



Character Counts Mid Shore
Developing Positive Character

Coach's Corner

March 2020's Pillar is
RESPONSIBILITY.

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

CITIZENSHIP

EXPLORING THE PILLAR:

Younger Grades: Teaching Commitment and Self-Control Through Play

Middle Grades: Rights vs. Responsibilities and Bubbles of Control

Upper Grades: Financial Responsibility and Being Responsible for Media Consumption



DEAR CHARACTER COACHES,

As we enter spring and turn our focus to the pillar of responsibility, I'm excited for us to get into our classrooms to empower our students to put their good character into action.

According to an employer poll conducted by the Society for Human Resource Management (SHRM), **97% of employers indicated that dependability and reliability were "very or extremely important."** An unsurprising finding, to be sure, but one that underscores that the pillar of responsibility is pivotal to life success.

Our joint work is this month — and always — is to invest in the students we teach so that they can become productive adults who are well prepared for the future demands of the workforce. Character Coaches, thank you for your commitment to serving the students you teach.



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P.S. I'm here to serve you! If you run into any difficulties or have questions, please don't hesitate to reach out!

LOWER GRADES (PREK - 5)

WOOP! SELF-CONTROL EXERCISE FOR KIDS

Excerpted from researcher Angela Duckworth's *Character Lab*. Full lesson can be found at: bit.ly/responsibilitylink2 link must be typed entirely in lowercase in browser

WOOP is a practical, accessible, evidencebased activity that **helps students find and fulfill their wishes**. In character development terms, WOOP builds self control.

WOOP is named for each step in the process: identifying your **W**ish, imagining the **O**utcome, anticipating the **O**bstacle, and developing a specific **P**lan.

More than 20 years of research shows that WOOP improves students' effort, attendance, homework completion, and GPA.

Download
this lesson
& template
at link
above!

WOOP SAMPLE

WOOP helps people find and fulfill wishes they really want to do.

W	O	O	P
WISH What do you wish that you want to accomplish in one frame? What do you wish that you want to accomplish in one frame? What do you wish that you want to accomplish in one frame?	OUTCOME What will be the best outcome you can imagine? What will be the best outcome you can imagine? What will be the best outcome you can imagine?	OBSTACLE What is the main obstacle inside you that might prevent you from accomplishing your wish? What is the main obstacle inside you that might prevent you from accomplishing your wish? What is the main obstacle inside you that might prevent you from accomplishing your wish?	PLAN What is an effective action to tackle the obstacle? Make a when-then plan. What is an effective action to tackle the obstacle? Make a when-then plan. What is an effective action to tackle the obstacle? Make a when-then plan?
My wish: <i>Specific: require self-control; can be accomplished in one frame</i> <i>Get an A on my biology quiz</i>	Best outcome: <i>Fulfilling and motivating; clearly visualized; reduced to most crucial aspects</i> <i>I'll feel proud</i>	My obstacle: <i>Inner obstacle; not outside barrier; clearly visualized; reduced to most crucial aspects</i> <i>I procrastinate</i>	When-then plan: <i>Observable action rather than internal decision</i> <i>If finish dinner, I'll finish dinner. Instead of all resources/needs wanted to implement plan. Make 5 flash cards</i>

TEACHING COMMITMENT WITH PLAY

bit.ly/responsibilitylink3 (all lowercase)

Tied Up in Knots!

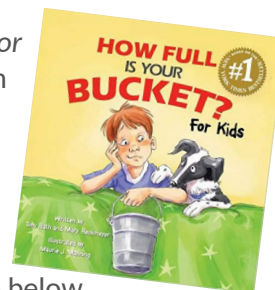
Have children stand in a circle and close their eyes. Ask them to reach across and grab hands with two different people. Tell them to untangle the human knot they've created without speaking or unlocking hands. If you sense they're about to give-up, encourage them to work together until the task is completed. After the activity, ask them to discuss what it felt like in the beginning and the end. **Stress the importance of sticking with a task**, even if it seems impossible.

BOOK TIE-IN: ARE YOU A BUCKET FILLER?

more at bit.ly/responsibilitylink4 (all lowercase)

Teach students to think before they act and to consider the consequences

Read the book *How Full Is Your Bucket: For Kids* and discuss the idea that each action we take fills a bucket or is a "bucket dipper," explaining that we each have to take responsibility for our own actions and that our actions have consequences for ourselves and for others. Consider leading a whole-group exercise similar to below.



BOOKS TO CONSIDER

Tell the Truth B.B. Wolf, by Judy Sierra

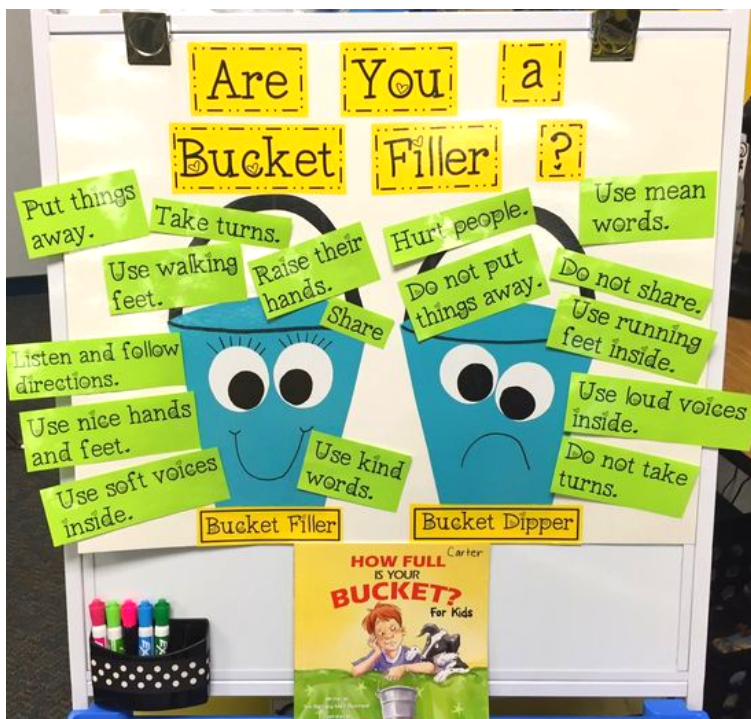
The Big Bad Wolf has reformed himself, so when he's asked to speak about his past actions, he finds it hard to own up to the truth. The tale teaches kids about taking responsibility for your actions, telling the truth, and that people can change.

What If We All Did That? by Ellen Javernick

A young boy learns how to respect his world and be responsible for his choices. Illustrations show that while one person doing something disrespectful may not seem like a big deal, if everyone did it the results would be awful.

But It's Not My Fault by Julia Cook

Addresses the ages-old blame game and teaches kids to take responsibility for their actions.



WHAT RESPONSIBILITIES ACCOMPANY OUR RIGHTS?

Excerpted from Kansas Secretary of State Office CyberCivics resource. Full lesson can be found at:
bit.ly/responsibilitylink6

Link must be typed all lowercase in browser

Citizenship is the state of being vested with the rights, privileges and duties of a citizen, but it can also be defined as the character of an individual viewed as a member of society. While U.S. citizenship provides many rights, it also involves many responsibilities.

The U.S. government, as established in the Constitution, protects the rights of each individual regardless of background, culture or religion. Although all U.S. citizens enjoy the freedoms, protections and legal rights that the Constitution promises, citizens also have the responsibility, or "civic duty," to meet certain societal standards and guidelines.

Civic duties ensure that democratic values written into the Constitution and the Bill of Rights are upheld. Responsibilities include both those that are voluntary as well as those required by law.



Consider using this video to begin your lesson!

bit.ly/responsibilitylink8

WHAT AM I RESPONSIBLE FOR? MY BUBBLE OF CONTROL

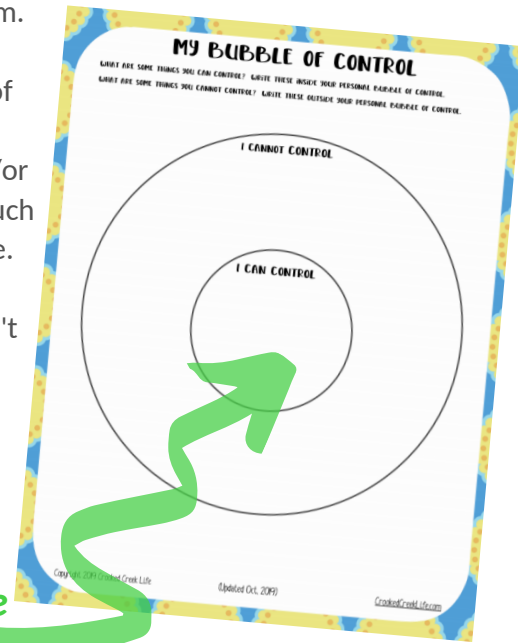
The template shown below can be downloaded at:
bit.ly/responsibilitylink7

Link must be typed all lowercase in browser

Distinguishing what is within a student's control and those that are outside the realm of their influence can spark deep learnings about personal responsibility. Use the resource below (one template for each student) or simply using the white board available in the room.

Prompt students to consider the kinds of things that they are able to control and/or influence, writing such in the center bubble. Then discuss those things that they can't control. Be sure to point out that we are responsible for those things that are within our control.

Downloadable Template!



Encouraging Students to Enact Responsibility at Home

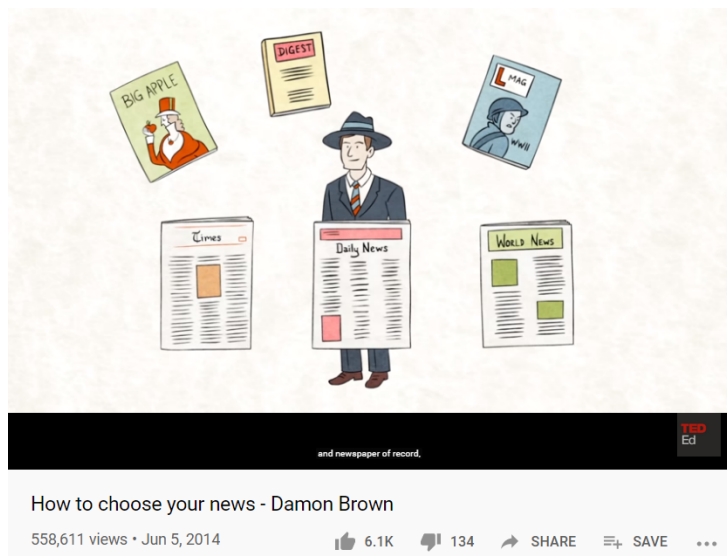
Have the students create coupons for special tasks they will to do at home to help their families. Emphasize that it's important for them to **include tasks they don't do regularly (helping with laundry or unloading the dishwasher), make only promises they will be able to deliver, and do tasks willingly.** Then students present their coupons to family members. Have them draw and decorate 1-3 coupons to take home with specific tasks written on them. Talk about how their families will react to these helpful gifts and how these positive reactions will make the student feel. You are welcome to create a template for these coupons to bring to class and ask the students to write the task and decorate them.

UPPER GRADES (GRADES 9 - 12)

IT'S UP TO YOU: YOUR RESPONSIBILITY TO CHOOSE YOUR NEWS

This TED Talk video can be found at:
bit.ly/responsibilitylink10
(must be typed all lowercase)

(Video is 4 minutes, 48 seconds long.)



How to Choose Your News Presenter: Damon Brown

With the advent of the Internet and social media, news is distributed at an incredible rate by an unprecedented number of different media outlets. How do we choose which news to consume? Damon Brown gives the inside scoop on how the opinions and facts (and sometimes non-facts) make their way into the news and how the smart reader can tell them apart.

“Responsibility to yourself means refusing to let others do your thinking, talking, and naming for you; it means learning to respect and use your own brains and instincts; hence, grappling with hard work.”

” Adrienne Rich

BUILDING LIFE SKILLS: FINANCIAL RESPONSIBILITY

Excerpted from the Consumer Financial Protection Bureau Building Blocks Program at: bit.ly/responsibilitylink9
URL must be typed in all lowercase letters in browser

Financial responsibility is a critical life skill related to this month's pillar, which goes miles in preparing high school-aged students for productive adulthood. If you feel that you are capable of teaching this lesson and that your students would be receptive to participating, consider using the lesson below from the Consumer Financial Protection Bureau.

Have students make a list of up to 10 items they'd like to buy. These items can range in price, but encourage students to think as big as they'd like. Then, ask students to get in groups to identify the things their chosen items have in common and how those items are different.

From this exercise, ask students to explain why they chose these items and to answer some other guiding questions. What personal values do these items represent? How will these items help them achieve their goals? Will those items make them feel happy?

Then, have students create a buying plan for a few of the objects that they'd like to buy in the next year. Help them decide, based on whether they have a job, receive an allowance, or have a savings account, how they'll make the purchase and help them tailor each plan to their situation.

