It’s all about you
It’s all about you ...

You’re at a special time in your life, when you’re discovering who you really are. You’re unique and special.

But you’re not alone!

As you learn about what makes you who you are, you can also learn how you interact with others. Let’s start with you:

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 create something? Each day you grow and learn. And each day you have an effect on the people who are around you.

The things you do and say make a difference in other people’s lives. Right now you have the power to make the world a better place to live. Now that’s important!

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? Why do you like this character? How would you describe this character to someone who has never read the comic strip?

Draw or paste a picture of the character in the box below. On the numbered lines above 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. Do you show other people you care about them? Do you cooperate and play fair? Are you honest and courageous? Do you pay attention to your own feelings as well as others’ feelings? Are you a responsible person? Do you keep trying even when the going gets rough?

1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________

A. ______________________________________________________
B. ______________________________________________________
C. ______________________________________________________

**Activities**

**A Character From Real Life**

Find a story about an interesting person in today’s newspaper. With your classmates, discuss why the person is in the news and why you find him or her interesting. Work together as a class to make a list of words describing this person.

Would you like to invite this person to visit your class? Make a list of questions you would like to ask the person.

**Definition Match**

Below you will see a list of words and another list of definitions. You may already know some of the ones that belong together. Others may be new to you. You will learn the meanings of all the words as you read this booklet. As you read about each word, come back to this page and match the word with its definition.

Cooperation
Fairness
Honesty
Courage
Caring
Respect
Responsibility
Perseverance

A. Following the rules
B. Telling the truth
C. Being dependable and doing what you are supposed to
D. Doing something for someone without expecting anything in return
E. Standing up for what is right
F. Working with others to get things done
G. Not giving up just because something is difficult
H. Accepting other people’s differences
How are you feeling today? Are you happy? Sad? Excited? When we talk about how you're feeling inside, we are talking about emotions.

Having emotions is part of being human. Everyone experiences lots of different emotions from time to time. If you talk with your friends you will find they have all felt lonely or frightened at times and that they have all felt eager and excited at other times.

Understanding Your Feelings

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.

It doesn't help when you don't admit to yourself what you are feeling. Getting very angry and keeping it inside can make you feel sick to your stomach. Being sad can make it hard for you to pay attention in class. It is always better if you can talk to someone such as your mom or dad or your teacher about bad feelings. Sometimes just talking about these feelings helps you feel better.

Other People's feelings

Just as it's not always easy to know why you are feeling a certain way, it can also 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. If a new student joins your class, she may let you know she is feeling shy by not looking directly at any of the other students and by hanging back when the class goes to lunch.

People don't always use words to let us know how they are feeling. There are often clues to their feelings in the way they act or the way they move their bodies. We call this body language.

When you understand how someone is feeling, you can be a better friend. Letting people know you care how they feel is an important part of good character.
Activities

Faces in the News
Clip several newspaper photos that clearly 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.

Share your photos with the class. Did another student select any of the same photos? If so, did he or she use the same word to describe the person's feelings?

Look at the words you have used with your photos. Choose one of the words and, when it is your turn, give clues about the emotion without using the word you have written. See if your classmates can guess the emotion you are describing.

The Sports Pages
Photos in the Sports section of the newspaper often show athletes' emotions very clearly. If they are winning, they may look excited and pleased. If they are losing, they may look disappointed and hurt. Sometimes they look confused or angry.

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. Does the story tell why the person was angry in the first place? How do you know the person let his anger take over? What happened as a result of his anger? Would there have been a story in the newspaper if the person had been able to control his anger? What are some of the things the person might have done to keep his anger from exploding?

I Feel...
Find a word, story, or picture in the newspaper that matches the emotions below. Paste them on a page and label them.

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: reading a book, drawing a picture, taking a walk. But many things can be done best by more than one person. That's where cooperation comes in.

You already know what cooperation is. It's working together. When you work with other students on a project, you cooperate with them. When you plan a party or a special meal with your family, you cooperate. One person sets the table, another person cooks the food, and someone else clears the dishes afterwards.

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

**Activities**

**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. Don’t raise your head off the paper while you are doing this.

Now stand up and look at your outline. Is it messy? Does it really look like your outline? Are the lines of the drawing connected?

Let’s try something different. 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?

Write your name in big bold letters on the second outline. Under your name write “with cooperation from” and have your friend write his or her name.
Fairness is all about following the rules. Games have rules, but other things in life have rules, too. You stand in line and wait your turn in the cafeteria. You don’t hurry past other people who are getting off the school bus in front of you. You don’t take your brother’s CD player without asking.

There are different types of rules called laws. Laws make it safer for us to live our everyday lives. When you are in a car, the driver knows to stop when the traffic light is red. That is the law. If drivers didn’t obey this law, all the cars would end up running into each other and people would get hurt.

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. Compare your list with the rest of the class and then 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?

Share the Sections
When you are sharing your newspaper with other people at home or school, you may have to wait your turn to get the section you want. That’s OK, because there are things in every section of the paper that will interest you. Prove this to yourself by taking a look at each section of today’s paper. Write down one thing in each section that you found interesting.
Honesty is all about telling the truth. Sometimes it’s tempting not to tell the whole truth. You don’t want to get into trouble when your mom is angry because she finds the kitchen in a big mess, so you blame it on your brother — if he’s not around to get yelled at.

The problem with that kind of dishonesty is that you almost always get caught. Your brother comes home and gets mad because you blamed him. Your mom doesn’t trust you anymore. And you feel bad because you didn’t tell the truth.

Stealing

Stealing has the same consequences as not telling the truth. If you steal something, you feel bad about yourself because you feel guilty for hurting someone else. 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. If other people discover that you cheated, they are likely to be angry or disappointed in you. Nobody wins this way.

Activities

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 consequences does the person face because he was dishonest? (Consequences are what happens to a person because of their actions.) 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.
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 did they do that you think is brave? What would have happened if the character had not been brave? 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 display may include pictures of people who are courageous in their jobs. It may also include a story about a person who stood up for what he believed in even when it seemed that everyone else disagreed. Or you may find a headline about someone who showed courage when faced with a sudden, unexpected emergency.

Complete the display by adding drawings and stories contributed by students about their personal experiences of courage.

Courage

When you hear the word courage, do you think of superheroes and television characters? Do you think of fire fighters, police officers and soldiers? Do you ever think of yourself? Being brave or courageous doesn’t mean you aren’t afraid. It doesn’t mean that you are sure things will turn out OK. 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.

Being a bully does not show courage either. Bullies try to make up for feeling bad about themselves by pushing other people around. If you are ever bothered by a bully, it is courageous to ignore or avoid the bully and ask an adult for help in dealing with him.
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.

They also care for you in other ways. If you are sad, they try to make you feel better. If you are excited, they share your happiness.

Think about other ways your family shows that they care about you. What are some of the things they do?

**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.

You are not doing nice things just so these people will do something for you. You don’t expect anything in return. It just feels good to let people know you care.

**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. Discuss this idea with your classmates and make a list of ways that people can show they care about themselves.

**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. This type of caring is about reaching out to those who need help even if they aren’t your friends. 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. Practice your listening skills with this activity.

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. Perhaps there is a story about a food bank for people who can’t afford groceries. Sometimes neighbors collect money to help someone who is sick. Other people donate to charities that provide help. How can you show caring in your community? Is there a newspaper story about an effort your class could join? Do you have an older neighbor who needs help mowing or raking the yard? 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.

Respect means you accept other people’s right to be themselves, even if they are very different from you. Look around your classroom. There are students who look different because of their hair or their skin color. Perhaps there are students who have come from different neighborhoods than you or whose families are not like yours. They may like foods that you don’t like or they may choose to wear a different style of clothing.

However, they all have one thing in common: They are all human beings and they all have the right to feel good about themselves and to be respected by other people.

**Good Manners**

You know all about saying “please” and “thank you.” But 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. Telling someone he is stupid is not practicing good manners!

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.

What are some of the other ways you show respect to the people you see every day?

**Respecting the environment and your community**

Another type of respect that you show is to 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. One way to show respect for the United States is to respect the people who have been elected to government office, such as the President of the United States.

Another way to show respect is to learn songs about your country, such as the National Anthem. 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.

**Activities**

**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 go with them.

I would be ________________ if everybody listened to my idea.

I would feel ________________ if other students laughed when I gave a wrong answer.

**Getting to Know You**

Sometimes it seems hard to get to know a person who is quite different from you. But it can be a lot of fun to learn about someone who comes from a different place or has had a different life.

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. Maybe he is a well-known person. Maybe she dances or is an artist.

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.
Responsibility

When you are responsible, you do what you are supposed to do. At home, you brush your teeth, do your chores, and go to bed early enough to get a good night’s sleep. At school, you show up on time — with your homework! And you do these things without your parents or your teacher having to remind you over and over again. That’s being responsible.

Being responsible means you think about things before you do them. Your friends want to go to the mall and hang out for a while before going home. You know your dad is expecting you to be home early. If you are responsible, you decide to go straight home.

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. When your parents and teachers see that you are responsible, they let you make more decisions for yourself.

Taking Responsibility

Do you have certain chores you are responsible for at home? Are you supposed to take out the trash or set the table for dinner? Are you expected to keep your room neat?

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. You might choose the U.S. president or the governor of your state. 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. Is it important to you that this person lives up to his responsibilities? Why?

Activities

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

Make a thank-you card for the person you have identified. 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.

When you first started to read and write, it wasn’t always easy. But you kept right on practicing and getting help. Pretty soon it wasn’t so hard any more.

Most kids can’t ride a two-wheel bike or skate very well the first time either, but they keep on trying until they learn. That’s perseverance!

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.

School isn’t the only place perseverance is important, though.

If scientists and engineers stopped trying to solve a problem the first time they failed, we wouldn’t have airplanes and televisions and modern medicines. We can only learn and invent if we keep trying until we get it right.

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”? This saying is about perseverance. Rewrite the saying in your own words on a sheet of notebook paper. Then 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. Can you decide why the character is frustrated? What could the character do to feel better right away? How could the character solve the problem that is frustrating him?

Positively!
Remember the story about the little engine that kept saying, “I think I can! I think I can!” That little engine was positive. He believed in himself.

When you are facing something difficult, what things can you say to yourself to help get the energy to keep trying? 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.

When you are playing video games, you learn that you will lose the game if you make a certain move. The next time you play, you don’t repeat that move and get a better score.

Making mistakes in the way you treat your friends works almost the same way. Imagine that one day you are feeling really cranky because you thought you were going camping but the trip got called off at the last minute. You take your anger and disappointment out on your friend by yelling at her when she says or does something. That’s a mistake!

You can learn from this mistake by remembering it the next time you are in a bad mood.

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? Why did the person make it? Did the person make an intelligent choice before he acted? Do you think the person will make the same mistake again?

Choices
There are two questions to ask yourself when you are faced with making a choice. The first is: How am I going to feel about myself afterward? The second is: What are the consequences or what will happen if I do this? If you think about these questions before you make your choice, you will make a better decision.

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?
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 singer _______________
Favorite thing to do _______________

**Caring**
List five people you show caring toward _______________,
______________, ________________, ________________, ________________
List five people who show caring toward you _______________,
______________, ________________, ________________, ________________

**Cooperation**
Give an example of how you cooperate with your classmates.
________________________
Give an example of how you cooperate with your family.
________________________

**Fairness**
Describe one time that you waited your turn in school today.
________________________
Give an example of rules that you have followed this week.
________________________

**Honesty**
How have you shown your honesty this week? _______________

**Courage**
Give an example of a time when it took courage for you to do something. _______________

**Respect**
Describe one way that you show respect for yourself.
________________________
Describe one way that you show respect for another person.
________________________
Describe one way that you show respect for your community or country. _______________

**Responsibility**
List two things you are responsible for. _______________, ________________

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

**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. _______________, ________________, ________________
It's all about you

YOUR NEWSPAPER’S NAME HERE