DOING WHAT’S RIGHT

LISTEN TO YOUR HEART!

WORK, WORK, WORK... WHEN WILL IT BE TIME TO PLAY?

BETTE MIDLER CLEAN UP
Have you ever seen a picture of somebody’s heart? We’ve all drawn pretty pictures of hearts on cards and stuff, but the one inside our body looks a little bit different. It’s not quite as perfect, and it’s round. But it does a terrific job of keeping us going! If you put your hand on your chest in just the right spot, you can feel your heart beating. Our hearts pump blood through our bodies so we can do all the things we do all day long.

Have you ever heard someone say “deep in my heart,” or “from the bottom of my heart,” or “with all of my heart”? Do you know what those funny expressions mean? Let me show you. If you were to say “I love you with all of my heart,” that means you love that person very, very much! If you said “I mean that from the bottom of my heart,” that means you really, really mean it! And if you say “I know that, deep in my heart,” that means you absolutely, positively know it!

There are some things we know “deep in our hearts.” For instance, we know that doing the right thing, instead of the wrong thing, is the absolutely, positively right thing to do! We know deep down that helping somebody is the right thing and hurting somebody is the wrong thing. We also know that getting along with our friends is a whole lot better than fighting with them and a lot more fun! Following the rules is the right thing, while disobeying rules is the wrong thing. You get the idea!

So, the next time you’re having some trouble deciding what’s the right thing, or the wrong thing to do, listen to your heart. Your heart knows the right answer, absolutely and positively!

VOCABULARY:
Expression: a word or phrase.
Absolutely: perfectly or completely.
Positively: without a doubt.

ACTIVITY:
We all have rules that we have to follow. There are rules at home, rules at school, rules at stores and rules at swimming pools! Many of our rules are made to keep everybody safe. Can you think of some of the rules that you are expected to follow, and why it’s so very important to follow them?
Hello. It's me, Ed. Whew, I've been working hard packing up my room. Our whole house is full of boxes. Mom, Dad, El, Gramps and I have been getting ready for our big move to Gatorsville Park. It's Saturday night and the moving van is coming on Monday. There's still so much to do.

Earlier today, Crock and Brock Adile came by the house. They were starting up a baseball game and they needed a pitcher, so they asked if I could join them. Boy, that sounded great! I needed a break from all that hard work, anyway. So I went in the living room and asked Mom and Dad if I could go.

Mom said, "Ed, have you finished packing up your room?"

"Well, no," I answered, "but I can finish it later."

Then Dad said, "You know Ed, we're moving in two days. We really need your help."

"Well," I said, "this could be my last chance to play with the guys. Can't I go?"

"Well, Ed, I think staying here and helping would be the right thing to do. But if you really want to play with your friends, then you have to make that decision."

I thought about it for a minute. I figured I could work twice as hard when I got back after the game. So, I decided to go.

But when I got to the park with Crock and Brock, I started feeling really bad. I was thinking about Mom, Dad, El and Gramps working all day while I was playing. I knew each of them would rather be doing almost anything besides packing up the house. But it had to be done.

Then I told Crock and Brock that I couldn't stay. Boy, were they mad! But I knew deep down that going home and helping was the right thing to do. When I got home, Mom and Dad were proud of me for making the right decision. I worked extra hard and boxed up all of my games and toys and books.

At five o'clock Dad called us all together. He said that because we had all been such good packers and gotten so much done, we had earned the night off. We went for dinner at Snakey Pete's Pizza Parlor, and saw a movie, *The Creature From the Black Lagoon* at the downtown drive-in. It was loads of fun.

I think I'm going to sleep great tonight.

Then Dad said, "You know Ed, we're moving in two days. We could really use your help."

"But Dad," I said, "this could be my last chance to play with the guys. Can't I go?"

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**QUESTIONS**

1) Why did Ed need a break?

2) What did Ed's Mom and Dad say was the right thing to do?

3) Why did Ed change his mind at the park?

4) How did Mom and Dad react when Ed came back home?

5) How did Ed’s family earn the night off?

6) What kind of hard work do you do that helps others at home or at school?
IN THE NEWSPAPER

Look through the newspaper with an adult and try to find a story about someone who has helped somebody else. Read it or listen to it carefully. What did the person do to help? Have you ever done something like that? Write a couple of sentences about your “helping” experience.

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BIG WORDS WITH BIG MEANINGS!

Here are three very big and important words:

TRUSTWORTHY
RESPONSIBLE
COOPERATIVE

Do you know what they mean? If not, ask an adult to explain them to you.

Okay, now here’s something fun. On the lines below see how many hidden words you can find in each big word. Good luck!

| TRUSTWORTHY |
|---|---|---|
| | | |

| RESPONSIBLE |
|---|---|---|
| | | |

| COOPERATIVE |
|---|---|---|
| | | |
MAKE A WRONG RIGHT!

In the left column below you’ll find words that describe some wrong things to do, or wrong things to be. In the right column you’ll find the “right” words. But wait a minute! They’re all jumbled up! Can you match the “wrong” word with its “right” word?

<table>
<thead>
<tr>
<th>wrong</th>
<th>right</th>
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<tbody>
<tr>
<td>hurt</td>
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<td>ignore</td>
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<td>inconsiderate</td>
<td>courteous</td>
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<td>rude</td>
<td>help</td>
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<tr>
<td>irresponsible</td>
<td>friend</td>
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HAVE YOU EARNED A “DO THE RIGHT THING” AWARD?

If you’ve helped somebody recently or made a really good choice, you deserve this special award! All you have to do is write your name and what you did on the lines. Then color it in and frame it, or just stick it up on your wall. Congratulations!

Do The Right Thing!

The bearer of this award has earned recognition by making good choices in helping, cooperating and doing the right thing!

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<tr>
<th>Name</th>
<th>What I Did</th>
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You’re a Winner . . . You make good choices!
Samuel Jeffrey Tobias loved birds. He loved listening to their songs and watching them fly. Every day he would put birdseed on the windowsill and stand back and wait for the birds to eat.

There was one bird that Samuel loved the best. It was mostly black, with a streak of orange along its belly. This bird sang the most beautiful song! Each day Samuel would wait patiently until the black bird came to feed at his window.

One day, Samuel decided it would be wonderful to catch the black bird and keep it in his room. Then he could enjoy watching and listening to his favorite bird whenever he wanted. Samuel went to visit his grandfather down the street. Grandpapa had a workshop where he made magnificent objects from wood.

“Grandpapa,” he said, “can you make me a birdcage for my bird?”

“When did you get a bird, Samuel?” Grandpapa asked.

“Oh, I don’t have it yet,” Samuel replied, “but I’m going to catch one and keep it in my room.”

“I see,” Grandpapa said. “But what if your bird is unhappy living in a cage? Keeping a bird that’s used to flying free may not be the right thing to do.”

But Samuel insisted, and his grandfather set about to make a splendid birdcage.

A week later the cage was completed, and Samuel hung it from a hook near his window. That same afternoon he placed some birdseed on his windowsill and waited anxiously for the black bird with the orange streak to appear.

Within moments it swooped down, and Samuel caught the unsuspecting bird in his swift hand. He placed him gently in his new cage. Although Samuel stayed by the birdcage till bedtime, he didn’t hear the black bird’s beautiful song.

Several days passed, and to Samuel’s surprise, the bird never sang a note. He never ate his food or drank his water. The black bird got weaker and weaker until, on the fifth day, it lay still on the bottom of the cage.

Samuel ran to get his Grandpapa. Grandpapa took one look at the bird and knew what was wrong. “He’s dying,” Grandpapa told Samuel. “You must set him free.”

So the boy opened the cage, carefully lifted the black bird out, and set him on the windowsill. The next morning when Samuel awoke the bird was gone. For two days Samuel was as sad as he had ever been, but he knew deep in his heart that letting the bird go free was the right thing to do.

The following evening Samuel heard a familiar sound. His heart raced as he ran to the window and caught a glimpse of the black bird with the orange streak flying from branch to branch on the dogwood tree. It was singing the most beautiful song!
Bette Midler is a singer, an actress and a comedienne. As a singer she has recorded some of the most popular songs of all time, including “The Rose” and “From a Distance.” She has starred in movies like Get Shorty, Beaches and Hocus Pocus. In her sold-out concerts throughout the world she has made people laugh with her great sense of humor and touched many with her powerful vocals.

Bette Midler has a very busy schedule. But somehow she has found the time to do something she really loves: helping to clean up streets and parks in New York City. Although many celebrities have donated money to charities and projects, few have gotten so directly involved as Midler. She is the chairperson and one of the founders of the New York Restoration Project.

Wearing overalls and rubber boots, Midler removes trash, bottles and rusty pails from Sherman Creek, a wetlands area behind a New York City school. This is the latest in a long line of clean-up jobs. She understands that one day of hard work is not enough to change very much. She is dedicated to spending a few years cleaning up the trash in one area. Bette Midler is a great example of a person willing to “get her hands dirty” doing the right thing!

**VOCABULARY:**
Comedienne: a woman who makes people laugh.
Celebrities: famous people.
Charities: organizations that collect money to help people.
Chairperson: the head person at an organization or company.
Restoration: fixing something up to make it good again.
Dedicated: willing to work hard for something.
TIPS

1) Our children learn a great deal from observing how we handle situations. As we expect them to make proper judgments and decisions, it’s important that we exercise “doing the right thing” in our daily lives. If we make up excuses for our mistakes, instead of openly discussing them, we are missing a great opportunity for a family learning experience.

2) All children need to test and learn from the limits we enforce. It’s essential to define those limits clearly and to enforce them fairly and consistently.

3) Children will learn to act responsibly if they are given responsibilities. Look for simple opportunities for your children to be helpful contributors to the family. By the same token, if we expect them to learn to make the right choices, we must give them opportunities to choose for themselves.

4) Be on the lookout and try extra hard to acknowledge your child’s good behavior. If your child is having trouble behaving in a particular kind of situation, catch him/her doing it right, and be very specific with your praise. You might say, “I’m glad to see you sharing your things so nicely with your brother.”

5) Some lessons are harder to learn than others. It may be necessary to “model” the behavior for your child until he/she gets the hang of it.

FAMILY ACTIVITY

Here’s an activity that will benefit the whole family. Make a list of household chores that need to be done on a weekly basis. Have a family meeting and let your child or children choose which chore will be their responsibility. It’s important when giving choices that you’re comfortable with whatever choice your child makes. It shouldn’t matter how big a job it is, as long as your child learns the responsibility of doing his/her job thoroughly and consistently, without constant reminders. It may also be possible to have a rotating responsibility chart, so all members of the family get a taste of what it’s like, and what it takes, to keep a household running.

RESOURCES


FAMILY PLEDGE CARD

Our family has completed the Family Page together.

______________________________    ___________________
Child’s name

Family members:

______________________________    ___________________

______________________________    ___________________

School: ___________________________________

Teacher/grade: ___________________________

For more information about Project: Solution, call 726-8918 or 1-800-351-1227, ext. 8033 or 8918. The Washington Times