



**INSTITUTE OF LEARNING
AND MENTORSHIP**

Road to a Strong Character

Book 02
(for Grades III and IV)



by Bilal Baqai

ilm

Name : _____



Class : _____ Sec: _____

Sub : _____

School : _____

Character EssentialsSM

ACTIVITY BOOK

Character exercises for kids (and their parents too!)

We all want our children to grow up to be good people. We want them to be kind, proud and strong. We want them to be good citizens. That's why our Character EssentialsSM curriculum is so important to us.

These activities in this book are a fun and interactive way for you and your child to spark a discussion about what it means to be a good person: to be kind, patient, creative, a good leader, get along with others and more! Through songs, plays, books, things to do and conversations, you and your child will gain a deeper understanding of character and have fun doing so!



This book belongs to

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We Are Friends

Friendship is a common theme in early childhood education. Learning how to be a friend and how to treat others is a vital part of social-emotional development for young children.

Conversation Starters

- What would happen if someone wanted to use your favorite toy?
- What would you do if you saw a friend crying? Laughing?
- How does it feel to be interrupted? How does it feel when someone listens to you?
- Tell about a time when you practiced cooperation.

Family Home Connection

- Plan opportunities for your child to be around other children. Young children go through many stages of play – from playing alone, to watching others, to playing alongside peers, to interacting and cooperating with friends. Children of all ages benefit from time spent with peers. Keep the playdates short, be sure your child is not hungry or tired, and have multiples of the same types of toys for young children who may not be developmentally ready to share. For older preschoolers and school-age children, do provide opportunities to cooperate and share, and model language to help them solve conflicts when they arise.
- As a multitasking generation, distractions are all around us. In order to teach our children social skills, we must model attentiveness. Remind yourself to stop what you are doing, look your child in the eye and listen to him or her. When you are fully present for your child, you demonstrate through example how to treat friends.

Song/Fingerplay

I Can Be a Good Friend

Tune: "I'm a Little Teapot"

I can be a good friend

Just look and see.

I can pay attention...

To what you need.

When you need a friend

I can be right there

To help you out

And show I care.

Recommended Reading

- *Leo Loves Baby Time*,
Anna McQuinn
- *The Boy Who Wouldn't Share*,
Mike Reiss
- *The Frog and Toad Collection*,
Arnold Lobel



Draw a picture
Write a story
Make a collage

My friends and I like to...



We Have Feelings

Children need guidance to identify, describe, and appropriately express feelings, as well as develop a sense of empathy toward others. By helping children become aware of their feelings and teaching them strategies to regulate their emotions, parents and teachers can give children the emotional skills they need to be successful in other areas of learning.

Conversation Starters

- How many different emotions can we name?
- Talk about a time when you were feeling (insert emotion).
- What helps you feel better when you feel sad or angry?
- How can you tell if someone feels upset? What could you do to help cheer up a friend?

Family Home Connection

- As you talk or read with your child, make a point of identifying emotions. Point out facial expressions of characters in illustrations and ask your child to describe how the character may be feeling. Discuss how you feel at different points throughout the day, and ask your child to describe his or her feelings as well.
- Set up a cozy calm area where your child can go when he or she needs a break, or to calm down when feeling overwhelmed or upset. The area should not be used as a form of punishment or imposed isolation, such as in a “Time Out.” Rather, teach your child self-soothing strategies and encourage him or her to choose to go there when the need arises. Stock the area with items that your child can use to help calm or soothe upset feelings, such as pillows, blankets, books, music, puppets, play-dough, sensory bottles, and even a pinwheel (*for blowing*).

Song/Fingerplay

I Have Feelings

Tune: “Twinkle, Twinkle, Little Star”

I have feelings, so do you, (*point to self, then to child*)

Let’s all sing about a few.

I am happy, I am sad. (*smile, then frown*)

I get scared, I get mad. (*demonstrate fear, then anger*)

I am proud of being me, (*hands on hips, chin up*)

That’s a feeling too, you see.

I have feelings, you do too, (*point to self, then to child*)

We just sang about a few.

Recommended Reading

- *The Way I Feel*,
Janan Cain
- *Today I Feel Silly and Other Moods That Make My Day*,
Jamie Lee Curtis
- *When Sophie Gets Angry—Really, Really Angry...*,
Molly Bang



We Have Feelings

Draw a picture

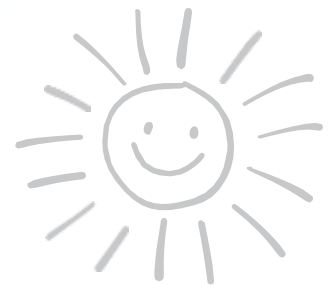
Write a story

Make a collage

Today I feel _____ because...



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We Are Thankful

Children feel most content when surrounded by trusted adults who love and support them. By fostering a positive environment, displaying polite behaviors, and showing appreciation for others, caregivers can help children develop the skills to be thankful.

Conversation Starters

- What is something great that happened today?
- What does it mean to be positive? Why is it important to try to have a positive attitude?
- Talk about a time you felt content. Does being content mean getting everything you want?
- What are some ways we can show appreciation?
- How does it make you feel when someone expresses gratitude to you?

Family Home Connection

- Share as a family the things that make each other feel happy. Include non-tangible items such as spending time doing things you enjoy. Suggest to the family to have one evening of no electronics. Explain that sometimes those items can be a distraction to the important things that truly make someone feel happy. Cell phones, video games, computers and tablets give short term happiness. Spending time together making memories is what brings long term happiness.
- To help your child learn the importance of expressing gratitude, encourage him or her to draw pictures or write simple thank you notes to neighbors, relatives or friends. Send the notes in the mail or go with your child to hand deliver them.

Song/Fingerplay

Thank You

Tune: Twinkle, Twinkle Little Star

“Thank you” are the words we say,

Always, each, and every day.

“Thank you” are two magic words,

Say them loud so they are heard!

“Thank you” are the words we say,

We give thanks in many ways!

Recommended Reading

- *Gracias/Thanks*, Pat Mora
- *More*, I. C. Springman
- *Pete the Cat and His Magic Sunglasses*, James Dean and Kimberly Dean



Draw a picture
Write a story
Make a collage

I am so thankful to have family and friends! I appreciate them because...



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We Are Kind

Young children understand that they feel happy and appreciated when someone is kind to them. As children's social skills evolve, they begin to experience how being kind and generous to others can make them feel good, too.

Conversation Starters

- What does it mean to be generous? How can you show generosity?
- What are some examples of good manners?
- How does it feel when someone is rude to you?
- Why is it important to be helpful at school? At home?
- How do we know if someone needs help?

Family Home Connection

- Model kind language. Demonstrate how and when to say please and thank you, how to greet someone, and how to validate other's feelings. Speak kindly of others and practice patience. Children will mimic these actions over time.
- Children want to feel like a valuable part of the family by doing similar things that adults do in and out of the home. Encourage and invite children to help with family activities such as cooking dinner, baking, putting dishes away or helping at the grocery store. By showing children how to be helpful they will begin to find ways to be helpful on their own.

Song/Fingerplay

If You're Kind and You Know It

Tune: If You're Happy and You Know It

If you're kind and you know it, say nice things.

If you're kind and you know it, say nice things.

If you're kind and you know it,

Feel proud of what you do.

If you're kind and you know it, say nice things.

Additional Verses:

If you're kind and you know it, wave to a friend.

If you're kind and you know it, say please and thank you.

If you're kind and you know it, hug a friend.

If you're kind and you know it, help your friends.

Recommended Reading

- *I Can Help*,
David Hyde Costello
- *The Nice Book*,
David Ezra Stein
- *Try a Little Kindness*,
Henry Cole



Draw a picture
Write a story
Make a collage

I can show kindness in many ways!
One way I was kind today is...



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We Get Along

Young children are beginning to recognize their role in a group as they are encouraged to participate in cooperative group activities. They show increasing understanding of simple rules but may need adult guidance to resolve conflicts with peers. Their interactions with friends and family help them learn that others have different ideas, interests and/or strengths. We want to teach our children to celebrate and accept the differences in others.

Conversation Starters

- Why is it important to be accepting of others?
- Tell me a time you used teamwork on the playground?
- How can we practice teamwork at home?
- What does it mean to be a good friend?

Family Home Connection

- Young children often have trouble expressing themselves when they feel big emotions such as anger or frustration. Reinforce that it is inappropriate to hit, bite, or kick when we feel angry. Help children develop self-soothing strategies such as breathing (or blowing), squeezing a squishy ball or hugging a stuffed animal. Always be quick to forgive your child who acts out of frustration.
- Children learn how to get along with others when exposed to situations where they can build relationships. Provide your child with opportunities to attend a play date, organized events in your community, trips to the playground and gatherings with family. Exposing your child to a variety of social situations will help him or her to develop the skills necessary to get along with others.
- Practice teamwork by planning and preparing a recipe (or another task) together. Provide an opportunity for everyone in the family to have a role from deciding what to make to how it is served.

Song/Fingerplay

When We Work as a Team

Tune: "If You're Happy and You Know It"

If we work as a team,

The job gets done! (*clap, clap*)

If we work as a team,

The job gets done! (*clap, clap*)

If we help each other out,

Then we'll get done fast and shout,

"It's fun to work together as a team!" (*clap, clap*)

Recommended Reading

- *It's My Turn*,
David Bedford
- *It's Okay to Be Different*,
Todd Parr
- *Swimmy*,
Leo Lionni



We Get Along

Draw a picture
Write a story
Make a collage

Being on a team means working together! One way I can be a good team member is...



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We Are Unique

Children are continuously learning about themselves, their bodies and their abilities as they navigate through their early childhood years. It is important to provide an environment where your child can express their creativity and showcase their talents and abilities. We want to help our children develop a sense of self, build their self-esteem, and encourage them to feel comfortable expressing themselves. There is great value in recognizing ones' own individuality and creativity especially when supported by trusted and supportive adults.

Conversation Starters

- What are some ways you can be creative?
- What is something you can do really well?
- How does it feel when you can be creative and do things your way?
- What would it be like if everyone looked and dressed the same?

Family Home Connection

- Celebrate your child's favorites this month. Encourage your child to try new things.
- Help you child feel comfortable and confident expressing their individuality by providing the following opportunities.
 - o Allow your child to select his or her own clothes for the day.
 - o Encourage your child to share his or her likes and dreams
 - o Show interest in the things that interest your child.
 - o Expose your child to a variety of places, restaurants, or events to spark more interests.

Song/Fingerplay

Here are my ears, here is my nose.
Here are my fingers, here are my toes.
Here are my eyes, both open wide.
Here is my mouth with white teeth inside.
Here is my tongue that helps me speak.
Here is my chin, and here are my cheeks.
Here are my hands that help me play.
Here are my feet for walking today.

Recommended Reading

- *The Things I Can Do*,
Jeff Mack
- *The Things I Love About Me*,
Trace Moroney
- *The Wonkey Donkey*,
Craig Smith



Draw a picture
Write a story
Make a collage

There are many wonderful things that make me special. I am unique because...



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We Are Patient

Children as young as infants begin to learn to maintain focus on tasks, persist with activities, and manage impulses. As children grow, be sure to provide comfort and support as they learn to adjust to changes in their environment and deal with frustrations and adversity. As language skills and long-term memory continue to develop, children will begin to understand the importance of expectations, limits and patience.

Conversation Starters

- What are some of the things you can do to be more patient?
- How does it make you feel when you must wait for something?
- Tell me about a time you had to be patient in school?
- When should you practice patience?

Family Home Connection

- Change your routines at home to encourage children to be flexible in their thinking and to try new things. Change the order of tasks before bed or in the morning. Have breakfast for dinner. Eat ice cream with a fork. Have your child read a bedtime story to you. Let your child know it is okay to do things in a different way.
- Work on a multipiece puzzle together. Choose one that is challenging and that will take several days to complete. Talk with your child about how some projects take time and require patience when they are challenging.

Song/Fingerplay

Patience Is the Key

Tune: "Pop Goes the Weasel"

Waiting is so hard to do,

It takes a lot of patience.

I'll sing a song as I wait,

And be so very patient.

(Repeat the song, and change the action in the third line to read a story, play a game, talk to my friend, etc.)

Recommended Reading

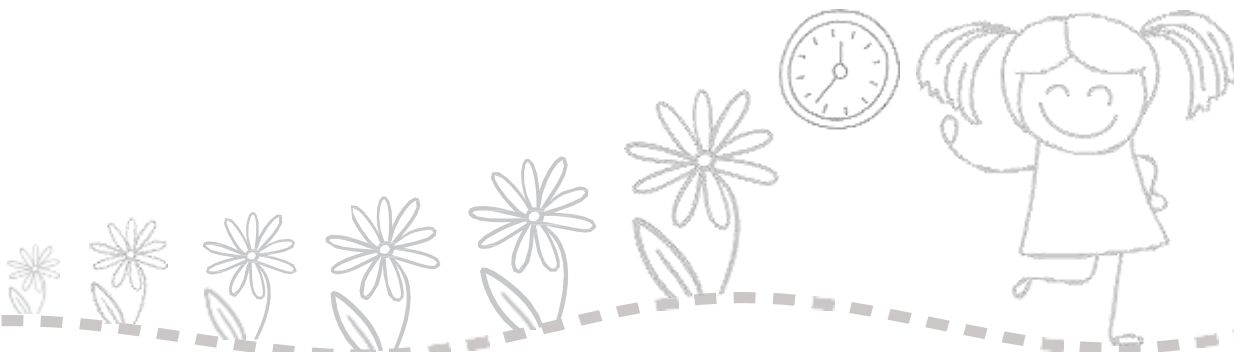
- *Oliver and the Seawigs*, Philip Reeve
- *Remy the Rhino Learns Patience*, Andy McGuire
- *Waiting Is Not Easy!*, Mo Willems



Draw a picture
Write a story
Make a collage

Waiting can be so hard! One way
I can practice patience is...

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We Are Good Citizens

It is important for children to feel that they are a valued member of their classroom and community. They develop a sense of community and citizenship when they have opportunities to engage and interact with groups of children. As children grow, they begin to show care for others by being honest, treating others with respect and fairness, as well as being able to compromise. These are the core values needed to be good citizens of their community, school and family.

Conversation Starters

- What do you do if you want the same toy as your sibling or friend?
- How can you be a fair person?
- Tell me about a time someone was not honest to you? How did it feel?
- Is it important to have rules? Why?

Family Home Connections

- Look for opportunities to reinforce with your child how he or she is a member of the family. Look through family photo albums and encourage the children to recognize and say the family members' names. Talk with your child about how they belong to and is loved by the family.
- Discuss rules and fairness within your family. Have a family game night where you can model fairness and following rules. When watching movies as a family, discuss examples of fairness/unfairness the characters display.

Song/Fingerplay

Compromise
Tune: "Three Blind Mice"

Compromise,
Compromise.
Let's all agree,
It is the key.
It makes me happy to compromise,
To wait my turn is very wise.
My friends are starting to realize
That compromise takes the prize!

Recommended Reading

- *I Belong*,
Cheri J. Meiners
- *I Can Make Good Choices!*,
David Parker
- *The Day No One Played Together: A Story About Compromise*,
Donna Helsley



We Are Good Citizens

Draw a picture
Write a story
Make a collage

I am proud to be a member of my
classroom and community. One way
that I can be a good citizen is...



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We Are Responsible

Responsibility means being dependable, keeping promises, and honoring commitments. The goal is for the children to view responsibility as something joyful. Children will develop a sense of self-worth and belonging when they contribute to a group. They will also feel motivated to become independent and to contribute when their efforts are supported and praised.

Conversation Starters

- How can you be responsible at home? At school?
- What should you do when you make a mistake?
- What are some things you can do for yourself?
- Why is being responsible important and how does it feel to do your chores carefully and well?

Family Home Connection

- Encourage and nurture independence at home. Teach your child things he or she can do to take care of him- or herself. Teach your child how to get dressed, wash, or perform other self-help skills independently.
- Create a family chore chart. Together, discuss the responsibilities that each person can do independently. Choose age-appropriate chores/tasks for each family member. Use pictures to help younger family members recognize their chores. Remind your children of how it is important to be dependable and to complete their chores independently and well. At the end of the week, celebrate everyone's hard work with a family movie night, game night or other special activity.
- Have a family movie night. Choose a movie with characters that support and depend on one another to solve a problem. Talk about how family members depend on each other.

Song/Fingerplay

Responsibility Song

Tune: "Rock-a-Bye Baby"

Responsibility is for you. (point to yourself)

Always take charge of what you should do.
(hold up right hand with palm facing out)

Clean up your toys, and don't leave a mess.
(pretend to pick toys up from the floor)

Always remember that you are the best. (hug yourself)

Recommended Reading

- *I Can Help*,
David Hyde Costello
- *The Paperboy*,
Dav Pilkey
- *The Very Busy Spider*,
Eric Carle



Draw a picture
Write a story
Make a collage

I like to help with chores at home!
My favorite job around the house is...



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We Are Leaders

Leadership is a skill that helps children to problem solve, work collaboratively with others and make decisions. There are many different types of leaders. As children grow, they develop their own leadership styles. In very young children developing leadership qualities begins when they feel loved gain the confidence to take risks. Provide children with a safe environment to explore and make decisions. Praise them in their successes and offer encouragement when they struggle.

Conversation Starters

- Let's talk about a time you were the leader of a group.
- How can you help a friend who is sitting all by him- or herself feel included?
- Is it sometimes hard to be a leader?
- Who do you know that is a good leader? What makes them a good leader?

Family Home Connection

- Communication is a key element to developing leadership skills. Help your infant or toddler increase their communication by practicing American Sign Language. Visit babysignlanguage.com to learn new signs. Encourage older children to share stories about their day, express their needs and wants verbally, or speak up in social settings.
- Introduce your child to the steps involved in being a leader. Invite him or her to help lead the planning of a meal or a small party for the family. Walk your child through the steps of brainstorming and delegating tasks.

Song/Fingerplay

We Are Leaders

Tune: "She'll Be Comin' Round the Mountain"

Oh, we'll all try to be leaders.

Yes, we will! Yes, we will!

Oh, we'll all try to be leaders.

Yes, we will! Yes, we will!

We will all try to be leaders.

We will all try to be leaders.

We will all try to be leaders.

Yes, we will! Yes, we will!

Additional verses:

Oh, we will try to make good choices. Yes, we will! Yes, we will!...

Oh, we'll help all of our friends. Yes, we will! Yes, we will!

Recommended Reading

- *Up, Up, Up, Down!*,
Kimberly Gee
- *What Does It Mean to Be an Entrepreneur?*,
Rana DiOrio and Emma D. Dryden
- *You Are Important*,
Todd Snow

ABOUT THE CONTENT

Character Education is aimed to instil in children a number of key characteristics and values such as resilience, honesty, motivation and humility, all of which will help them in their adult lives.

This is the second book of the character development book series. The content has been written to promote good behaviour and positive character traits, including courtesy, respect, truthfulness, courage, and generosity.



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