March 21, 2020

Dear Educators,

Project Wisdom is in the business of encouragement and now is a time when our world is in special need of encouraging words -- some wisdom, hope, and positivity.

Schools across the country have closed; many will not reopen this school year. Many of you have reached out to us asking for permission to share our “Words of Wisdom” remotely.

We have assembled a packet of messages that we feel are most appropriate for this time. These will be offered free to the general public via our website www.projectwisdom.com. We ask that you let others know. These can be shared via email or social media. Our only request is that Project Wisdom is acknowledged as the copyright holder. This will help protect the future of our small business. It is our hope that these Words of Wisdom will uplift and encourage everyone to be their very best selves during this time.

For our licensed schools, we would like to go a step further. During this crisis, we are giving you permission to step out of the bounds of your license agreement and share whatever materials are available on the ERS with your students. This is a temporary agreement, and again, we ask that you acknowledge Project Wisdom and diligently include the Project Wisdom copyright. Along with many other small businesses, we are struggling through this challenge. We want to survive so we can continue to support and encourage students and educators for many years to come.

If you have questions or comments, please contact us via email at team2@projectwisdom.com. This will help us to better serve you. Our staff is small, and we will respond as quickly as possible.

In closing, this excerpt from a piece written by Kitty O’Meara:

“And people stayed at home. And read books, and listened, and rested, and exercised and made art, and learned new ways of being still.... And the people healed....And when the danger passed, and the people joined together, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

With all our hearts, the Project Wisdom Team wants to wish each one of you a healing experience as we move through this challenge together.

Sincerely,

The Project Wisdom Team
March 21, 2020

Dear Educator,

This pdf contains approximately 65 pages of curriculum taken from our nationally recognized program.

Included in this packet are three monthly themes.

**Making the World a Better Place**

**Building Our Character Muscles**

**Making Our Community a Caring Place**

Each of these monthly themes includes daily messages known as the Project Wisdom “Words of Wisdom.” These are meant to be read aloud at the beginning of each school day. The last daily message in each theme includes a lesson plan. These plans integrate character education and social-emotional learning into all grade levels.

Also included at the back of this packet are two journal pages. These foster purposeful exploration and reflection on the everyday choices that students make.

All of these materials were pulled from our much more extensive program. For more information and additional sample materials, visit our website at www.ProjectWisdom.com. This program is normally offered solely online to licensed schools. Please forgive us if these printed materials are not as well organized as we would wish. For example, we were not able to provide a Table of Contents.

Thank you for sharing these materials with the young people in your life. We hope it provides instruction, hope, and encouragement during this challenging time for our world.

Sincerely,

The Project Wisdom Team
Theme: Making the World a Better Place
Elementary Level Series 3

Making the World a Better Place
Daily broadcast messages for this theme

*As much as possible, narrate the daily messages in order listed for the best flow of ideas.

One Broadcast message with lesson plan included that corresponds to this theme.

With the full program, consider setting aside time one day per week to broadcast these messages and implement the corresponding lesson plan. The lesson plans include book recommendations that strive to improve reading literacy along with character education and social emotional learning.

Choose to take 10, 20, 30 or more minutes with these lesson plans, depending on your schedule or needs. These tools work really well for weekly advisory, character education, life skills, or individual classrooms.

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Did you know that even though you are a young person, you can be a good citizen? Part of being a good citizen is showing kindness and respect for the people around you every day.

Listen to this idea:

_Citizenship is the chance to make a difference to the place where you belong.*_

In other words, each of us can try to make a difference right where we are. Sometimes we can come up with good ideas to help solve a problem at our school or in our community, but it’s not always easy to get the job done. A good citizen not only has some good ideas — they are willing to do the job, like picking up litter or collecting food for those in need or planting a bed of flowers.

Today, think of just one thing you can do to be a good citizen.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Charles Handy
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Listen to these words from a young girl named Anne Frank:

_How wonderful it is that nobody need wait a single moment before starting to improve the world._

In other words, we can start to make the world a better place right now. How? By simply giving others a little love and caring.

So don't waste any time today. Make the world a better place. Be the best you can be to yourself and to others. Remember, moment by moment, person by person, we can improve our world.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Pearl S. Buck was a famous writer who also worked very hard to help people who were not able to help themselves, especially young children.

She once said:

_The test of a [nation] is the way it cares for its helpless members._

Remember this: Every time you give to a food drive, give clothing to a shelter, or put a little change in a donation box, you are helping our nation by caring for those in need.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

Pearl S. Buck (1892-1973)

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

I want you to stop for a moment and imagine someone giving you a big, warm smile — not a phony-baloney smile, but a real smile where the eyes twinkle and crinkle in the corners. Do you have that picture in your mind?

Now ask yourself this: How does it feel to be given a big, warm smile? Do you feel cared about? Do you feel good inside? Do you feel as if someone likes you just the way you are?

A big smile can tell people that you like them . . . or that you care about them . . . or that you think they are nice to be with.

Start right now to make the world a better place. Be generous with your smiles.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, __name of school__. This is __name of narrator__ with a few words of wisdom.

Have you noticed that there are some people who don't or won't smile? You might be able to bring a smile to their face with a smile of your own. They might be dealing with a problem and your smile could be just the thing to make them feel better.

Here's something to think about:

*A smile cannot be bought, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.*

So don't be selfish with your smiles. Give them away. And especially remember to smile at someone who looks as if he could really use one.

With something to think about, this is __name of narrator__. Make it a great day . . . or not. The choice is yours.

*Rabbi Samson Raphael Hirsch (1808-1888)*
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Every day there are people who are being helpful in many ways.

Your teacher is being helpful by teaching you how to read, do math and other important skills. He or she cares about your education.

Your parents and caregivers are being helpful by making sure you have food to eat and a roof over your head and clothes to wear. They do these things because they care about you.

Our neighborhood police officers are being helpful by doing their best to keep us all safe. They care about protecting people.

Farmers are growing food and doctors are helping people get well and builders are building bridges. All types of work are being done every day by helpful people who care about others.

So remember this: People who care enough to be helpful are successful people because they help make our world a better place.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

As citizens of the United States of America, we have the freedom to make many choices about how we will live our lives. But with the rights of freedom comes responsibility.

Listen to these important words:

*Duty is the other side of rights.*

Duty is what a person ought to do. We have a duty to our country and each other to help keep our freedom. How? By being honest, responsible citizens who work at making our schools, our communities, and our country the best it can be.

Ask yourself this: What are my duties as an American? Then look for ways to be an active citizen.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Original quote: "We need to restore the full meaning of the old word, duty. It is the other side of rights." Pearl S. Buck (1892-1973)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Do you ever hear about all of the bad news in the world and worry about what will happen next? Do you worry about violence, homeless people, war?

Now listen to these words from former President Dwight D. Eisenhower:

*There is nothing wrong with America that faith, love of freedom, intelligence, and energy of her citizens cannot cure.*

In other words, we Americans have enough faith, love of freedom, intelligence and energy to turn negative situations into something positive. And you have the intelligence and the energy to make a difference. Volunteer to help those in need. Commit a random act of kindness. Don't ever think you are powerless, because — as President Eisenhower reminds us — each of us has the power make our world a better place.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

Dwight D. Eisenhower (1890-1969)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

As a young person, you may feel that you will never do anything really grand and wonderful in the world. Well, think again. Did you know that the state flag of Alaska was designed by a student? . . . that the Superman cartoon character was created by two teenagers?

And guess what. You, too, could accomplish great things as these young people did.

Someone wise once said,

*Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best.*

Today, remember this: Whatever is going on in your life — even if you have problems or challenges — you have the potential to do something grand and wonderful in the world. Just do your very best with all the talents you possess.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Henry Van Dyke (1852-1933)*

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HELPFULNESS
Making a Difference

Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Marian Wright Edelman is a famous teacher and champion for children. She has made a huge difference in the lives of thousands of children and teachers.

Now listen to what she has to say about making a difference:

*Original quote: "We must not, in trying to think about how we can make a big difference, ignore the small, daily differences we can make which, over time, add up to big differences . . .."

If you should ever find yourself feeling powerless to change the world around you, remember this: Every day we have many chances to help, love, and encourage others. And each time we do, we make a difference in the world around us, because small things, over time, add up to big things.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Eleanor Roosevelt, wife of former President Franklin D. Roosevelt, was greatly admired as a person who helped people in need. She was a powerful woman who made a big difference in the world.

Now listen to what she had to say about making a difference:

*Put a good deal of thought into the happiness that you are able to give.*

Today, put a good deal of thought into this: You don't need to be famous in order to help others. Every single one of you can offer a little happiness to someone else. You can share a smile, a few kind words, or a helping hand. Simple acts of kindness go a long way toward making our school and our world a better place to live.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

Eleanor Roosevelt (1884-1962)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Have you ever heard of Mary McLeod Bethune? When she was alive, she worked hard for the education of African-American children.

There is a memorial in Washington, D.C. that honors her and helps us to remember the good work she did. Her words can be seen on it:

> I leave you love. I leave you hope. . . . I leave you a thirst for education. . . . I leave you faith. I leave you also a desire to live [in peace with others].*

She left the world a better place because of her good deeds. Today ask yourself this: What mark do I want to leave on the world?

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

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*Original quote: "I leave you love. I leave you hope. . . . I leave you a thirst for education. . . . I leave you faith. I leave you also a desire to live harmoniously with your fellowman." Mary McLeod Bethune (1875-1955)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Most of us know someone who is happy to give away his or her smiles. In fact, just thinking of that person may bring a smile to your face. Imagine that. By simply smiling, we can brighten the world around us. We can make a difference.

Now listen to these words of Mother Teresa. She says,

_Smile at each other . . . it doesn’t matter who it is — and that will help you grow up in greater love for each other._

The world could use a little more love, don't you think? Today, let's make the world a better place by simply giving away our smiles.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Someone wise once said:

*To [help] is beautiful, but only if it is done with joy and whole heart.*

One day, a teenager named Emma came home feeling sad because she didn’t have money to donate to help a child her girl’s club was supporting. With her mom’s help, she collected items and asked her friends to help run a garage sale to raise money. They raised nine times more than they expected. She didn’t stop there, for her next birthday, she asked friends to make a donation to help moms and children in need rather than buying her a gift.

Emma is an everyday hero whose love for helping people made a difference in many lives. Today, look for some small way to serve others in need, and take the time to thank someone in your world who joyfully helps others.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Pearl S. Buck (1892-1973)*

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Did you know that our words have power? Someone even said that:

_The pen is mightier than the sword._*

We can all use our pens and pencils or computers to fight against what we feel is wrong in our world. We can write to the principal or a teacher; we can write to the mayor or president; we can write to our newspapers; we can share our own stories and write poems.

Always remember this: You have the power to make a difference in the world by simply writing down your ideas and feelings.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Edward Bulwer-Lytton (1803-1873)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

What does it mean to resolve to do something? It sounds like a big word, but it’s not really. It means you make a choice. For example, you can resolve or choose to be a good student. You can resolve to be a kind and respectful human being.

Listen to these words about random acts of kindness:

_Acting unselfishly is not random at all. Instead, it is a thoughtful effort to make the world better by making someone else's life better._*

And when you make the choice, when you resolve to help your world, your school, and your family and friends, not only do you improve the lives of others, you improve yourself.

Today, choose to be a helpful and caring person, knowing you'll be a better person for it.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Original quote: “Some call these random acts of human kindness. But the truth is, acting unselfishly is not random at all. Instead, it is a conscious, concerted effort to make the world better by making someone else’s life better.” Scott Hamilton
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Some children believe they are too small or too young to help make the world a better place.

Here's some really good advice about making a difference in your family, your school, your community. This advice comes from our former president Theodore Roosevelt:

_Do what you can, with what you have, where you are._

Today, begin to look for ways to help out. Commit a random act of kindness. Offer to help a teacher. Do an extra chore at home. Remember, you don't need to wait until you are older. You can make a difference right now.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

Theodore Roosevelt (1858-1919)
Good morning, __name of school__. This is __name of narrator__ with a few words of wisdom.

Do you ever find it difficult to ask for help when you need it? Sometimes it’s easier to offer to help others, isn’t it? But listen up! When someone else helps you, it benefits them, too.

In other words:

*In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us.*

When people help one another, even in small ways, they help themselves. Today, look for ways to be helpful and don't be afraid to ask for help if you need it. When we serve one another, everybody wins!

With something to think about, this is __name of narrator__. Make it a great day . . . or not. The choice is yours.

*Flora Edwards

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Good morning, __name of school__. This is __name of narrator__ with a few words of wisdom.

So what does it mean to be a successful human being? There are probably as many different definitions of success as there are human beings.

Listen to this definition of success:

*I must admit that I decide how successful a person is by how much he or she helps others.*

Notice it didn't say anything about money or expensive clothes or fancy cars making a person successful.

Now ask yourself this: What do I give to my family, my school, my community? Your answer could be the measure of your success.

With something to think about, this is __name of narrator__. Make it a great day . . . or not. The choice is yours.

*Original quote: "I must admit that I personally measure success in terms of the contributions an individual makes to his or her fellow human beings." Margaret Mead*
May I Help You?

**Key Ideas:** Asking an essential question: What am I doing for others?/Volunteering  
**Character Traits:** Helpfulness/Service to Others/Self-Reflection  
**Level:** Elementary

Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Have you ever noticed that you can’t go through the day without being asked a lot of questions? Did you brush your teeth? Where’s your homework? What’s the answer to question four on the worksheet?

And maybe you ask yourself questions like: What should I wear? How can I get my mom to change her mind? Is Mrs. Gee going to call on me today? But here’s something to consider: How often do you ask yourself important questions, questions that really matter to your future and to the world in which we live.

Dr. Martin Luther King, Jr. once said:

*Life’s most urgent question is: What are you doing for others?*

Dr. King asked himself that question and then spent his life doing good for others. If you want to be a great human being, you need to ask yourself that same question: What am I doing for others?

With something to think about, this is _____________. Make it a great day . . . or not. The choice is yours.
May I Help You?

Key Ideas: Asking an essential question: What am I doing for others?/Volunteering

Character Traits: Helpfulness/Service to Others/Self-Reflection

Concept: Students consider that great human beings are helpful human beings.

Materials: Suggested activities for art classes may require materials for creating a drawing, painting, or poster.

Directions: Read or ask a student to read aloud the Project Wisdom message that accompanies this lesson plan. Ask for volunteers to share responses to the following questions.

Discussion Generators

1. Think about some of the examples of questions from the message. Are these really important questions? Why or why not? What are some really important questions people ask?
2. Dr. King thinks it’s very important to ask ourselves, “What am I doing to help others?” Why do you think that’s a very important question?
3. People help you every day, in big ways and in small ways, at home, at school, in the community, in our nation. Name some of the people who help you in each place and how they help you and others.
4. Name some really great human beings who helped a lot of people (e.g., Dr. King, Mother Teresa, Cesar Chavez, Helen Keller, Gandhi, etc.). How did these people make a difference? What do you think prompted them to reach out to others?
5. Asking yourself how you can help others is an important part of being a great human being but even more important than asking yourself that question is actually doing something. What are some of the things that prevent us from actually helping? How can you go from the first step (asking the question) to taking action?
6. We can help others in large and small ways. What are some ways you can help others this week in each of the places we talked about before?
7. Do you think that it is important to help even when you are not asked to help? Have you ever witnessed a situation where you thought about helping but since no one asked you to you didn’t? What prevented you from helping?

Closing Comments – Imagine a world where human beings weren’t helping each other in big ways and small ways each and every day. It’s very important that each of us get the help we need, and it’s also important that we give help to others in need. That keeps things fair. And that is why it is so important that you ask yourself Dr. King’s question: What am I doing to serve others? Serving and helping others is the way we give back to our families, schools, communities, and nation for all the help and support we have received.
May I Help You?

Follow-up Activities

K-3
- After listening to the message, write Dr. King’s message on the board. Carry on with the day as usual. In the last 15 minutes of the day, ask the students, “What did you do for others today?” Challenge them to look for ways to help others at home. When the class returns the next day, ask how the challenge went (see below). Allow the students to share their experiences. Challenge them to think about Dr. King’s question throughout the school day. Again before dismissal, ask how the challenge went at school. Repeat this morning and afternoon challenge through the week. On Friday allow for a “reflection” time. For those children who can write, let them write about helping others. For those who can’t, use the closed sentence: “I ________________ to help ___________. And then ask them to illustrate their writing. Let children share their reflections on helping. Ask if helping is something that they could continue to do without being challenged? Revisit Dr. King’s question occasionally to keep the giving spirit strong. Be aware of the needs that come up in the school that the class could do as a “project.” These might include a spring clean-up, recycling, helping the music teacher pass out programs at a performance or helping with a reading program in a lower grade.

- To carry this concept farther, have students reflect on the previous day for a few minutes. On a template that you have prepared, have students identify one action they can take in the three primary areas of life: school, home, and community. Ask them to outline how they will take action and what the expected outcome might be. Younger students can simply draw and label what they will do to help in the three areas. Older students should actually write out their plans and how they can make a difference. At the end of the week, they should report to the class how they actually followed the plan, the responses from others, and how they felt helping others.

- Read one of the stories from the reading list or a story of choice that has a character helping. Ask the children how the character knew to help. Did someone “make” him or her help? How did the character that helped feel? How did the character who received the help feel? Have the students write thank-you notes for the character who helped. Model for the students a well-written note that has specifics of how the act of kindness made the character feel.

3-5
- Discuss Dr. King’s question, “What are you doing for others?” Have the students discuss in small groups how this question can be part of the class and part of each student’s personal life. Have a spokesman from each group share with the whole class. Write the ideas of the groups on a chart. As a class, decide which ideas can be adopted as personal goals and which ones can used as a way the class can reach out and help. Individually, challenge the students to go out and help where and when they can and to come back and share their experiences with the class. As a class, reach out to see where there’s a need...
in the community: a food drive, an elderly homeowner who may need some yard work done, a clean-up at the neighborhood park are ideas to look into.

- Keep a bulletin board up all year with the caption “What are you doing for others?” Have blank clouds or other themes available and as students help throughout the year have them record their experiences and post on the board. At the end of each week highlight any new additions to the board.

- Have small groups read two different selections from the reading list below or your own favorite stories of characters who are helping others. Have the groups look for similarities in the stories: how the characters felt about helping, what motivated the characters to help, and the reaction of the person that was helped. Have each group come up with the “moral” of the stories. Have the groups share their morals with the class.

**Reading List**

**K-5**
- *Cups Held Out, J. L. Roth*

**K-3**
- *Can I Help? M. Janovitz*
- *Helping Out, G. Ancona*
- *Small Acts of Kindness, J. Vollbracht*
- *The Teddy Bear, D. McPhail*
- *The Wednesday Surprise, E. Bunting*

**3-5**
- *An Angel for Solomon Singer, C. Rylant*
- *The Can Man, L. Williams*
- *Pink and Say, P. Polacco*
- *Something About Hensley’s, P. Polacco*
- *The Sweetest Fig, C. Van Allsburg*
- *The Widow’s Broom, C. Van Allsburg*
Theme: Building Our Character Muscles
Elementary Level Series 3

Building Our Character Muscles
Daily broadcast messages for this theme

*As much as possible, narrate the messages in order listed for the best flow of ideas.

One Broadcast message with lesson plan included
that corresponds to this theme.

With the full program, consider setting aside time one day per week to broadcast these messages and implement the corresponding lesson plan. The lesson plans include book recommendations that strive to improve reading literacy along with character education and social emotional learning.

Choose to take 10, 20, 30 or more minutes with these lesson plans, depending on your schedule or needs. These tools work really well for weekly advisory, character education, life skills, or individual classrooms.

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(800) 884-4974
CHARACTER
Kindness/Honesty/Integrity

Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Some people build houses. Some people build computers, or they build cars. Others build strong bodies by exercising their muscles. But what about building character? Are you building character by being kind and honest each day?

The Irish say,

_**A fair character is a fair fortune.**_

In other words, if you are a person of character, you are a truly rich person. Why? Because what makes a person rich is not how much money she has, but how much character she has. Today, think about this: If you want to build a truly rich life, start now by building those character muscles.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

We've talked a lot about how the choices we make determine the kind of day we will have, or the kind of week we will have, or even the kind of life we will have. One very important choice we all have to make is how we will deal with our anger.

There once was a very popular children's show called _Mr. Rogers’ Neighborhood_. It was on TV for many years and helped millions of children be the very best they could be. Mister Rogers had a very interesting way of dealing with his anger. Sometimes when he was angry he sat down at his piano and got all his anger out through his fingers.

Today, I want you to ask yourself these questions: What do I choose to do when I'm angry? Do I deal with my anger in a way that doesn't hurt others?

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

It's been said that:

_It's important that people should know what you stand for.*_

That's an interesting thing to think about. What do you stand for? Do you stand for honesty, kindness, respect of self and others?

Today, take some time to think about what you stand for, and make a list . . . a list of your own personal rules for living . . . rules you believe are important to your life and the world around you.

And when you live by those principles, you set a good example for others, as well.

Then remember this:

_If you don't stand for something, you'll fall for anything._

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

---

*Mary Waldrip (1914-1988)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

It's amazing how much stuff some of us throw away, isn't it? Just think about the trash that leaves your house or your apartment each week. And think about all the stuff we throw away at school. That's why recycling is so important. The paper you recycle today may come back to you next year as a grocery bag or gift-wrapping paper.

Kind words and deeds are like that, too. They never really get thrown away; they just get recycled. When you are kind to others, somewhere, somehow, a kindness just might come back to you.

So next time you see a recycling bin, ask yourself this: Am I recycling a little kindness in the world?

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, __name of school__. This is __name of narrator__ with a few words of wisdom.

How much patience do you have, and what difference does it make anyway? Let's think about that. What if the first time your friend made you angry, you threw your arms up and said "Forget it!" and that was the end of the friendship? What if the first time you stood at bat and struck out, you stomped off the field and that was the end of your playing baseball? What if the first time you hit the wrong note on your piano, you said "I give up" and you never played the piano again and that was the end of your musical ambitions? Obviously, giving up and being impatient would keep you from ever being successful.

The Italians say it this way:

_He who has no patience has nothing at all._

Remember this: Whether you're building a friendship, better grades, or a talent, patience is an important ingredient to success. Today, be patient with yourself and others. Don't give up.

With something to think about, this is __name of narrator__. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

One of the things we look forward to as we grow up is being given more and more privileges. Maybe the privilege is getting to ride a bike to school or crossing the street by ourselves or going to a sleepover. It's great to receive more privileges as we grow up.

Now listen to what someone wise once said:

   _If someone gives you a privilege, you owe him a responsibility._* 

In other words, if you are given the privilege of crossing the street alone, then you owe it to yourself and your parents or caregivers to be responsible by carefully looking both ways and not taking chances.

So if someone extends a privilege to you — whether it's a parent, a caregiver, a teacher, or a friend — take the responsibility that comes with the privilege. That's how you earn the trust of others and how you learn to trust yourself.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Author unknown
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Marian Wright Edelman, one of America's most respected teachers, had this to say about her childhood:

_My daddy used to ask us whether the teacher had given us homework. If we said no, he'd say, 'Well, assign yourself.'_  

Part of growing up is learning self-discipline — learning to control yourself so that the adults in your life don't have to. And as Marian Edelman's father said, you have to start learning to "assign yourself" by deciding when to put in a little extra effort, when to get a chore done, when to do your homework without being told.

It's time to take another step toward becoming a responsible person. Assign yourself to a job that you know you need to get done.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

From time to time, we hear of a real act of courage, like a fireman pulling a young child from a burning house or a war hero saving the life of a fellow soldier, but most acts of courage don't make the news at night.

If you think about it, you probably see acts of courage every day. For example: Doesn't it take a great deal of courage to stand up and do the right thing when your friends don't? And what about the courage it takes to keep going when you have something hard to do? And then there's the courage you must have to admit when you're wrong.

Now listen to this old American proverb:

*Few persons have courage enough to admit their faults.*

If that's true, then be one of the few, the courageous. If you make a mistake, admit it. If you're disrespectful, apologize. Be willing to own up to your faults, and then make up your mind to do better next time. It's the right thing to do.

With something to think about, this is _name of narrator_. Make it a great day... or not. The choice is yours.
RESPONSIBILITY
Choices/Leadership/Character

Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Your character is what sort of person you are. Do you consider yourself to be a good person, a person of good character? If you believe you have good character, how did you become such a good person?

Some of you have been lucky enough to have role models to show you how to be a good person, a parent or caregiver you could learn from. Others had to build character by learning how to deal with challenges and problems in a positive way.

Now listen to this American proverb:

**Good character depends upon the choices you make.**

So regardless of how you have built your character, one thing is for sure — you've learned to make some good choices along the way. If you are a person of good character, be a leader so you can help others to make smart choices, too.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Original quote: "Strong character depends not so much upon chances as upon choices."

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Listen up! How many of you can relate to the following story?

There once was a young man who wanted to own a very special racing bike. For months he worked hard, saved his money, and finally bought his bike. That's the good news. The bad news is that someone stole it.

Some of you may have had an experience like this. If so, you probably felt very angry, hurt, and frustrated. This story is sad for two reasons: It's sad because the boy who owned the bike lost his bike, and it's sad because the person who stole the bike lost something, too — his or her self-respect.

If you ever think about taking something that doesn't belong to you, think about these words from Dr. Martin Luther King, Jr.:

_The time is always ripe to do the right thing._

If you have taken something that is not yours, talk to an adult you trust and together you can find a way to do what's right. And, doing what's right can help you regain some self-respect.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Martin Luther King, Jr. (1929-1968)*

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

When we cooperate with one another, it means that we are willing to work together to reach a goal. Did you know that humans aren’t the only creatures who cooperate? Ants work as a group to build their colony and gather food. Honey bees help one another create a honey comb and guard their hive. Beavers share the job of gathering sticks and building lodges to live in.

What can we learn from this? Listen to these wise words:

_Alone we can do so little. Together we can do so much._

*Helen Keller (1880-1968)*

When we cooperate and work hard, we can do more together than we can do by ourselves. Whether you are helping on a school project, playing on a baseball team, or lending a hand with chores at home, you are doing your part to reach a shared goal.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

A habit is something that we tend do in the same way every time, like brushing our teeth or reading a story before we go to bed. There are other kinds of habits, like the habit of being honest.

Listen to these important words:

_Every day, remember that the habits we form as young people follow us through our lives._

It is much easier to start a good habit when you are young. When you choose to be honest as a young person, it is already part of your character to chose to be honest when you are an adult.

Today, make the choice to be honest and then let that habit follow you through the rest of your life.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Have you ever found something valuable that someone lost and returned it, even though no one would have known if you had kept it? Have you ever chosen NOT to cheat on a test even though you could see another student’s answers? Each time you do the right thing, you are building your character.

Somebody wise once said:

*A person's true character shows when nobody's looking.*

Today and every day, notice how you act when nobody is looking. What does your behavior say about you?

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Author unknown*
Good morning, name of school. This is name of narrator with a few words of wisdom.

The Declaration of Independence says we have the right to life, liberty, and the pursuit of happiness. It doesn't guarantee us happiness, it just says we have the right to go after it. Why? Because it's no one else's job to make us happy. It's our own job to make ourselves happy. How? By making the right choices.

For example: Do we choose a positive attitude? Do we choose to be kind? Do we choose to be fair, to work toward our goals? The choices we make can either lead us toward happiness or lead us toward unhappiness.

Former president Abraham Lincoln once said:

*Most people are about as happy as they make up their minds to be.*

So today, take responsibility for your own happiness.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

Abraham Lincoln (1809-1865)

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Have you ever noticed how good it feels when you know you've done the right thing and how bad it feels when you've done something wrong? Do you find that sometimes it’s hard to know what is right and what is wrong?

Listen to these words from Ponca Chief White Eagle:

_When you are in doubt, be still, and wait; when doubt no longer exists for you, then go forward with courage..._

In other words, if you are not sure what to do about something, stop to think about what might happen because of the choices you make. If you need help, talk to a trusted adult, then move forward with courage.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, ______ of school. This is ______ of narrator with a few words of wisdom.

What kind of person have you decided to be? It’s a good question to ask yourself because

**People choose what kind of person they’re going to be.**

Here are some examples. If you’ve decided to be a respectful person, then you don’t have to choose whether or not you are going to bully a classmate. You’ve already made your choice. You’ve decided to be a respectful person and respectful people don’t bully others.

And if you’ve already decided to be an honest person, then you don’t have to decide whether or not to cheat on a test. You’ve already made your choice, and honest people don’t cheat.

That’s why it’s important to think about what kind of person you want to be. Today, write a list of all the character traits that will help you be that kind of person and then practice being that person every day.

With something to think about, this is ___________. Make it a great day . . . or not. The choice is yours.

*Note: This message and lesson plan work well for Character Counts Week.*
What Kind of Person Do I Want to Be?

Key Ideas: Character/Choices/Reflection

Character Traits: Respect/Responsibility/Honesty

Concept: Students will examine the notion that we choose what kind of person we want to be, and once we make that choice, other choices are made more easily.

Materials: Suggested activities for art classes may require materials for creating a drawing, painting, or poster.

Directions: Read or ask a student to read aloud the Project Wisdom message that accompanies this lesson plan. Ask for volunteers to share responses to the following questions.

Discussion Generators
1. Think about what kind of person you want to be when you grow up. Why is that important to you? What can you do today to help you reach that goal?
2. What kind of character traits might you need to be successful as a grown-up? When you look at your mom and dad or other important grown-ups in your life, are there traits that they have that you admire? Do you think that they were born with those traits, or did they have to make choices, too, when they were young?
3. Share a time when you made a choice that wasn’t the right choice for the kind of person you want to be.
4. Share a time when you had to make a choice, but it was an easy choice because the decision showed the kind of person you want to be.
5. Do you think everybody should think about what kind of person they want to be? Why or why not?

Closing Comments – We all get to choose what kind of person we are going to be. That’s why it’s important to stop and think about it from time to time. Ask yourself this: Do I want to be an honest person? A respectful person? A caring person? Making the decision about the kind of person you want to be begins now. Today is the day you decide not only what kind of person you want to be, but what kind of a future you want to have. Your dreams for tomorrow can be better reached if you act today by deciding to be a person with character.
What Kind of Person Do I Want to Be?

Follow-up Activities

Grades K-2

- Read Kevin Henkes’ *Lilly’s Purple Plastic Purse*. At the points in the story where Lilly chooses poorly (*plays with the purse and draws the mean picture*), stop and ask the class what kind of person (mouse) does Mr. Slinger thinks Lilly is. Ask if this is what Lilly wants Mr. Slinger to think of her. What kind of mouse does she want to be? What would you do to change what Mr. Slinger thinks? Finish reading the story. Ask students to write a different ending. What other choices could Lilly have made so that Mr. Slinger never had to think poorly of her behavior?

- Read *How to Lose All Your Friends*, by Nancy Carlson. Discuss with the class the character traits exhibited in the book and the outcome of the choices the main character makes. Have students make a class book titled *How to Make Friends*, by _________. Each student should complete the sentence: A friend is__________________ (listing a character trait). Students should then illustrate their page, and the book can be put on display.

- Brainstorm favorite characters from fairy tales and/or recent favorite stories. (See reading list below.) Discuss what kind of “person” that character is. Using a graphic organizer such as a web, show the choices of behavior that prove what kind of person she or he is. Example: *Goldilocks is mischievous.* Proof: *She went into the Bears’ home without being invited; she ate the porridge without permission; she broke Baby Bear’s chair.* Cinderella is obedient. Proof: *She did as her stepfamily ordered, and she followed the instructions of the Fairy Godmother by coming home at midnight.*

- List character traits on a chart. Make sure students understand what the traits mean. Share which traits they believe they would like to demonstrate to others. Have students “prove” that they possess that trait. What behaviors would they have to choose to show that trait? What have they chosen to do to show that character trait? Have students draw a picture of the behavior. Have them write a caption for their picture: “When I chose to ____________, I show that I am a ____________ kind of person.” After the class has discussed character traits and what they might look like, have a chart displayed that students can add to throughout the day. With sticky notes, encourage students to note examples of the traits being displayed. e.g., Responsibility: Joey picked up all of the trash in the cafeteria. Students will like seeing their behavior displayed and should work to encourage others to show like behaviors.

Grades 3-5

- Using any story that spotlights a strong character (antagonist or protagonist), discuss what kind of person the character is. Stop at key times during the reading, asking students, “What do you think the character will do now? Why do you think that?” After a story is finished, discuss how the story would be different if the character was a different kind of person (look for opposite traits). If the character was disrespectful, how would the story’s outcome be different if she or he were respectful? If she or he was dishonest, how would the story be different if that character had been honest?
• Ask students what kind of people they are. Ask them to collect evidence during the week to prove it. Have them keep a journal to share at the end of the week. Have students share their evidence either individually or in small groups, then ask them to reflect on a trait they are not as strong in as they would like to be. As they work on the trait during the week, have them keep a journal chronicling successes and attempts. Celebrate the successes and give support to the attempts.

Reading List

K-2
• How to Lose All Your Friends, N. Carlson
• Lilly’s Purple Plastic Purse, K. Henkes

3-5
• Call It Courage, A. Sperry
• The Courage of Sarah Noble, A. Dalgliesh
• The Emperor and the Kite, J. Yolen
• The Landry News, A. Clements
• Rumpelstiltskin’s Daughter, D. Stanley
• Stone Fox, J. Reynolds Gardiner
• Thank you, Mr. Falker, P. Polacco
• There’s a Boy in the Girls’ Bathroom, L. Sachar
• Uncle Jed’s Barbershop, M. King Mitchell
Theme: Making Our Community a Caring Place
Elementary Level Series 3

Making Our Community a Caring Place
Daily broadcast messages

*As much as possible, narrate the messages in order listed for the best flow of ideas.

One Broadcast message with lesson plan
included that corresponds to this theme.

With the full program, consider setting aside time one day per week to broadcast these messages and implement the corresponding lesson plan. The lesson plans include book recommendations that strive to improve reading literacy along with character education and social emotional learning.

Choose to take 10, 20, 30 or more minutes with these lesson plans, depending on your schedule or needs. These tools work really well for weekly advisory, character education, life skills, or individual classrooms.

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Today's news is filled with many sad and negative things happening in the world, but guess what? There are many, many wonderful, awesome, and incredible things going on in the world.

We need to remind ourselves of all the good things that are happening. For example, every day, millions of people are reaching out to help others. Millions of people are acting courageously. Millions of people are contributing to the world in positive and wholesome ways. Hopefully, you're one of them.

So next time you feel overwhelmed by all the negative news, remember these words from American writer Silas Bent:

_Harmony seldom makes the headlines._

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

Silas Bent (1882-1945)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Sometimes it's hard to have a positive attitude because we forget what's good and wonderful about ourselves. And when we _do_ forget, we need to be reminded. Why? Because when we remember the good things about ourselves, we feel better about ourselves . . . and when we feel better about ourselves, it's easier to be good to other people. That's the way it works.

So today, write down three things that you like about yourself, and then tell three other people one positive thing that you have noticed about them.

Then remember this:

_A positive attitude is contagious._

We can help each other catch a positive attitude and make it a great day . . . or not. The choice is ours.
Good morning, name of school. This is name of narrator with a few words of wisdom.

Writer George Bernard Shaw once said:

*I believe my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can.*

In other words, Mr. Shaw wanted to do whatever he could, for as long as he could, to help his community.

The community in which you live includes your family and friends, your schoolmates, and your neighbors.

Imagine what our families and community would be like if everyone felt that way. Everyone would be helpful and generous and work together to make life as good as possible.

Today, ask yourself this: What can I do today to help my community?

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Original quote: "I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can."
George Bernard Shaw (1856-1950)
Good morning, [name of school]. This is [name of narrator] with a few words of wisdom.

In many families and in many friendships, people disagree and argue. And when two people argue, they usually blame each other.

In Mexico they say,

*It takes two to make a quarrel.*
*(Si uno no quiere, dos no pelean.)*

In Sweden they say,

*It is seldom the fault of one when two argue.*

In many arguments, both people share some blame. If you find yourself arguing with someone, stop and ask yourself this: What is my responsibility in this argument? How could I have done things better or differently? Was I being stubborn, prideful, unkind, unfair?

Once you admit to yourself that you may share some blame, it’s easier to come to some sort of agreement, even if you only agree to disagree.

With something to think about, this is [name of narrator]. Make it a great day . . . or not. The choice is yours.
DEALING WITH ANGER

Project Wisdom®
Helping Students Make Wiser Choices

Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Some people say that

_Anger is a signal, and one worth listening to.*_

In other words, anger is like a red flag going up. It's saying stop, look, and listen. What's causing the anger? Are you hurt, frustrated, sad? Are you feeling like you're not good enough, smart enough, or good-looking enough?

If you get angry, share your anger with someone you trust — a parent, caregiver, counselor, faith leader, or best friend. Perhaps the anger is trying to tell you something important about yourself. So listen to your anger and try to get to the cause of it. Remember, you can try to get past your anger in a healthy and positive way.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Harriet Lerner, _The Dance of Anger_

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

We all do foolish things at times. Sometimes we embarrass ourselves, like stumbling on our own two feet or burping when we didn't mean to.

Winnie the Pooh says,

_A real friend never lets you feel foolish for long._

So next time a friend finds herself in an embarrassing situation, let her know you care. Tell her that everybody makes mistakes. Give her a little encouragement.

Everybody does foolish things. Remember Winnie the Pooh, and don't let her feel foolish for too long. That's a very kind thing to do.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

Note: If you are using this message with the monthly theme “Have a Safe and Fun Vacation,” add this line at the end: “This summer, be kind with your friends and help each other avoid foolish choices.”
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Listen up! Here are five of the Ten Commandments of Human Relationships, written by a group of students:

- **Rule no. 1** Speak to people.
- **no. 2** Smile at people.
- **no. 3** Call people by name.
- **no. 4** Be friendly and helpful.
- **no. 5** Be [polite].

These rules seem very simple, but imagine for just one minute how different our day would be if everyone here at school decided to be friendly and cooperative all day long. It would be awesome, don't you think?

So now you know: It's those simple little things we do that make a big difference.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Remember the Ten Commandments of Human Relationships we talked about yesterday (Friday)? Here are the last five:

**Rule no. 6** Be interested in others.

no. 7 Be generous with compliments.

no. 8 Be thoughtful of what others feel.

no. 9 Be thoughtful of what others think.

no.10 Be helpful.*

Once again, these rules seem very simple, but we know that if we practiced them they would make a real difference in our lives and in the lives of other people. Always be caring, generous, thoughtful, and helpful toward others. Remember, simple ideas can produce the greatest results.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

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*Original quote: “Rule no. 6 Be interested in people. no. 7 Be generous with praise. no. 8 Be considerate of the feelings of others. no. 9 Be thoughtful of the opinions of others. no.10 Be alert to help out.”

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Some people talk about "righteous anger." Righteous anger is anger we have a right to, like the anger John Foster felt when his son was beaten up by a gang. He turned his anger into something good by helping to create Mad Dads, Inc., an organization that helps to stop street violence.

Now listen to these words:

_The weight of a person's anger drags him down._*

We all have a right to be angry at times, like when someone hurts us on purpose or steals from us. But we also have a responsibility to use that anger in a positive way. When we let our anger hurt others, we are dragging ourselves and others down.

If you are having a problem with anger, talk to someone a little older and a little wiser. Look for ways to turn your anger in a positive direction. It's the right thing to do.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Original quote: "Unrighteous anger can never be excused. For the weight of a person's anger drags him down." Ben Sira

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Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

What do you suppose would happen if, one by one by one, all the people on the planet — all of the more than seven billion of us — began to treat each other with a little more kindness? Would there be less violence, hatred, unhappiness? Of course, there would.

So when was the last time you were in a situation that called for a little kindness?

Now listen to these words:

_ALWAYS be a little kinder than necessary._*

Today and every day, let's be a little kinder than usual, knowing that the whole world is a better place with each individual act of kindness.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*James M. Barrie
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

What are the most beautiful things in the world — big diamonds, expensive cars, fancy clothes? Can a lot of money buy you all the best things in life?

Not according to Helen Keller. She once said:

_The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart._

And what do we feel with the heart — love, joy, happiness? These are all things we cannot touch or see, but things we feel. Helen Keller believed these are the best and most beautiful things the world has to offer. What do you think?

Today, without spending a dime, enrich your life by paying attention to the things that money cannot buy. That's an important key to success.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Helen Keller (1880-1968)*
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Did you know that Thomas Edison believed that laughter is important to teamwork? That's right. He once said that people who laugh together work more cooperatively _and_ work better. And did you know that Albert Einstein also believed that many of his discoveries were the result of his playfulness?

The ancient Hebrews used to say,

> **A merry heart does good, like medicine.**

Today, many scientists believe that laughter actually makes us healthier and reduces stress.

So let's work hard today but with a light heart. We just might be happier, healthier, and more productive.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, __name of school__. This is __name of narrator__ with a few words of wisdom.

Did you know that human beings are one of the few creatures on the earth that can laugh? It makes me wonder if laughter has some special purpose. Let's think about that. Laughter does, after all, help relieve some of the stress of life. It feels good to enjoy a good laugh. It's a good release. And have you ever noticed that when we share laughter with others, it brings you closer together? Some people even think that laughter heals. What do you think?

Now listen to these words:

_The worst of all days is the one in which you have not once laughed._

Let's make today a great day with a little laughter . . . or not. The choice is yours.

*Original quote: "The most utterly lost of all days is the one in which you have not once laughed."
Sébastien Chamfort (1741-1794)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Listen to what one writer says about her mom:

*My mother is a woman who speaks with her life as much as with her tongue.*

That's a beautiful way of saying that actions speak louder than words.

The women who mother us speak to us in many ways. They tell us they love us every time they give a hug or a smile. They tell us they love us every time they cook a meal or cover us with a blanket when we're cold.

Next time you are with the person who mothers you, notice all the little things she does that tell you that she cares. Then write a letter of appreciation. It's the best Mother's Day gift you could ever give her.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.

*Kesaya E. Noda, Growing Up Asian American*
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

This coming Monday, schools, businesses, and government offices will be closed in honor of Memorial Day, a day for remembering the brave men and women who have died in service to our nation.

Memorial Day used to be called Decoration Day because families and friends would visit the graves of fallen soldiers and decorate them with flowers and wreaths. That tradition continues today. Many towns and cities will also have parades honoring those who have died so that others can be free.

Between now and Monday, it's important to spend a little time thinking about the fact that many men and women have given their lives so that the rest of us can enjoy all the little freedoms we take for granted — like the freedom to choose where we live or how we will worship or what job we will have. In fact, take time today and make a list of five freedoms you enjoy because others have given the most precious gift of all, their lives.

With something to think about, this is _name of narrator_. Make it a great day . . . or not. The choice is yours.
Good morning, name of school. This is name of narrator with a few words of wisdom.

How many of you have thought about becoming a teacher? Why do you think people become teachers? Is it to get rich? . . . or famous? Probably not. Most people make the decision to teach because they care about the education of young people and they enjoy watching students learn and grow.

This week schools across America will celebrate the National PTA Teacher Appreciation Week. It’s an opportunity for people in the community, parents, and students to show their appreciation to teachers.

Today, pass a note to some teachers. Tell them what you appreciate most about the job they do for you each school day.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.
Helping: A Winning Tradition

Key Ideas: True success can be measured by how much we help others/Charitable giving  
Character Traits: Respect/Generosity/Caring  
Level: Elementary

Good morning, __name of school__. This is __name of narrator__ with a few words of wisdom.

We have many traditions in America, like fireworks on the Fourth of July or eating turkey on Thanksgiving. Another great tradition is helping others in need. Giving to charity is a good example of the generosity of the American people.

Now here’s something important to know: True success in life is sometimes measured by how much a person shares with others, and

   *It doesn’t matter how young you are; you can be part of the great American tradition of helping those in need.*

You can give some of your allowance to a charity, you can give the clothes you’ve outgrown to those in need, or you can simply lend a hand to help someone. When you help others, everyone wins.

With something to think about, this is _________________. Make it a great day . . . or not. The choice is yours.
Helping: A Winning Tradition

Key Ideas: True success can be measured by how much we help others/Charitable giving

Character Traits: Respect/Generosity/Caring

Concept: Students will explore the great American tradition of giving to those in need, and consider ways they can carry on this tradition.

Materials: Suggested activities for art classes may require materials for creating a drawing, painting, or poster.

Directions: Read or ask a student to read aloud the Project Wisdom message that accompanies this lesson plan. Ask for volunteers to share responses to the following questions.

Discussion Generators
1. A tradition is a custom that is passed from mothers and fathers to their children and their grandchildren. What are some of your favorite traditions?
2. What do you think about the American tradition of helping others?
3. America is a great nation because it shares with those in need. Do you think it’s important to share? Does sharing help make you a better person? Why?
4. Do you think it’s important to help those in need? Why or why not?
5. How have you and/or your family been a part of that tradition?
6. Is it a tradition you will pass down to your children? Why would you do that?
7. When you help others, how does it make you feel?
8. What character traits are people showing when they give money to charities or help others in need?

Closing Comments – When we help those in need, we become part of a winning American tradition. That tradition is about being generous with those who are less fortunate or those who are going through a difficult time. When we help others, we give them a gift of kindness, but we also give ourselves a very special gift. We give ourselves the gift of knowing that we have done something good and right. Helping others is good for those who receive, but it is also good for those of us who give. It’s a win-win because helping others helps us develop a generous heart and a caring spirit.
Helping: A Winning Tradition

Follow-up Activities

Grades K-5

- After reading a biography about Clara Barton, ask the students what character traits Ms. Barton possessed that they admire. Then brainstorm ideas of how the class can help out at school or in the neighborhood. List the ideas on a chart or the board. Guide the class in choosing one as a project and carry it through. Enlist the help of parents, or partner with another class or classes.

- Recognize "helping hands" on a special "Helping Hands Hall of Fame" bulletin board. When acts of kindness are noticed by members of the class, post the names and the acts noticed in the "hall." Older students can do the writing and even write a short description of the act.

- Ask the children to think of people in their lives who are in need. Have them draw this person and how they might help them. Encourage students by having them think of the elderly that they might know such as grandparents or a neighbor. If they are old enough, have them write about their person and what they would like to do to help him or her.

Grades K-2

- Read *Clara Barton*, by Wil Mara, or any other age-appropriate biography about Ms. Barton. Discuss with the class the character traits that they inferred from the reading. List these on a chart or on the board. Have students draw a picture illustrating Clara Barton demonstrating one of the character traits discussed. Display the pictures on a bulletin board in the hallway or classroom.

Grades 1-5

- Choose an international charity and have students search magazines, newspapers, and the Internet for instances where the organization has helped others. Have them chart the different ways that the charity helps people around the globe. After discussing these real-life examples, have the students discuss how this organization impacts individuals, groups, and global issues, and how many of the people involved are volunteers. Students should then write reflections on what they would do as a volunteer. Have them finish the story starter: "If I could volunteer, I would . . ." Instruct students to include in their stories the character traits they would need to possess to be a volunteer for the charity.

Grades 3-5

- Invite a volunteer from a local charity to come to the class to tell students what services the organization offers. Have students ask how the class can help support the charity. Brainstorm a plan. Ask parents for their help as well. Have students journal as the plan is carried through. Share the entries weekly.
Reading List

K-5
- *Something About Hensley’s*, P. Polacco
- *Young Clara Barton: Battlefield Nurse*, S. Alcott

K-2
- *Clara Barton*, W. Mara

2-5
- *The Day It Rained Forever*, V. T. Gross
- *The Librarian of Basra: A True Story from Iraq*, J. Winter
- *Mary McLeod Bethune*, S. Evento
- *Mother Teresa*, S. Eddy
Attitude: Choosing a Positive Attitude

Question of the Week
Do I see the glass as half empty or half full? (Do I have a positive outlook?)

Something to Think About

"Attitude is half of success." American proverb

Success is not about who lives in the biggest house or who is the most popular. Success is about being the very best we can be in our own special way. Keeping a positive outlook helps us be our best. Why? Because a positive outlook keeps us focused on what's special about ourselves and others. It helps us see the good that can come from the bad, and keeps us from giving up in the face of difficulty.

Something to Write About

Answer this question: Do I have a positive outlook or a negative one? Explain your answer.

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Confidence:  
Daring to Be My Best

Question of the Week
Am I daring to be my best?

Something to Think About

"I dare you to think bigger, act bigger, and be bigger." William H. Danforth

It takes real courage to be our best. It takes courage to face what needs correction in ourselves or to keep going in the face of a challenge. It takes courage to do the right thing when standing alone or to ask for help when we need it. It takes courage to dream big dreams, to believe in ourselves, to be a leader.

Something to Write About

Write about the kind of courage you need to do your very best.

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