

Teaching Activities for:



Character Building Life Skill Card Deck

AGES 5-7

Quick , Fun, and Easy Ways To Introduce Children to Powerful Life Skills

Teaching Concepts, Skills, and Strategies: Character Building, Communication Skills, Social Skills, Emotional Competency, Creative Thinking Skills, Listening Skills, Self-Esteem and Self-Confidence

Activity #1 (Language/Vocabulary)
Life Skill Words, Definitions, and Their Meanings In Motion

Activity #2 (Reading)
Life Skills In Motion Through Story Telling

Activity#3 (Art)
Life Skills In Motion Through Art

Activity #1 (Language/Vocabulary)

Life Skill Words, Definitions, and Their Meanings In Motion

Time: 10-15 minutes

Materials Needed: Character Building Life Skill Card Deck

Introduce children to these powerful life skills by teaching them life skill words, definitions, concepts and more specifically how these life skills apply to them.

- First, have a child draw a card for the Character Building Life Skill Card Deck. Introduce them to powerful life skill they choose by reading the Life Skill on the card along with its corresponding definition. Be open to any spontaneous conversation that follows with your group or classroom. (They may have a story related to the topic or they may give an example.)
- Then ask them how they use this life skill each day or how they see others using this life skill each day. Be Specific. Concrete examples are best.
- Have them choose one of these examples to practice throughout the week.
- Acknowledge their efforts when practicing this life skill throughout the day or week.

Example: “Practice RESPECT: which means to take special care of yourself, other people, the places, and things around you.” (Pause and wait for a response) Then ask, Can you think of a time when you practiced RESPECT for yourself, someone else or your environment i.e. your classroom, bedroom, friends, family? (Pause and wait for a response) Then give specific examples children can relate to by asking:
Are you showing RESPECT when you....
Pick up your toys when you are done playing?
Brush your teeth and your hair?
When you throw your trash away in a trash can instead of on the ground? Or when you pick up someone else’s trash that they have thrown onto the ground?

When you help your mom, dad, sister, brother, or friend when they need your help?

Yes! These are all ways we can show RESPECT! (Using children's examples from Meanings In Motion's Activity Book, Discovering The Best Me I Can Be! Is another great way for them to grasp these life skills in motion.) Then follow up with questions and/or activities on the back of the RESPECT card if time permits.

Next, ask them "Is there one way that you could practice respect this week?" (Pause and wait for response. If they come up with an answer on their own great. If not, remind them of the ideas given above and have them choose one way they can work on RESPECT for the week. Or choose one activity everyone can work on together as a group /classroom. Finally, post this card at home or in the classroom where kids can see it each day. Use it as a reminder of what the focus is for the week.

Throughout the week when children are doing something that does not demonstrate this life skill use it as a teaching opportunity. For example, "I am sorry to see that you didn't pick up your toys after playing with them maybe you could make a good choice and pick them up since you are working on RESPECT this week (referring to the card.)" When they do demonstrate this life skill be sure to praise them "Wow! You are being very respectful by picking up your toys after playing. Way To Go! You are being RESPECTFUL!!"

Activity #2 (Reading)

Life Skills In Motion Through Story Telling

Time: 20 minutes

Materials Needed: Character Building Life Skill Card Deck and Recommended Story Book (or related book of your choice)

Storytelling is a wonderful way for children to understand practical life skills. Each story, through words and illustrations, will bring these powerful ideas to life in a fun way that children can relate to.

- Introduce children to the life skill on the card by reading its word and definition.
- Then read the recommended story below (or one of your choosing) that corresponds with this life skill card. The card and story will help solidify for children what this life skill is, what it means, and how it's demonstrated through the story.
- Use the story to follow up conversation on how that particular life skill was demonstrated in the story.
- Then (if you like) follow up with the discussion questions/activities on the back of the life skill card.
- Encourage children to find one way to practice this life skill for the day or the week. Then display the card somewhere where they can see it.
- Refer to the card as a reminder of what the focus is for the group. Give praise to kids who demonstrate this life skill.

Book Recommendations:

Respect:

Children of The Earth Remember By: Shim Schimmel

Treat Me Right! Kids Talk About Respect By: Nancy Loewen

Compassion:

Too Many Murkles By: Heidi Charissa Schmidt

Think of Those In Need By: Stan and Jan Berenstain

Love:

Love You Forever By: Robert Munsch

Guess How Much I Love You By: Sam McBratney

I love You, Stinky Face By: Lisa McCourt

Empathy:

Hey Little Ant By: Hannah and Philip Hoose

Teachers Guide: <http://www.heylittleant.com/educators.html>

Honesty:

Molly The Great Tells The Truth By: Shelley Marshall

The Mystery of The Stolen Bike By: Marc Brown

The Berenstain Bears and The Truth By: Stan and Jan Berenstain

Forgiveness:

The Little Soul and The Sun By: Neale Donald Walsch

New Beginnings By: Wanda E. Brunstetter

Diversity:

Who Ever You Are By: Mem Fox

Am I a Color Too? Gerald Purnell

Hero/Heroine:

Thank you, Mr. Falkner By: Patricia Polacco

The Errant King By: Ann Tompert

Self-Esteem:

Incredible You! By: Wayne Dryer

Don't Feed The Monster On Tuesdays! By: Adolph J. Moser

Intuition:

Cassandra's Angel By: Gina Otto

Dreambirds By: David Ogden

Peace:

It's Mine! By: Leo Lionni

We Share One World By: Jane E. Hoffeit

Positive Thinking:

How Full Is Your Bucket? By: Tom Rath

I think, I Am! By: Louise Hay

Integrity:

Inger's Promise By: Jami Parkison

Feelings:

The Way I Feel By: Janan Cain

Alexander and The Terrible, Horrible, No Good, Very Bad Day

By: Judith Viorst

Today I Feel Silly: And Other Moods That Make My Day

By: Jamie Lee Curtis

Goals:

On My Way To A Happy Life By: Deepak Chopra

No Excuses! By: Wayne Dryer

Gratitude:

Gratitude Soup By: Olivia Rosewood

It's Not What You've Got! By: Wayne Dryer

Responsibility:

Do I Have To? Kids Talk About Responsibility By: Nancy Loewen

Balance:

Unstoppable Me! By: Wayne Dryer

Meanings In Motions Activity Book, Discovering The Best Me I Can Be! By: Jennifer Sengelmann, L.M.S.W

Activity #3 (Art)

Life Skills In Motion Through Art

Time: 20-30 minutes

Materials Needed: Character Building Life Skill Deck along with art supplies

- First, have a child draw a card from the Character Building Life Skill Card Deck. Introduce them to powerful life skill they choose by reading the Life Skill on the card along with its corresponding definition. Be open to any spontaneous conversation that follows with your group or classroom. (They may have a story related to the topic or they may give an example.)
- Then ask them how they use this life skill each day or how they see others using this life skill each day. Be Specific. Concrete examples are best.

- Use the questions on the back of the card to create a meaningful conversation.
- Have children create their own piece of art that represents the life skill they chose.
- Have them hang their piece of artwork in a place where they can see it each day and to practice throughout the week.
- Finally, acknowledge their efforts when practicing this life skill throughout the day or week.

Or

- After reading the life skill card, its definition, and questions have children free draw, or create a collage, of whatever comes to mind regarding this particular life skill.

(For examples, use the artwork and collages done by kids in each chapter of Meanings In Motion's activity book, Discovering The Best Me I Can Be!)

Teaching Activities for:



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AGES 7+

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Teaching Concepts, Skills, and Strategies: Character Building, Communication Skills, Social Skills, Emotional Competency, Creative Thinking Skills, Listening Skills, Self-Esteem and Self-Confidence

Activities #1-5 (Spelling, Language, Reading, Writing)
Life Skills In Motion Through Spelling, Language, Reading and Writing

Activities #6-9 (Health, Religion, and Other Subjects)
Life Skills In Motion Through Health, Religion, and Other Subjects

Activity #10-12 (Drama)
Life Skills In Motion Through Drama

Activity #13-14 (Art)

Life Skills In Motion Through Art

Activity #15-16 (Music)

Life Skills In Motion Through Music

Activity #17 (Physical Education)

Life Skills In Motion Through Sports and Play

Activities #1-5 (Spelling, Language, Reading, Writing)

Life Skills In Motion Through Spelling, Language, Reading and Writing

Time: 20-30 minutes

Materials Needed: Character Building Life Skills Card Deck, pen/pencil and paper

- Use the life skill words on the cards as a spelling list for the week. Have children learn how to spell the life skill words, learn the definitions, and ask children to use these words in a sentence.
- Choose, read and discuss a life skill card with your group or class. Then have them write a poem or a few paragraphs on the life skill.
- Have students or group members write as if they were that life skill. For example, what does peace, look, feel, sound, and act like as it ventures out into the world? Have older students or group members use the word "I" when writing instead of the actual word "peace."
- Choose a life skill card and then read the life skill word and definition. Then have children write about or answer the questions on the top back of the life skill card.

- Have children check out a book from the library that incorporates one of these life skill themes. Have them write about how this theme was incorporated into the story and how it was demonstrated throughout the story line in the book.
- After each of these activities display this life skill card where your group or classroom can refer back to it throughout the day or week.

(Use Meanings In Motion Activity Book, Discovering The Best Me I Can Be! To help further illustrate these life skills for children.)

Activities #6-9 (Health, Religion, and Other Subjects)

Life Skills In Motion Through Health, Religion, and Other Subjects

Time: 20-30 minutes

Materials Needed: Character Building Life Skill Card Deck

- Spread your character building life skill cards out where everyone can see them. Go around and have each person pick a life skill they think is most important and explain why. Have each person pick a life skill they struggle with the most and explain why.
- Have one person stand up in front of the group or class while placing a life skill card on their head without seeing which life skill it is. Have everyone else looking at the life skill card in front of them give this person examples or descriptions of this life skill without saying what it actually is. See if they can guess which life skill it is. You can also split up into groups see how many life skills you can get in one minute!
- Have each person take a turn picking out the cards they think are most important to live a happy and healthy life. Then have them creatively arrange them on the floor in front of them for others to see. Have this person talk about why they picked the cards they did, why they arranged them how they did, and how these life skills helped them in their lives.

- Have children pick a life skill card. Discuss the life skill card and it's questions. Then have children pick a historical figure that they feel demonstrated this life skill throughout their lives. Then have them write or talk about their findings.
- Use these cards as icebreakers within your family, group, or classroom helping everyone get to know each other better. Have each person pick a card. Then have them use this card to ask a person one question from the top backside of the card they are holding. Give each person 2-3 minutes to answer the question and then rotate to another person in the group.

Activity #10-12 (Drama)

Life Skills In Motion Through Drama

Time: 20-30 minutes

Materials Needed: Character Building Life Skills Card Deck

- Play a game of life skill charades! Have one person pick a card from the deck and act it out. See if other people can guess which life skill they are acting out.
- Work together to develop skits or scenarios related to, or depicting, a life skill on a card of their choice. Role-play these scenarios.
- Pick a life skill card to focus on for the week. Read and hang it where everyone can see it each day. Refer to it daily as a reminder of what the positive focus is for the week.

Activity #13-14 (Art)

Life Skills In Motion Through Art

Time: 20-30 minutes

Materials Needed: Character Building Life Skills Card Deck and Art Supplies

- Pick a life skill card to read and discuss with your group or class. Then have children create a piece of artwork (painting, drawing, collage) to share with the group. Hang these creative works of art in your home, classroom or school.
- Split into groups giving each group a different life skill card. Have children create positive posters to motivate and build character education within your school, group or organization.

Activity #15-16 (Music)

Life Skills In Motion Through Music

Time: 20-30 minutes

Material Needed: Character Building Life Skill Card Deck, Song of Your Choice

- Pick a life skill card to read and discuss with your group or class. Then pick a song that illustrates this life skill. For example, Peace/John Lennon's song "Imagine" then facilitate an open discussion on how this piece of music illustrates the theme.
- Have children split into groups giving each group a different life skill card. Have them read and discuss the card as a group and then have them develop a rap song related to their discussion and this life skill.

Activity #17 (Physical Education)

Life Skills In Motion Through Sports and Play

Time: 10-15 minutes

Materials: Character Building Life Skill Card Deck

- Before beginning your planned sports activity with children present a life skill card to them and ask them how this life skill is used when playing sports, or how this life skill can be used to have good sportsmanship, or create healthy teamwork. For example,

read the “Goal” card and ask them what their goal is for the upcoming activity. Or read and discuss the “Self-Esteem” or “Positive Thinking” card and ask them how these life skills effect how well they perform. The Respect and Boundaries card can be used to help reiterate safe play and teamwork, while the Honesty and Integrity card can be used to help children learn about good sportsmanship.