

Commitment to Character

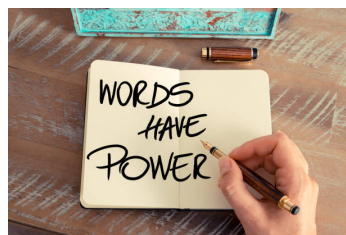


Kindness:

Being nice and considerate toward others.

3 WORDS A DAY

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



QUOTE OF THE WEEK:

Starting the week of November 30th

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

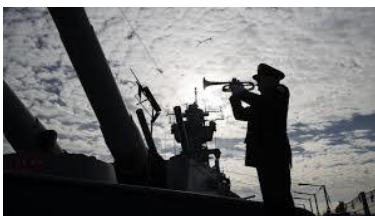
Week 2 – “If someone doesn't have a smile, give them one of yours.” Anonymous

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

Pearl Harbor Remembrance Day (Resource Page)

[https://pinellascountyschools.sharepoint.com/sites/9-12SocialStudies/SitePages/Pearl-Harbor-Remembrance-Day-\(Resource-Page\).aspx](https://pinellascountyschools.sharepoint.com/sites/9-12SocialStudies/SitePages/Pearl-Harbor-Remembrance-Day-(Resource-Page).aspx)



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,

Kindness doesn't cost a thing



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?

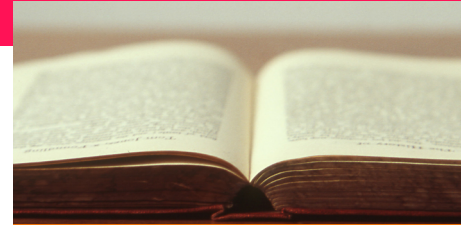
Week 4

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?

Books to
read
Kindness:



"Have You Filled A Bucket Today?"

By Carol McCloud

"Stone Soup"

By Marcia Brown

"The Kindness Quilt" By

Nancy Elizabeth Wallace



Link to December's Kindness Calendar

https://assets.randomactsofkindness.org/calendars/neighborhood/2020/202012_kindness_calendar.pdf