Did you know that you are UNIQUE? That's another way of saying that you are one of a kind. There is nobody else in the world exactly like you.

Let's look at some of the ways you are unique. Answer the questions below:

- WHAT COLOR ARE YOUR EYES?
- WHAT IS YOUR FAVORITE SPORT?
- WHAT DO YOU LIKE TO DO ON SATURDAYS?
- HOW MANY PEOPLE ARE IN YOUR FAMILY? YOUR HOME?
- WHAT IS ONE THING YOU LIKE ABOUT YOURSELF?
- WHO WOULD YOU REALLY LIKE TO MEET IN PERSON?

Compare your answers with your classmates. Did anyone have all the same answers you wrote?

**THE IMPORTANCE OF BEING YOU**
Since you are unique, you are also very important. No one else can take your place in the world.

Think about some of the things you have done today. Did you make someone happy by being friendly? Have you learned something new? Did you make something? Each day you grow and learn. And each day you have an effect on the people who are around you.

**VERTICAL NAMES**
Write your name vertically (one letter under another) down the side of a sheet of paper. Then find words in today's newspaper that describe you and that start with each letter of your name. Paste the words beside the correct letters.
Who is your favorite comic strip character?

Draw or paste a picture of the character in the box below. On the numbered lines beside the box write three words that describe how the character looks.

On lines A, B, and C, write three words about the character’s personality (Is she smart? Funny?)

When you describe someone’s personality, you are describing their character. Your character is how you act and how you treat other people.

1. 
2. 
3. 
A. 
B. 
C. 

A CHARACTER FROM REAL LIFE
Find a story about an interesting person in today’s newspaper. With your classmates make a list of words describing this person.

Would you like to invite this person to visit your class? What questions would you like to ask the person?

DEFINITION MATCH
Below you will see a list of words and another list of definitions. As you read about each word in this booklet, come back to this page and match the word with its definition.

- cooperation
- fairness
- honesty
- courage
- caring
- respect
- responsibility
- perseverance

1. Following the rules
2. Telling the truth
3. Being dependable and doing what you are supposed to
4. Doing something for someone without expecting anything in return
5. Standing up for what is right
6. Working with others to get things done
7. Not giving up just because something is difficult
8. Accepting other people's differences
Have you ever been in a “bad mood” but not really known why? Part of caring for yourself is trying to understand your own feelings. You may snap at your best friend at lunch when he asks you a question even though you aren’t really angry at your friend. What you’re really upset about may be a test coming up in school. When you know what you are feeling and why, then you can avoid hurting a friend’s feelings.

Just as it’s not always easy to know why you are feeling a certain way, it can also be hard to understand other people’s feelings. Sometimes you can know by what the person says, but you can also pick up clues by the way they act or look.

When you understand how someone is feeling, you can be a better friend.
activities

FACES IN THE NEWS
Clip several newspaper photos that show people’s faces. Paste the photos on a piece of construction paper and study them carefully. How do you think each person was feeling when the photo was taken? What clues are you using to decide? Write one word under each photo that describes the strongest emotion you think the person is feeling.

THE SPORTS PAGES
Look through the Sports section for several days and collect photos that show emotion. Work with another student to create a poster of sports emotions. Print words that describe the emotions beside the photos.

CONTROLLING ANGER
There are often stories in the newspaper about people who let their anger get out of control. Discuss one of these stories with your classmates.

I FEEL... Find a word, story, or picture in the newspaper and paste it in to complete each sentence below.

- MAKES ME FEEL SAD.
- MAKES ME FEEL EXCITED.
- MAKES ME FEEL HOPEFUL.
- MAKES ME FEEL ANGRY.
- MAKES ME FEEL FRIGHTENED.
Sometimes it’s fun to do things all by yourself, but many things can be done best by more than one person. That’s where cooperation comes in.

COOPERATION IS WORKING TOGETHER.

By cooperating you can get tasks done more quickly. Cooperation also lets everyone feel good that they have done their share of the work.

A PICTURE OF COOPERATION

Find a newspaper photo that shows two or more people cooperating. Answer these questions:

Would one person be able to accomplish this task alone?

Why are these people cooperating with each other?

How did they decide to cooperate?

CLASSIFIED COOPERATION

Spread a full sheet of the classified ads on the floor and lie down with your head and as much of your body as you can on the newspaper. Take a crayon and draw an outline of the top part of your body on the paper while you are lying on it.

Now stand up and look at your outline. Is it messy?

Now take another sheet of the classified ads and lie down the same way as before. Then ask a friend to draw your outline on the paper. Stand up and compare the two outlines. Which one is better?
Fairness is all about following the rules. Games have rules, but other things in life have rules, too. We live in a world with lots of other people. If there weren’t rules to follow, we would end up spending our whole day arguing with people or trying to get out of their way! Playing fair and following the rules helps us all get along better.

**Activities**

**SPORTS PAGE SEARCH**

Work with a friend and search the sports pages. Make a list of all the sports that you can find in today’s newspaper. Discuss some of the rules that are involved in each sport. If a game didn’t have rules, would you be able to play it?

**THAT’S NOT FAIR!**

Write the 5 W’s - Who, What, When, Where, Why - down the left side of your paper. Then write your answers to the following questions beside each one. When was the last time you said, “That’s not fair?” Where were you? What was happening? Who else was involved? Why didn’t you think you were being treated fairly?
Honesty is all about telling the truth. Sometimes it’s tempting not to tell the whole truth. The problem with that kind of dishonesty is that you almost always get caught.

**STEALING**
Stealing has the same consequences as not telling the truth. If you steal something, you feel bad about yourself. Other people avoid you because they don’t trust you and they don’t want to be hurt.

**CHEATING**
Cheating is really a way of being dishonest with yourself. When you cheat to win or make a good grade, then you know you are lying to yourself and you feel guilty and ashamed.

**CONSEQUENCES**
Find a story in the newspaper about someone who has been dishonest. How was the person dishonest? How was it discovered that he was dishonest? What will happen to the person because he was dishonest? Do you think the person would be dishonest if he could start all over again?

**COURAGE AND HONESTY**
Think of a time when it took courage for you to be honest. Draw a cartoon strip that tells what happened. Use the cartoons in today’s newspaper as a model.

**AN HONEST STORY**
Think about a story or book you have read in which the character told the truth, even if it was difficult. Rewrite the story as a news story. Be sure to include the 5 W’s – Who, What, When, Where, Why.
Being brave or courageous doesn’t mean you aren’t afraid. It means you try to do the right thing even if you feel scared or unsure of yourself:

- If you stand up for someone who is being teased even though you are afraid you will be teased, too, you are being courageous.
- When you refuse to do something you know is wrong even if your friends are urging you on, then you are being courageous.
- If you are afraid you will fail at something but you try to do it anyway, then you are a brave person.

**activities**

**COURAGE IN THE COMICS**
Read your favorite comic strips in today’s newspaper. Do any of the characters show courage or bravery in their actions? What would you have done if you had been in the character’s place?

**COURAGE ON DISPLAY**
As you read the newspaper each day, look for photos, headlines and stories that tell you about people who have shown courage. Work with other students to create a bulletin board display of these items that show courage.
Your family gives you food to eat. They buy you new shoes and wash your clothes. They provide a place for you to live. In short, they take care of you.

SHOWING YOU CARE
Do you ever play with your little brother just because it makes him happy? Maybe you help your big sister find her keys when she is in a hurry. Or you carry the grocery bags in from the car for your grandmother. All of these are ways of showing people that you care about them.

CARING ABOUT YOURSELF
It is just as important to care about yourself as it is to care about other people. In fact, other people will find it harder to care for you if you don't care about yourself.

CARING ABOUT OTHERS IN YOUR COMMUNITY
Sometimes you show caring to people you don't know personally. You collect canned goods for people who are hungry or donate clothing that keeps strangers warm. You don't expect anything in return, but you can have that good feeling inside that you have helped someone.

activities

PICTURE THIS!
One of the ways people show they care about others is to be good listeners.
Pay close attention as your teacher reads a short article from today's newspaper. When she has finished reading, draw a picture that shows what was going on in the story.
When everyone is finished drawing, share your picture with the rest of the class. Did everyone hear the story in the same way? Make a bulletin board display by posting the pictures and the newspaper story.

WHO CARES?
Search your newspaper to find examples of caring in your community. Discuss ways kids your age can show they care about people beyond their families and close friends.
When you respect other people, you show good manners toward them and settle disagreements peacefully. And when you respect yourself, you expect other people to treat you the same way.

**GOOD MANNERS**

There are lots of other ways to show good manners toward people.

- Sometimes you don’t agree with what another person is saying, but you can disagree without putting the person down.
- Your teacher will appreciate the respect you show by listening quietly when she is talking. You can show that you respect your school by not running in the halls or throwing trash on the floor.

**RESPECTING THE ENVIRONMENT AND YOUR COMMUNITY**

When you work to keep your community looking good and to take care of the environment, you are showing respect for the people who live there.

**RESPECTING YOUR COUNTRY**

Showing respect for your country is called patriotism.

When the National Anthem is played at a ball game or other event, you stand up to show your respect for a symbol of your country. You also show respect to the flag because it is a symbol of the United States.

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**WORD SEARCH**

Clip words from the newspaper to finish these sentences. Paste the words on the lines.

- It would make me ________________ if my friends wouldn’t let me play a game with them.
- I would be ________________ if everybody listened to my idea.
- I would feel ________________ if other students laughed when I gave a wrong answer.

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**GETTING TO KNOW YOU**

Look through the newspaper and find a photo of someone who seems to be unlike you. Perhaps the person is much older or lives in a different part of the world.

Clip the person’s picture and paste it on your paper. Write three questions you would like to ask the person about his or her life. Then write three things you would like to tell the person about yourself.
When you are responsible, you do what you are supposed to do without your parents or your teacher having to remind you over and over again.

Being responsible also means you think about things before you do them.

Learning to be responsible is an important part of growing up. When you learn to take responsibility for the things you do, you feel better about yourself. And you get to do more.

**Taking Responsibility**

Do you have certain chores you are responsible for at home?

Draw a picture of yourself doing one of your assigned chores. Across the top of the picture write a headline that announces you have done your chores without being reminded.

**Who’s Responsible?**

Check the newspaper for photos of well-known people. Clip one of the photos and paste it to your paper. Under the photo make a list of some of the responsibilities this person has in his job.

**Saying Thanks**

Look around your school, your neighborhood, and your home. Think about someone who makes your life better by living up to one of their responsibilities.

Make a thank-you card for that person. Fold a piece of colorful construction paper in half and decorate it with pictures and words cut from the newspaper. On the inside write a note thanking the person for what they have done for you. Be sure to give the card to the person.
**PERSEVERANCE**

Perseverance is a long word, but it is easy to understand. It means not giving up, even if the job is difficult.

Few people find it easy to learn everything without working hard on some things. It's important not to give up. When you keep trying, you will find that your teacher, your parents and even other students are glad to help you.

At times almost all of us feel like saying, “I can’t do this! It's too hard!” The next time you feel that way, take a deep breath and say to yourself, “I can do this. I’m not giving up yet!”

**ACTIVITIES**

**AN OLD SAYING**
Have you ever heard the old saying, “If at first you don’t succeed, try, try again”? Find a newspaper picture of a person who is showing perseverance and paste it on the same sheet of paper.

**FRUSTRATION**
One of the feelings you might have when you can’t do something even after trying is frustration. That means you really want to give up and forget about it.

Find a character in the comics who is frustrated. How could the character solve the problem that is frustrating him?

**POSITIVELY!**
Remember the story about the little engine who kept saying, “I think I can! I think I can!” That little engine was positive.

Look through the newspaper for some positive words that you can use to encourage yourself and others.
Making mistakes is only a bad thing if you keep making the same mistake over and over again. In fact, you can learn a lot from your mistakes if you are paying attention.

If you make a mistake on your math paper, you can look at the problem and see what you did wrong. Then you try not to do it again on the next paper.

It does no good to go around being angry or disappointed in yourself if you make a mistake. Nobody is perfect, and you are an intelligent person who is going to learn from the mistake.

Making Intelligent Choices

One of the best things about being a human being is that you can think before you do something. If you think about the consequences of your actions before you act, you can make an intelligent choice. And you can save yourself from making a lot of mistakes!

Activities

Making Mistakes

Find a photo or a story in the newspaper about someone making a mistake. What was the mistake? Do you think the person will make the same mistake again?

Choices

Find an example in the newspaper of a choice someone had to make. Did the person make the right choice? Do you think he asked himself the two questions before he acted? What choice would you have made?
A PAGE ABOUT ME

This final page is going to be all about you and your character. Follow the instructions in each section to complete the page.

FAVORITES
Fill in the blanks with some of your favorites:
Favorite color
Favorite food
Favorite book
Favorite TV program
Favorite part of the newspaper
Favorite sport
Favorite thing to do

CARING
List five people you show caring toward

Caring
Caring
Caring
Caring
Caring

LIST FIVE PEOPLE WHO SHOW CARING TOWARD YOU

Respect
Describe one way that you show respect for yourself.

Respect
Describe one way that you show respect for another person.

Respect
Describe one way that you show respect for your community or country.

Responsibility
List two things you are responsible for.

Responsibility
Responsibility

Perseverance
Describe a time when you learned to do something really difficult because you kept on trying.

Perseverance

My Very Own Headline
Write a headline that describes a time that you did something that made you proud of yourself.

My Real Character
Clip three words from the newspaper that describe your real character and paste them on the lines below.

My Real Character
My Real Character
My Real Character