

Commitment to Character

Kindness - Being nice and considerate toward others.

Kindness Websites of the Month:

Daily actions to help you spread more kindness in the world...



<https://www.weareteachers.com/random-acts-kindness-calendar/>

Scholastic Kindness Elf:

<https://www.scholastic.com/teachers/blog-posts/shari-carter/17-18/classroom-kindness-elf---other-fun-elf-activities/>

School-Wide Activities

Start a sticker campaign to spread kindness. Staff members can pick up stickers each Monday. Stickers are given to any student they observe doing a kind act and the student told specifically what they did to earn the sticker. The student can then give the sticker to someone they observe doing a similar kind act at home or in the community.

Each day the principal could encourage a "Kindness is Contagious" theme by reading something about kindness school-wide.

Glue photographs of students doing Random Acts of Kindness on a banner or poster and display in a main hallway or cafeteria.

Have students write their Random Acts of Kindness on paw prints cut out of construction paper. Post the paw prints in the hallways with the title "Paws for Kindness."

—Source: www.randomactsofkindness.org

Three Words a Day

- Dec. 1 Faces show feelings.
- Dec. 2 Love someone else.
- Dec. 3 Do something well.
- Dec. 4 Giggle lots today.
- Dec. 5 Happy thoughts stay.
- Dec. 6 Think things through.
- Dec. 7 Manners are important.
- Dec. 8 See others' qualities.
- Dec. 9 Politeness wins praise.
- Dec. 10 Don't repeat mistakes.
- Dec. 11 "No" is okay.
- Dec. 12 Finish projects started.
- Dec. 13 Use life-skills daily.
- Dec. 14 Keep on working.
- Dec. 15 Smiles are contagious.
- Dec. 16 Take initiative now.
- Dec. 17 Respect our world.
- Dec. 18 Help the needy.
- Dec. 19 Yes to life.
- Dec. 20 Change is constant.
- Dec. 21 Follow your star.
- Dec. 22 Give away smiles.
- Dec. 23 Spread sunshine everywhere.
- Dec. 24 Give your all.
- Dec. 25 Merry Christmas wishes.
- Dec. 26 Share the wealth.
- Dec. 27 Care about lifeskills.
- Dec. 28 Use teamwork daily.
- Dec. 29 Ambition never ends.
- Dec. 30 You made it!!

Kindness Pledge

(From: *The Kindness Curriculum* by Judith Rice)

Kindness Pledge

I pledge to myself on this day,
To try and be kind in every way,
To every person big and small,
I will help them if they fall.
When I love myself and others, too,
That is the best that I can do.

Happy Holidays!

Dinner Dilemmas

Purpose: To create family discussions that promotes Character Education in Pinellas County.

Dinner Dilemmas are designed to go home once a month with the students. Schools that send home a weekly newsletter could print one dilemma each week in its publication. During the week families are asked to discuss the dilemma. It is hoped that families will talk about the dilemma and decide how the character quality of the month relates to the situation presented. It is further hoped that families will discuss the dilemma of the week and decide how the character quality of the month applies to each family member.

Week 1

Situation: A new student from a foreign country has difficulty speaking and understanding English. Sue notices the girl sits by herself at lunch.

Dilemma: On one hand Sue knows a kind person would sit with the new student. On the other hand, Sue wants to sit with her friends.

Discussion: What advice do you have for Sue?

Week 2

Situation: Sam is given a partner that is a slow runner for Field Day. Even though Sam is the fastest runner at his school his team did not win the race. Some classmates tease Sam because his team lost.

Dilemma: On one hand Sam could blame his teammate for the loss. On the other hand, Sam could be kind and praise his teammate for trying his best.

Discussion: What should Sam say and do?

Week 3

Situation: A substitute teacher cannot find the spelling book for the spelling test. She is looking all over the room for the book.

Dilemma: On one hand Sue knows it would be kind to help the substitute find the book. On the other hand, Sue knows it would be easier to just sit and talk with her friends.

Discussion: What advice do you have for Sue?

Week 4

Situation: Sam mother's sends him to the grocery store. She told him to hurry. While in the checkout line Sam notices the man behind him had only one item—ice cream.

Dilemma: On one hand Sam knows his mother told him to hurry. On the other hand, it would be kind of Sam to allow the man to go ahead of him.

Discussion: What advice do you have for Sam?



December 22 – December 30

Pearl Harbor Remembrance Day is
December 7th

BILL OF RIGHTS DAY-December 15



December 25



December 26- January 1

QUOTE OF THE WEEK:

Quotes: Starting the week of
December 2

**Week 1 – “No act of kindness, no matter how small, is ever wasted.”
— Aesop, Greek fabulist (fl. 6th century B.C., possibly legendary)**

**Week 2 – “If someone doesn't have a smile, give them one of yours.”
Anonymous**

**Week 3 –
“Kind words do not cost much. Yet, they accomplish much.” ~ Blaise Pascal**

Week 4 – “Kindness is a language which the deaf can hear and the blind can read.” ~ Mark Twain

Books to read aloud on kindness:

“Have You Filled A Bucket Today?” By Carol McCloud

“Stone Soup” By Marcia Brown

“The Kindness Quilt” By Nancy Elizabeth Wallace

What is your school doing to promote good character? Please share you activities and ideas.

Contact
Information

Autumn Lunin
Email: lunina@pcsb.org

Next Month is Self-Motivation-Working in a careful and consistent manner without giving up.