

**EXERCISING CHARACTER
OVERVIEW
9-TO 11-YEAR-OLDS**

PILLAR	OBJECTIVE	ACTIVITY	LOUISIANA CONTENT STANDARDS BENCHMARKS
TRUSTWORTHINESS	Participants will reinforce concepts of trustworthiness by repeating a Trustworthiness Exercise and participating in an Obstacle Trust Race.	Use handout to review honesty, promise-keeping, integrity and loyalty. Pair students, blindfold ½ and conduct a “trust walk” around obstacles. Perform a Trustworthiness cheer.	<u>ELA-7-E2</u> Problem solving by using reasoning skills, life experiences, and available information <u>CE-1VA-E2</u> Exploring techniques and technologies for visual expression and communication
RESPECT	Participants will list four factors for respecting others as they create “Respect 911” skits on assigned topics.	Audio recording of “Rescue 911” TV show. Groups write skits for “rescuing” persons from assigned situations where respect is not shown.	<u>ELA-2-E4</u> Using narration, description, exposition, and persuasion to develop compositions <u>CE-1VA-E5</u> Working individually and as a group member in a responsible and productive manner
RESPONSIBILITY	Participants will list responsible behaviors discovered in “Responsibility Race” and “Responsibility Relay” activities.	Review responsibility Do's and Don' t's through a Responsibility Relay. Work as teams to complete the Responsibility Relay.	<u>ELA-7-E2</u> Problem solving by using reasoning skills, life experiences, and available information <u>CE-1VA-E5</u> Working individually and as a group member in a responsible and productive manner
FAIRNESS	Participants will observe and identify fair and unfair behavior in a “Focus on Fairness” search.	Review Fairness Do's and Don'ts. Show a segment of a competition-oriented video (“Karate Kid”). Participants fill in worksheets while viewing to indicate fair and unfair actions. Discuss lists.	<u>ELA-4-E6</u> Listening and responding to a wide variety of media <u>ELA-3-E3</u> Demonstrating standard English structure and usage
CARING	Participants will become aware of the effects of caring behavior and will identify caring behavior.	Participants recall times when they were shown caring. Label empty prescription bottles with situations needing caring, make “care capsules” for each situation and place in bottles. Share.	<u>ELA-7-E2</u> Problem solving by using reasoning skills, life experiences, and available information <u>ELA-3-E3</u> Demonstrating standard English structure and usage
CITIZENSHIP	Participants will relate pulling together as citizens in a community with a reenactment of pulling Baby Jessica from a well in Midland, TX	Recall Midland, TX story of Baby Jessica. Have group members role play citizens who helped with the rescue. Discuss community needs.	<u>ELA-4-E4</u> Giving rehearsed and unrehearsed presentations <u>CE-1VA-E5</u> Working individually and as a group member in a responsible and productive manner <u>CE-1TH-E2</u> Interacting in group situations and demonstrating differentiation of roles through experimentation and role playing



9 TO 11 YEAR OLDS

*DECISION-MAKING	Participants will use the Six Pillars of Character to make decisions.	Complete review sheet that defines Six Pillars .Draw printed slips with Sticky Situations from paper bag; make decisions based on Six Pillars. Share.	<u>ELA-7-E2</u> Problem solving by using reasoning skills, life experiences, and available information <u>ELA-3-E3</u> Demonstrating standard English structure and usage
-------------------------	---	---	--

*Decision-making is not one of the Six Pillars of Character, but is included to provide a lesson that requires recall of the concepts found in the Six Pillars.

NOTE: At the conclusion of each activity, students are asked to apply the concept to real life situations and to commit to applying the concept in their daily activities.

CHARACTER COUNTS! and the Six Pillars of Character are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.

To access other materials developed by Louisiana 4H, please visit louisiana4h.org.

