



PRIMROSE ELEMENTARY SCHOOL

Forward in Excellence

Colored in Character Days

The goal of Colored in Character Days is to help children develop the values, skills, and attitudes they need to thrive, not only in school, but in life. The themes of the days are based on the learner profile of the International Baccalaureate Primary Years Programme. The learner profile is a set of ten attributes that guide how students grow as people and learners.

Month	Learner Profile Trait	Color and purpose	Lessons
September	Principled	Wear Red to show that you are Principled . We do what is right even when it isn't easy. We show a high level of respect and honesty both in and out of school.	Students will learn who their trusted adults are at Primrose, practice identifying and naming their feelings, and begin learning about the zones of regulation.
October PACER's National Bullying Prevention Center's UNITY DAY	Risk Taker	Wear Orange to show that you are an Upstander! Standing up for yourself and others can feel scary. Risk takers face their fears and do what is right.	Students will learn how to be kind and inclusive, stand up for themselves and others, and practice being brave and taking healthy risks—even when they feel nervous or unsure.
November	Knowledgeable	Wear Blue to show you are Knowledgeable and learn with enthusiasm and sustain a love of learning throughout life.	Students will practice active listening, following directions, and recognizing their own strengths, talents, and the many different ways they can be smart.
December	Open Minded	Wear Purple to show you are Open Minded . Open minded learners respect differences and willingly learn from others.	Students will learn about having a growth mindset, being open-minded, persevering through challenges, and understanding that skills develop with practice and effort.
January	Thinkers	Wear Gray to show you are a Thinker . Thinkers use their problem-solving skills to solve difficult problems.	Students will learn to recognize and manage big feelings by identifying strategies and coping skills they can use at school and at home. Review Zones of Regulation again and coping skills.

February	Caring	Wear Red and Pink to show you are Caring and show kindness toward others.	Students will practice using kind and helpful words, showing kindness and inclusion, and understanding how their words and actions can impact others.
March	Communicators	Wear Green to show you are a Communicator . You express yourself effectively and listen to the ideas of others.	Students will learn how to use a social filter, think before they speak, problem-solve kid-sized problems, and recognize when a problem is big enough to ask a trusted adult for help.
April	Inquirers	Wear Yellow to show you are an Inquirer and wonder about the world around you.	Students will learn to be curious, ask questions, check the facts, and think carefully before making decisions or drawing conclusions.
May	Balanced	Wear Blue to show you are Balanced and understand the benefits of a well-rounded life.	Students will practice mindfulness, calming strategies, and being present while learning how to identify trusted adults and recognize who they can go to for help when they need it.
June	Reflective	Wear Red to show you are Reflective . We learn from our experiences and attempt to grow.	Students will reflect on their favorite counseling activities and memories from the school year while celebrating their growth and the skills they have learned.