

Words of the Week in Unit 5

Truth: Something you can count on

Self-Honesty: To tell yourself the truth

Integrity: To do what you say you will do

Decision: To think about the choices and pick the best one

Self-Responsibility: to answer for your actions

Trust: to have confidence or faith

Forgiveness: to give up anger and resentment

How can I contribute to my child's success and happiness and encourage positive actions?

Don't be discouraged if you don't always feel like the ideal parent. After all, you're only human. Self-improvement is a lifelong process. Positive actions are a lifelong pursuit. Keep practicing. Children will be encouraged when they see you striving to do your best!

Praise and encourage your child

- Support your child's efforts.
- Praise achievements and praise your child in front of others
- Console our child in defeat.
- If failure happens, don't let your child quit.
- Encourage your child to keep trying.
- Recognize your child's improving abilities.
- Praise positive traits like kindness, helpfulness, and being considerate.
- Praise personality traits like sensitivity to others, happiness, and self-honesty.
- Share your child's new skills and accomplishments with the family.
- Display artwork or papers on the wall or refrigerator.
- Show pride in your child's accomplishments.
- Cultivate confidence in your child.

Enjoy each other

- Read to your child or make up stories with your child as a hero.
- Let your child tell stories.
- Laugh together. Teach your child to appreciate the humor in life.

How can I reinforce Positive Action concepts from Unit 5 at home?



Self-honesty is difficult for all of us at times. It is hard work getting to know ourselves and learning our true strengths and weaknesses. To really understand why we do some of the things we do is often challenging. Admitting mistakes is seldom easy. It is also hard not to blame others when things go wrong. This is why children need to see their parents' self-honesty. Let them know that you are not perfect. Show them that failings and mistakes mean that we are still growing and learning. Parents who keep trying to improve, just as the child is doing, will be good examples. The following ideas may help you encourage your child to understand and develop self-honesty:

- Children are trying to get to know and understand themselves, their talents, and what they are able to do well. **Compliment them whenever you notice their skills improving.** Point out how these skills can be used in their lives. If your child explains things well, let him or her know this is something teachers, lawyers, and many other people need to do every day.
- Children may be discouraged as they discover their own weaknesses. Strengthen your child during this time. **When things don't go well for you, but you still try to improve the situation (or yourself!), you are setting a good example.** Talk to your child about how you plan to improve, and help him or her set goals for improvement.
- **Encourage your child to always tell the truth.** If your child does not, help him or her understand why. Talking to your child and really listening to his or her reasons may solve the problem.
- **Describe the feelings, desires, and hopes that motivated you to do certain things.** Encourage your child to think about his or her own response if he or she faced a similar situation.
- **Try to keep your promises to your child.** If you cannot keep a promise you made, always explain why and try to help the child understand. Broken promises are very difficult for most children to handle. If you have a good reason and are honest about it, they will usually see your side.

What is occurring in the Unit 5 Lessons?

This unit explores **self-honesty**- the important ability to tell yourself the truth. Other positive behaviors are possible only when people learn to be honest with themselves. Self-honesty helps students learn to see themselves as they really are. Self-honesty is difficult, it develops with practice. During this unit, students practice telling themselves the truth by not making excuses, but not blaming others, by admitting mistakes, by knowing themselves, and by keeping their word.

K

The students accompany all the animals from the forest and the jungle, plus Picks-It and Nix-It as they journey across Lake Self-Honesty. They meet Sadie the Sea Serpent, who challenges them to think honestly about themselves. The students are interviewed about their likes and dislikes; share items that interest them; learn from true-life stories; and practice making and keeping promises. At the end of the unit, Nix-It and the students earn another kid to the gates of Castle Self-Concept.

1st

Vanishio, a boy who shrinks when he is not honest with himself, finds himself disappearing. A balloon is used to represent the vanishing boy. But as he becomes honest with himself (admits his mistakes, stops putting blame on others, stops making excuses, etc.) he returns, as does the balloon. Negative Ned makes so much progress in admitting his problems and improving his attitude that the children have a chance to choose a new name for him.

2nd

Second graders are introduced to Happy Bear and Sad Bear. They teach Sad Bear how to be happy by learning the principles of self-honesty. Together with Sad Bear, they learn the value of liking themselves and not indulging in self-pity. The children are also taught to understand peer pressure. They each have an opportunity to tell; about occasions when friends tried to persuade them to do something they knew they should not do. This practice in articulating ideas is valuable to second graders.

3rd

The children hear a story about Betsy Bug, who makes excuses and has not learned to be honest with herself. Next, they analyze themselves, honestly measuring their strengths and learning to admit their mistakes. Third graders then practice making wise decisions based on an honest assessment of their own abilities. They also participate in an activity that helps them understand how peer pressure can influence them to make the wrong decisions.

4th

Fourth graders prepare a self-honesty booklet containing the activity sheets from Unit 5. They meet Jan and her friend, Megan, who is blind. Both girls are attending summer camp at Camp Wilderness. Through several experiences the girls learn more about themselves. Throughout the unit the principles of self-honesty are added to the "Camp Wilderness" poster.

POSITIVE ACTIONS

Know your strengths and weaknesses.
 Don't blame others for your mistakes.
 Don't make excuses.
 Be honest about your feelings.
 Do what you say you will do.

