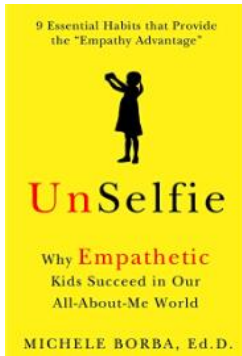


Counselor Lesson: Week 5

Respect, Responsibility, and Positive Attitude

MESSAGE FOR PARENT/GUARDIAN: Parents, we know you are working so hard to juggle ALL the things between school work, your employer, family life, and everything else going on. It may be difficult to keep up. Know that you are not alone, and we understand. During this lesson, we will focus on the importance of being respectful, responsible, and having a positive attitude when it comes to completing school work, getting along with family members, helping out around the house, and focusing on the positive.

“We are: Ready to learn, Respectful to others, Responsible to ourselves, with 1,000 passions, and 1 heartbeat (fist to chest, thump, thump), We are Chaplin” school mantra shared by Dr. Akil Ross in the Character Strong Virtual Summit. This is inspirational!



Dr. Michele Borba in the book *UnSelfie* (recommended read) explains, “The right words can strengthen your moral identity and sustain you in difficult times... Mantras can help children define who they are and adopt those messages as part of their selfhood.” You can help your child value respect, responsibility, and positive attitude.

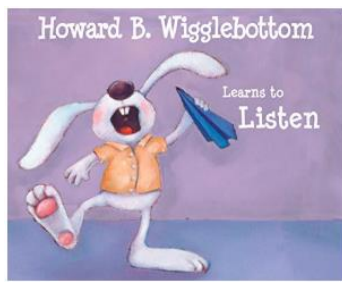
Write a family mantra or motto: 1. Choose an idea to rally behind. 2. Jot down all of the thoughts you have about the idea. 3. Create your family motto by using those thoughts to create a catchy statement. Begin saying your mantra together as a family as a regular part of your routine.

Guidance Lesson

Intro: Respect, responsibility, and positive attitude are the ingredients for success and the focus for this lesson. We all have different roles at home than we do at school. That means that we may act and behave a different way for our teachers than we do for our parents. However, this may be hard to navigate now that home and school are mixed together. Since we are not attending school on campus, we may sometimes think we do not have the same responsibilities that we had before. This is understandable, but it is important that we still carry out the respect and responsibility we displayed while we were at school. We have learned a lot about showing character, and we should continue to work on building our character at home.

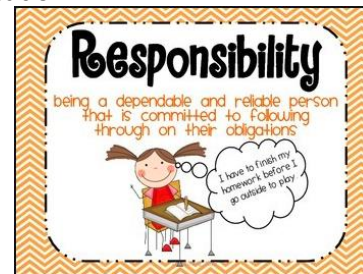
PreK-2nd

Part One: Click to watch the video and think about connections for respect, responsibility, and positive attitude.



3rd-5th

Part One: Click to watch a video and think about connections you see for respect, responsibility, and positive attitude.



Part Two: We build our character in many different ways. This lesson will have you reflect on how you currently show responsibility, respect, and a positive attitude. It will challenge you to think of additional ways you can build your character.

Responsibility: As we get older and more mature, we earn more privileges or freedoms. Along with those comes more responsibility. Being responsible is part of our job, to make good choices,

and to show that we can be trusted. Click [here](#) for a responsibility checklist to identify the ways you are responsible at home.



Respect: We can show respect for people, places, and things. People are more likely to be respectful when they feel they are respected by others. This is similar to practicing the golden rule: Treat others how I want to be treated. We can show respect to people by looking at them to show that we are listening and thinking about what they are saying. We can show respect to places by helping to keep them looking great! We can put trash in the trash can, clean up messes, and help decorate. We can show respect for things, by using them properly, asking permission to use things that belong to others, and putting things away when we are done. Click [here](#) for an activity to build our character in respect.



Positive Attitude: Having a positive attitude can be difficult when things do not go our way. Remember to think back to our previous lessons. It is important to keep a positive attitude because it helps us to enjoy life. We cannot always control our circumstances. We can control how we think about our situation which helps us to have a positive attitude. Click [here](#) for an activity to help build a positive attitude.



Now, let's reflect. Click on the image below for a printable version:



Show Responsibility by:	Show Respect by:	Have a Positive Attitude by:
<ol style="list-style-type: none">1. Doing what you say you will do.2. Taking care of your things.3. Taking responsibility for your own actions.4. Following the rules.5. Making sure you complete your school work.	<ol style="list-style-type: none">1. Active listening.2. Taking care of the environment: your house, the community, etc.3. Taking care of our things and the things of others.4. Considering others' feelings before acting5. Taking time to show someone you care	<ol style="list-style-type: none">1. Look for the silver lining.2. Replace negative thoughts with positive thoughts3. Remember to focus on what you can control4. Find the positive in your situation

Around the person, write the different responsibilities you may have, the way that you show respect, and the things you can do to have a positive attitude. This will look different for each person as we all have different ways of showing character at home. Challenge yourself to increase your responsibility, respect, and positive attitude to increase your character.

Conclusion: Remember to compare yourself to yourself. This journey to character is your own. When we compare ourselves to others we tend to get more self-conscience which can limit our growth. Don't get caught up in comparing yourself to your siblings or friends; they have their own journey to travel. In a family, we all do our part and work together to make our home a place we want to be!

Additional Resources

Jeopardy Lesson for ways to help at home: click [here](#)

Compromise as a tool for change: click [here](#)