Character is what you do when
you think no one else is looking.

The development of GOOD CHARACTER is not an isolated skill to be taught in one area of a child's life. It is an effort of home, school, and community to instill in our young people the value of character. The development of good character touches our personal development for living, it impacts our success with academic development in learning, and good character is essential in the work force to be successful in our careers. The following monthly table talk topics are a way to continue the discussions, connecting HOME and SCHOOL for character development. Enjoy!

Information from Spectacular Guidance Activities for Kids By Diane Senn, Ed.S.



SEPTEMBER TABLE TALK TOPIC: RESPECT



The character trait for this month is RESPECT.
Respect means to think well of, to honor, or care about, or have a good opinion of.

Week #1: Give examples of ways we show respect for ourselves.

Week #2: What does it mean to show respect for authority? Name some people in authority and give examples of how we are respectful.

Week #3: What does it mean to show respect for others? How does being respectful of others guide us in the right way to treat others? (Include in your discussion how teasing, gossiping, pushing, shoving, or laughing at others in a mean way is not acceptable and does not show respect.)

Week #4: How do we show respect for our country? Review and discuss.



OCTOBER TABLE TALK TOPIC: RESPONSIBILITY

The character trait for this month is RESPONSIBILITY.
Being responsible means to recognize and follow through with what is expected of one's self and things we need to do.

Week #1: What are some jobs or responsibilities you have at home?

Week #2: What are some ways that we can be responsible at school – in the classroom? On the bus? In the cafeteria? On the playground?

Week #3: How can we be responsible with our behavior and what we say and do? How can we be good problem solvers? What are some other examples of responsible actions?

Week #4: How does making a commitment and being dependable relate to being responsible?

NOVEMBER TABLE TALK TOPIC: CARING/KINDNESS



The character traits for this month are
CARIN G/KINDNESS and EMPATHY.
Caring/Kindness means to show interest and
concern for others – to be friendly and considerate.
Empathy is understanding and caring about another person's
thoughts and feelings. It's like putting yourself in their place.

Week #1: What are some ways you can show others you care?

Week #2: How do being kind, sharing, and helping relate to caring?

Week #3: Think back over your week and put yourself in someone else's place who may have had a difficult time. Discuss how you may have thought or felt if that were you. Share how you can help and show the person you care.

Week #4: What is your plan for this week to show others you care?



DECEMBER TABLE TALK TOPIC: THANKFUL

The character trait for this month is THANKFUL.
Being thankful has two parts. One is being grateful for all that we have and what people say and do for us. The other part is taking the time to show our appreciation by telling others or writing a note.

Week #1: Make a list of things that you are thankful or grateful for.

Week #2: What does this quote mean? "Rather than complain about what I do not have, I need to be thankful for the things that I do have."

Week #3: Share some things that people have said to you or done for you that you appreciate. Discuss ways that you can let others know that you are thankful and appreciative of what they say and do for you. Make a plan to show your appreciation.

Week #4: What are some things you can say and do for others that they would appreciate?

JANUARY TABLE TALK TOPIC: HONESTY/INTEGRITY



The character word for this month is HONESTY.
Honesty means being truthful in our actions and words.

Week #1: What does that mean to be honest or truthful in our actions and our words? Why is honesty important?

Week #2: What is a conscience and how does our conscience help us to be honest?

Week #3: How do the words sincere and integrity relate to honesty?

Week #4: Are there times when being honest is difficult? Explain. What does the saying "Honesty is the best policy" mean?



FEBRUARY TABLE TALK TOPIC: GOOD CITIZEN/FAIRNESS

The character word for this month is GOOD CITIZEN/FAIRNESS.
A citizen is a person who is a member of a group.
The group can be a classroom, school, or community.
Fairness is being free of bias/favorites.

Week #1: What are some ways that you can be a Good Citizen in your community? At school? At home?

Week #2: Part of being a Good Citizen is following the rules and laws. What rules and laws do you have to follow?

Week #3: Another part of being a Good Citizen is making a positive contribution to our world. What are some of your strengths and things you are good at that you can share with the world? What type of job or career are you interested in for your future?

Week #4: Being a Good Citizen also involves caring about others and helping others. What are some ways that you help others at school? In your community?

MARCH TABLE TALK TOPIC: SELF-DISCIPLINE



The character word for this month is SELF-DISCIPLINE.
Self-Discipline is disciplining yourself or telling yourself to do the right thing without an adult telling or reminding you.

Week#1: Name some ways you already show your self-discipline.

Week #2: Why is being self-disciplined important?

Week #3: How do the following words relate to being self-disciplined:

Self-discipline:	doing the things that need to be done; not just what you want to do
Self-control:	controlling your actions, your impulses and your anger
Good judgment:	considering the consequences to help us make a better choice

Week #4: What are some ways to be self-disciplined at home? At school?



APRIL TABLE TALK TOPICS: COOPERATION & SELF-CONFIDENCE

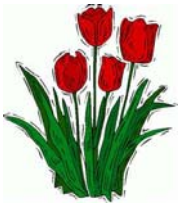
The character traits for this month are COOPERATION and SELF-CONFIDENCE.
Cooperation means working well together and getting along with others.
Self-Confidence means feeling good about yourself and your abilities.

Week #1: Think about your week and share examples of cooperation in action. How can you be cooperative with your family? Your friends? At school?

Week #2: How do the following words help us to be cooperative: teamwork, positive attitude, compromise, being fair?

Week #3: List at least 5 things you feel good about yourself. Talk about them with your family.

Week #4: Why is self-confidence important? Give someone a compliment about something they do well.



MAY/JUNE TABLE TALK TOPICS:
COURAGE & PERSEVERANCE



The character words for this month are
COURAGE and PERSEVERANCE.
Courage means having the inner strength to handle difficult or hard situations.
Perseverance means never giving up even when it is difficult.

Week #1: How does having courage help us in our day to day activities?

Week #2: How does being brave and having perseverance help us to be courageous?

Week #3: Give examples of people throughout history and people you see and know today who have shown courage and perseverance.

Week #4: Name some things that you do that take courage and perseverance.





