

MAKE A COURAGE CALENDAR



When you think about it, you'll see you do many things that take courage! Pay attention to things you do at home and at school. Before you go to bed, think about your day. Did you do anything that took courage? Did you learn something new? Or did you stand up for what you believe in?

Make your own courage calendar to keep track of what you do that takes courage.

What You Will Need

a large monthly calendar
stars or stickers

What You Will Do

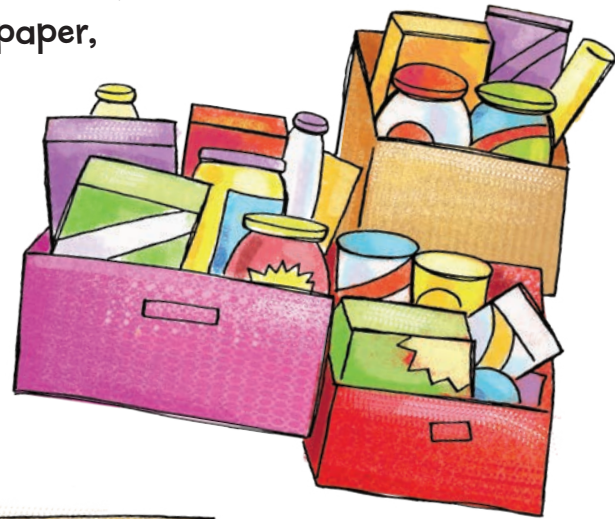
- 1) If you did something that takes courage today, find today's date on the calendar and put a star or a sticker on that date.
- 2) All month, think about your day before you go to bed. Put a star on the calendar if you used courage in any way.
- 3) At the end of the month, count all your stars. How many do you have? Maybe you will have even more stars next month!



WHERE DOES FOOD COME FROM?



Brainstorm a list of all the places where food comes from. This could include grocery stores, farms, farmers' markets, restaurants, your kitchen, food shelves, and other places. Then, on a blank sheet of paper, draw a picture of a place where people get food in your community.



FAIRNESS CHART



You can make sure there's fairness in your home or classroom! Think of a part of your life where being fair can sometimes be tricky. Create a chart that helps you make sure everyone has a turn.

What You Will Need

a ruler
markers
a sheet of paper
other art supplies, such as glitter glue or
colored paper scraps
clothespins

What You Will Do

- 1) Using your ruler, draw lines from one end of the paper to the other. Leave space between each line so you have room to write. You can label the top of your paper with a title, such as "Fairness Chart."
- 2) In each of the spaces, write down the chores, toys, or whatever you'd like to be split up fairly. You can use markers and other supplies to color and decorate the spaces.
- 3) Write your name on the flat side of a clothespin. On the other clothespins, write down the names of your siblings, your classmates, or your entire family.
- 4) Clip the clothespins to the side of the paper. Put each person's name in a different space. Your fairness chart is ready to go! You can move the names around throughout the day or once a week.



PUT IT IN WRITING!



Just like Sophie and Jacob are going to write to each other, you can write to express your feelings.

Write a letter to someone you would like to get to know or to someone you want to reconnect with. Use a sheet of paper and a pencil, or type it on a computer.



FOUR SQUARE RESPECT ACTIVITY



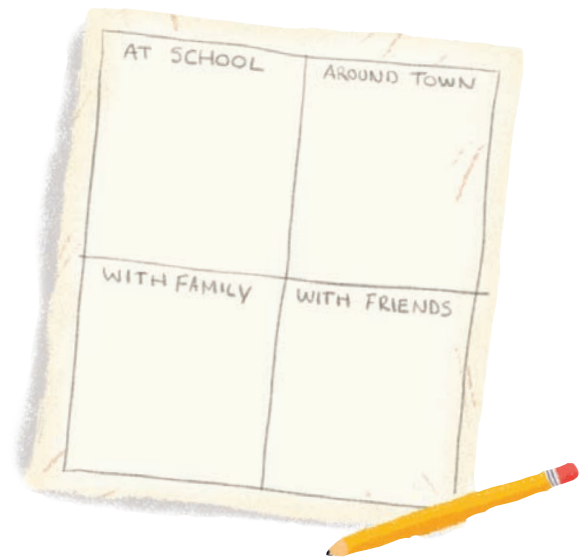
It's important to show respect for others. Here's a way to think about how you can show respect throughout your day:

What You Will Need

a pencil
a large, blank sheet of paper

What You Will Do

- 1) Draw a big square that fills up almost all of the page.
- 2) Divide that square into four smaller squares by drawing one line from left to right and one line from top to bottom.
- 3) Near the top of each square, write one of these headings:
 - At School
 - Around Town
 - With Family
 - With Friends
- 4) Then, in each square, write three ways you can show respect at that place or with those people. Ask an adult or friend for some ideas if you need help.



MAKE A GOALS JOURNAL



People with grit stay focused on their goals even when things are hard. Writing in a journal can help you reach your goals.

What You Will Need

a pencil

crayons or colored markers

a blank notebook or journal

What You Will Do

- 1) Write down some of your goals and dreams. What things do you want to do this year? Draw a picture of each goal and dream you want to achieve.
- 2) How will you make sure you reach your goals? Are there people who can help you?
- 3) Write down some ways it will be easier to reach your goals. Break down your goals into smaller steps.

