optimist. An optimist sees the bright side of situations and believes that something good will come out of every situation. They also believe they have the knowledge and power to influence good outcomes. They see opportunities in problems, and believe that things will get better.









The Opposite Of Optimism

Not all people can make the best of any situation and stay positive when struggling. Someone who is pessimistic tends to see the negative in most situations, or believes that the worst will happen. They are not confident or hopeful in the future.

Ways To Develop An Optimistic Mindset

- Enjoy the little things you have in life and be grateful for them
- Focus on the good things and the positive side of everything
- Focus on success rather than failures and mistakes
- See failures and mistakes as opportunities to learn and grow
- Set goals, and create step-by-step plans to accomplish your goals
- Look for the good in every problem or difficulty
- Don't predict negative outcomes for your future
- Surround yourself with positive people
- Don't dwell on the past, learn from it and focus on the present
- Believe that something good will come from all situations

Benefits Of Optimism

- Stronger relationships with others 
- A more pleasant personality with the following qualities: friendly, kind, positive, hopeful, likable, enthusiastic, outgoing, and affectionate 
- Feeling happier and more satisfied with life 
- Better coping skills to manage big emotions 
- A less stressful life and better mental health 
- Better physical health, including a stronger immune system 

"Every adversity, every failure, every heartbreak, carries with it the seed of an equal or greater benefit." --- Napoleon Hill

All About Patience

Patience is the ability to wait calmly for something or someone without becoming annoyed, irritated, or angry.

Benefits Of Patience

• Better Mental Health

Patience helps you to better manage frustration. Patient people report feeling less depressed, and experiencing higher levels of positive emotions.

• Better Physical Health

Patience strengthens your immune system, and improves your sleep. When you practice patience, you are less likely to experience health problems, especially those related to stress.

• Improves Relationships

Patient people have stronger bonds with friends and neighbors. Patience helps you to be a better listener, and increases kindness and empathy toward others.

• Helps Us Achieve Our Goals

Patience helps you to stay focused on your goals and keeps you from quitting. The most successful people maintain a long-term perspective. They are willing to make sacrifices in the short-term in order to gain long-term rewards and benefits.

• Better Decision Making

Patience helps you to avoid making decisions based on impulse and emotion. It helps you to make more thoughtful decisions, which tend to have better outcomes for yourself and others.

Tips To Develop Patience

- Write about it – Keep a patience journal, write about your successes or struggles with patience.
- Look at the big picture – Ask yourself how much will this matter in a week, month, or year?
- Practice coping skills – Commit to using coping skills any time you are feeling impatient.
- Take a time out – If you lose your patience, take some space to calm down.
- Breathe – Take slow deep breaths and imagine yourself calming down.
- Track your successes on a monthly calendar – Write a green checkmark for every success, and a red x every time you lose your patience.
- Practice mindfulness – Try a mindful minute, or a 3-minute meditation.
- Learn your triggers – What causes you to be impatient?
- Practice patience – Devote an entire day to being patient.
- Practice gratitude – Start your day by thinking of three things you are grateful for.

Activities To Help You Practice Patience

• Try gardening, or caring for a plant while tracking its growth.

• Start a new hobby, or learn a new skill – knitting or crocheting, jigsaw puzzles, origami or papermaking, legos, or any other hands-on building activity.

• Set money saving goals, and save up until you can buy the item(s) that you want.

• Practice baking or cooking.

Remember that patience is a skill that can be learned and improved with practice. Set a goal to practice patience at least one time each day!

All About Peacemaking

Peacemaking is the quality of solving problems peacefully. A peacemaker tries to get along with others rather than fight or compete. They help others resolve conflict in a peaceful way.

Peacemaker Qualities



Ways To Practice Peacemaking

- ✓ **Breathe** - Pause and take a deep breath before speaking or acting.
- ✓ **Kindness** - Be understanding, patient, and forgiving. Don't gossip or complain about others.
- ✓ **Active listening** - Listen carefully, and validate their feelings.
- ✓ **Compromise** - Try to find a win-win solution for everyone.
- ✓ **Be at peace with yourself** - Practice self-care and good health habits. Manage your negative thoughts and emotions.

A Peace-breaker...

- Lies
- Is selfish
- Is disruptive
- Does not care
- Does not listen



- Fights with others
- Does not follow rules
- Is mean or rude to others

A Peace-maker...

- Shares
- Helps others
- Tells the truth
- Says "I'm sorry"
- Follows the rules



- Is respectful and kind
- Listens when others speak
- Resolves conflict peacefully

PeaceBREAKERS make problems, **PeaceMAKERS** find solutions!

How To Right Your Wrongs With The Five A's

- -
 -
 -
 -
 -
 -
- **Admit** what you did wrong.
 - **Apologize** for how your choice affected the other person.
 - **Accept** the consequences for your wrongdoing without excuses.
 - **Ask** for forgiveness.
 - **Alter** your choice in the future and plan to act differently.

Rules For Solving Problems Peacefully

- -
 -
 -
 -
 -
 -
1. **Find out** the problem.
 2. **Listen** to the other person.
 3. **Care** about the other person's feelings.
 4. Attack the **problem, not the person**.
 5. **NO** name calling, put downs, blaming, aggression, violence.

Peacemaker Pledge

I pledge to:

- Solve problems peacefully
- Help others

- Respect individual differences



- Right my wrongs
- Reject violence

- Use my words to speak in a kind way

All About Perseverance

Perseverance is the ability to keep going when things are tough. You persevere by continuing in the direction of your goal until you achieve success. You don't quit or give up even if you fail.

Perseverance is...

Trying again.

Taking on challenges.

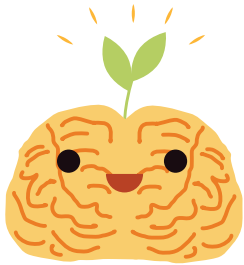
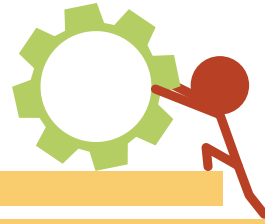
Not giving up even if you fail.

Working hard and giving your best effort.

Continuing toward your goal until you achieve success.

Not quitting even if you don't achieve something right away.

Continuing toward your goal even if you encounter difficulties.



Growth Mindset

A **growth mindset** is the belief that you can **improve** yourself and **overcome** challenges with **practice, hard work, and motivation**. When you have a growth mindset you **accept** challenges, and **persevere** through frustration.

Develop Perseverance With The Power Of YET

I can't do this...YET

I'm not good at this...YET

I don't understand this...YET

This doesn't make sense...YET

How To Improve Perseverance

- ✓ Set a goal.
- ✓ Commit to achieving your goal.
- ✓ Always keep your goal in mind.
- ✓ Take small steps in the direction of your goal.
- ✓ If you're stuck, try other solutions.
- ✓ Don't be afraid to ask for help.
- ✓ Keep a positive and hopeful attitude.

Perseverance Coping Statements

"I won't give up until I am proud"
"I stick with things and don't give up easily"
"Mistakes help me learn"
"I improve with practice"
"I'm not afraid to take on challenges"

Instead Of Giving Up I Will...

- Take a short break
- Tell myself I can do it
- Ask someone for help
- Try a different solution
- Take deep breaths and try again
- Research ways to solve the problem
- Think about how great it will feel when I succeed

"The master has failed more times than the beginner has even tried."
-- Stephen McCranie

All About Respect

Respect is when you admire or look up to someone because of how they act, or the positive qualities they possess. When you treat someone with respect it means that you treat them with kindness and good manners. You can show respect to those in charge by listening and following instructions.



Why Is Respect Important?

Treating others with respect is important because it helps everyone live peacefully, and helps to maintain good relationships with others. When someone feels disrespected, they often experience negative emotions. When we respect others, it creates a positive and safe environment. When we show respect to others it often inspires others to show respect to us.

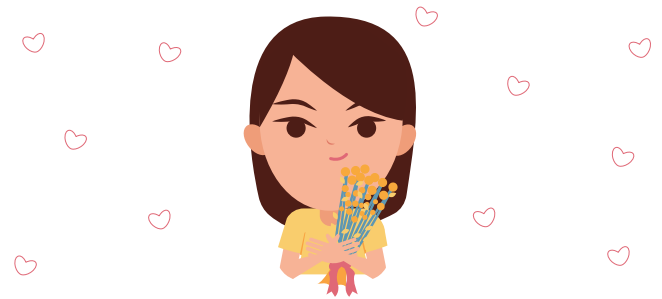
Ways to Show Respect

To Yourself...

- Love yourself
- Accept your flaws
- Forgive yourself for the mistakes you've made
- Learn from your mistakes
- Express your feelings openly and honestly
- Stay true to yourself
- Don't accept toxic behaviors from others
- Learn how to set boundaries
- Let go of negative or disrespectful relationships
- Follow healthy habits

To Others...

- Listen carefully to what others are sharing
- Be open-minded to the thoughts and feelings of others
- Be kind and polite
- Use words like "please," "thank you," "sir," and "ma'am"
- Encourage others
- Express appreciation
- Follow through with rules and instructions
- Be mindful of how your words and actions affect others

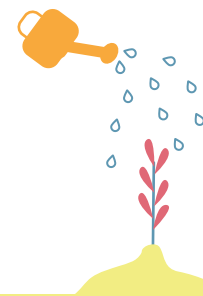


Don't Forget To Respect Yourself Too

You are special, important, and valuable. When you respect yourself, it boosts your confidence and self-esteem. Your thoughts and feelings matter just as much as someone else's thoughts and feelings. When you stand up for yourself and end a relationship that is not respectful, that is one way to respect yourself.

How To Gain The Respect Of Others

- Show respect to others first
- Help or assist others
- Be honest all the time
- Always be polite
- Be an excellent listener
- Manage your emotions
- Follow through with your promises and commitments
- Stand up for others who are being mistreated
- Don't give up when you face challenges or failures



What are some other things you can do to respect yourself and others?

All About Responsibility

Responsibility is doing the things you are supposed to do, and accepting the positive or negative results of your actions.

Different Types Of Responsibility



There are three different ways we can look at responsibility.

1) *Being responsible* means doing the things you are supposed to do.

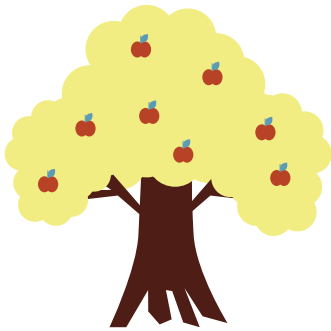
If you follow the rules at home and school then you are acting in a responsible way.

2) *A responsibility* is something you are expected to do.

If you are asked to do a chore by your parents, or if your teacher asks you to do homework, then your chore and your homework are "a responsibility." It is your responsibility to complete each of these tasks.

3) *Accepting responsibility* means accepting the positive or negative outcomes of your actions.

If you avoid your homework and receive a low grade then it is important for you to accept responsibility for your actions. This can help you improve yourself, build trust with others, and be your best self.



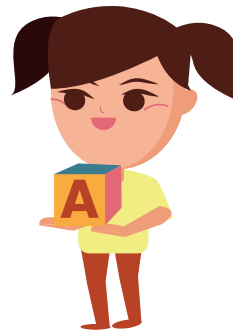
Benefits Of Being Responsible

- Creates good relationships with friends and loved ones
- Helps you become a more reliable person
- Builds trust with others
- Builds self-confidence and self-esteem because you did the right thing
- Develops personal discipline and good work ethic
- Helps you avoid conflict, or bad things from happening

Examples Of Age Appropriate Responsibilities

For Toddlers

- Put toys in a basket when finished.
- Carry dishes to the counter when done eating.
- Use a towel to wipe up your own mess when a spill occurs.
- Say thank you to helpful people.



For Preschoolers

- Tidy up your room.
- Turn off the lights when leaving the room or house.
- Open and hold the door for others.
- Help set the table for meals.

For Kids Age 6-12

- Help in doing household chores.
- Help in cooking meals.
- Pack your own lunch and make your own breakfast.
- Do some or all homework on your own.

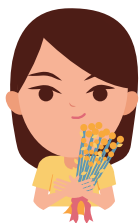


For Kids Age 12+

- Plan and make dinner once per week.
- Plant your own garden.
- Complete and turn in every school assignment.
- Speak to parents, teachers, or coaches to get your needs met.

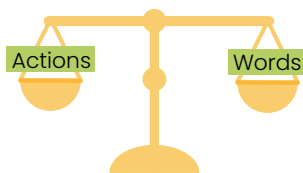
All About Sincerity

Sincerity means being honest and straightforward with yourself and others.
A sincere person is truthful, genuine, and authentic.



You express your thoughts, feelings, and beliefs to others in a thoughtful and genuine way.

You are sincere when...



Your actions match up with your words.



You do things out of the goodness of your heart.



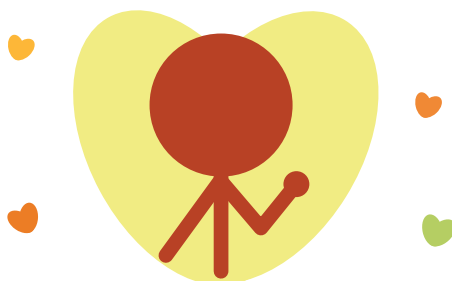
You are truthful and real with people.

A Sincere Person...

Thinks about the feelings of others

Does not boast or brag

Tells the truth but not in a harsh tone



Does not pretend to be someone they are not

Follows through with promises

Ways To Show Sincerity

- **Apologize** if you wrong someone.
- **Volunteer, or do good** without expecting anything in return.
- **Act the same way** when no one is looking as you do when people are around.
- **Don't say you like something** just to make friends, or to make someone feel better.
- **Keep your promises** - never promise anything that you don't plan on following through with.
- **Be genuine in your compliments** - never compliment someone just to get something you want.
- When someone does something for you that you are thankful for, **express gratitude and appreciation**.

Being sincere does not mean **saying everything** that is on your mind. **Stay silent** if you need to. Sometimes the **most sincere** response is to just **listen**.

A Sincere Apology Has 3 Parts

I'm
sorry

It's my
fault

What can I
do to make
it right?