

Is it ever OK to lie?

You're probably saying NEVER! And most of the time it isn't. Have any of these things happened to you? What did you do?



You're starting to fall behind in school. Your parents are used to you getting good grades. You didn't do very well on your last math test. Your dad asks what you got on it.

If you tell the truth, what happens?

If you tell a lie, what happens?



You're teaching a friend to play soccer but she's not very good. She wants to know if she's good enough to play on the travel team with you. You know she wouldn't make the team.

If you tell the truth, what happens?

If you tell a lie, what happens?



Your little sister just got new glasses. She loves them because they are pink. You think they don't look good on her. You know she will want your opinion about them.

If you tell the truth, what happens?

If you tell a lie, what happens?



Your friends talk about a game you're not supposed to play. You borrow your mom's phone to find out what it's about. She sees you and asks what you are looking at.

If you tell the truth, what happens?

If you tell a lie, what happens?

Are you a good friend?



Being a good friend is important. How do you know if you are a good friend? Good friends are nice to be around. They make others feel happy and they enjoy the time you spend together



You love to be on camera and always want to practice so one day you can have your own YouTube channel. Your friend is camera shy but goes along with it because she wants you to be happy. How happy is your friend?



You've worked hard for months in ballet class but your friend has been chosen for the special part in the dance. You are disappointed but you give her a hug and tell her you are happy for her. How does that make your friend feel?



You do great in school - especially math. Your friends are good students also. You just got a perfect score on a hard math test. You tell your friends that you didn't have to study. They didn't do as good. How do you think they feel?



30 Days of Caring

Do 30 random acts of kindness in the next 30 days. Cut and paste the random acts from the next page or write in your own.



Make a Card for Someone	Hand Write a Thank You Note	Give Someone Your Dessert	Make a Snack for Someone	Clean Out the Family Car	Pull Some Weeds
Play With a Pet	Plant Something	Hold the Door for Someone	Clear the Table	Spend Time with Someone Lonely	Make Someone Lunch
Donate a Book	Help Make Dinner	Make Someone a Gift	Give a Family Member a Hug	Bake Cookies For Someone	Give Someone a Manicure
Help With The Food Shopping	Do a New Chore	Feed the Birds	Help Someone With a Chore	Read To Someone	Call an Older Family Member
Help a Neighbor	Donate Your Allowance	Write a Thank You to Your Leader	Donate Clothes	Help a Senior Citizen	Thank Your Teacher
Take Out the Garbage	Carry a Bag for Someone	Tell Someone You Love Them	Pick Up Litter	Donate a Toy	Play With A Younger Sibling



Bullies are Scared

It might seem that bullies are brave. They don't act like they are afraid of anyone or anything. But they are.



Do you think these kids are talking about the girl standing alone?

☐ Yes ☐ No ☐ Maybe

How do you think she feels?



Do you think this girl is being bullied?

☐ Yes ☐ No ☐ Maybe

What should you do?



Do you think this girl is a bully?

☐ Yes ☐ No ☐ Maybe

What makes you think that?



Do you think this girl is telling a secret?

☐ Yes ☐ No ☐ Maybe

What should you do?

Do you know what it means to be responsible?



It means to do the right thing without being asked. Circle the pictures below that show a girl who is being responsible.





Good Self Esteem

When you have healthy self esteem you feel good about yourself but also know there is always room for improvement.



As usual, you got a perfect score on your spelling test. Your best friend is not a good speller. Do you ask her what she got on the test?

☐ Yes ☐ No ☐ Maybe



You're the fastest runner in your school. Should you always run your fastest, or let others kids win sometimes?

☐ Yes ☐ No ☐ Maybe



Everyone says you are pretty. When someone compliments your looks should you disagree with them?

☐ Yes ☐ No ☐ Maybe



You and your little sister love to draw. She's very good and may be a better artist than you some day. Do you help her improve?

☐ Yes ☐ No ☐ Maybe

Obeying Rules

Do you know why we have rules and laws? They are for your safety and to protect other people and animals, and to keep the earth healthy. What might happen if you didn't obey each of the signs below?



Reduce, Reuse, Repurpose, Recycle

To be resourceful means you don't waste. The best way to be resourceful is:

1. **Reduce** - Think about it first. Do you really need to buy something?
2. **Reuse** - If you need something choose a reusable option.
3. **Repurpose** - Reuse items in a different way.
4. **Recycle** - Items that can't be reduced, reused or repurposed should be recycled.



Talk about each item below. Do you need it? Could you be more resourceful?



Every Thing Matters

Being generous means you care about others and are willing to give your time, your love, your friendship or your money to someone or something else. Doing something that seems small can make a difference. Doing it all the time for the rest of your life can make a big difference. Choose one or more of the things below and make a pledge to do it for the rest of your life.



☐ Spend quality time with your pet.



☐ Tell your parents (or grandparents) you love them everyday



☐ Smile. Even when you're not sure that you really feel like it.



☐ Handwrite a letter or a thank you note to a grandparent or an older relative.



☐ Learn about other cultures and spend time with people who are different than you.



☐ Take care of nature and ask others to join you.



☐ Sing, dance, play an instrument write poetry or paint. Share It with the world.



☐ Give homemade gifts.



☐ Respect the earth.

What is inclusion?

Everyone is different. Some people might seem very different from you but you can still find things that are the same. Inclusion means to treat everyone the same. If you met one of the people below what could you do with them to have some fun?



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|--|--|
| <input type="checkbox"/> Make a craft. | <input type="checkbox"/> Sing a song. |
| <input type="checkbox"/> Go for walk. | <input type="checkbox"/> Take a bike ride. |
| <input type="checkbox"/> Draw a picture. | <input type="checkbox"/> Dance. |
| <input type="checkbox"/> Read a book. | <input type="checkbox"/> Take Selfies. |



- | | |
|--|--|
| <input type="checkbox"/> Make a craft. | <input type="checkbox"/> Sing a song. |
| <input type="checkbox"/> Go for walk. | <input type="checkbox"/> Take a bike ride. |
| <input type="checkbox"/> Draw a picture. | <input type="checkbox"/> Dance. |
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