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 a Difference

Choosing Character

Building a Caring Community

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 a Difference
Secondary Level Series 3

Making a Difference
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.

Choose to take 10, 20, 30 or more minutes with this content, depending on your schedule or needs. These plans have several components: 1) broadcast message (read-aloud), 2) discussion generators, 3) grade-level or content-specific follow-up activities, and 4) worksheets for secondary-level students.

Note to educators: These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Many of you know the story of Anne Frank, a young Jewish girl who lived in hiding from the Nazis during World War II. She lived in the midst of a true nightmare, yet she didn't give up her belief in the human spirit.

Now listen to her words:

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

Today, remember this: We can start to improve the world around us in this very moment. How? By simply giving ourselves and others a little love, encouragement, and understanding.

So don't waste any time today. Make the world a better place simply by being 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.

Anne Frank (1929-1945)
Good morning, name of school. This is name of narrator with a few words of wisdom.

Pearl S. Buck is well known for two important reasons: She was the first American woman to receive the Nobel Prize for literature, and she was a tireless worker on behalf of children. She worked especially hard for children without parents and mentally-challenged young people.

She understood the importance of helping those who are unable to help themselves. She's quoted as saying:

*The test of a civilization is the way it cares for its helpless members.*

So today, remember this: Every time you contribute to a food drive, give clothing to a disaster relief effort, or give a little change to a charity, 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)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Stop a minute and think about someone in your life with a great smile. How do you feel when that person smiles? Do you feel good just thinking about it?

Now listen to these words:

_A smile costs nothing, but gives much. It enriches those who receive it, without making poorer those who give. It takes but a moment, but the memory sometimes lasts forever . . . . It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.*_

Today, let's be generous with one another by being generous with our smiles.

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)
Encouragement

Smiles

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 give some encouragement.

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 today. 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.

Listen to the words of Jawaharlal Nehru (juh-wah-her-lahl NAY ru), former prime minister of India:

**Our biggest fault is that we are more given to talking about things than to doing them.**

In other words, he believed that we human beings talk too much and do too little. Many of us are guilty of whining about the problems in our lives and in the world around us. We complain about pollution and crime. We whine about our relationships and our homework. Mr. Nehru is suggesting that we quit talking so much about what challenges us and do something to make a difference.

Today, if you catch yourself complaining about a problem, decide to do something about it. Make up your mind to talk a little less and do a little more.

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

Jawaharlal Nehru (1889-1964)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Successful filmmaker George Lucas once said:

_You can’t do it unless you imagine it._

He's saying that our imagination allows us to soar to greater heights. Think about it. If we can't imagine ourselves as successful human beings, we may never spread our wings and fly toward our dreams.

So before you go sleep tonight, take the time to turn off the TV, the video games, and other electronics. Sit quietly. Be still. Then spread your wings and fly into your imagination. Imagine your goals and your dreams. Remember: You are a unique human being with unique dreams, and one of those dreams might someday make a huge difference in 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.

Most of you probably know what a humanitarian is. For those who don't, a humanitarian is an individual who concerns himself with the human race — who cares about his fellow human beings and takes action to improve the human condition.

Physician and philosopher Albert Schweitzer was such a person. He said:

_Because I have confidence in the power of truth and of the spirit, I believe in the future of human kind._

He believed that the human spirit can shape a better tomorrow.

Today, ask yourself this: Am I concerned about the lives of other human beings? Do I have a charitable spirit? What actions, if any, do I take to help others? Then remember: Whether we are eight years old or eighty, there are ways we can try to create a better future together.

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

Albert Schweitzer (1875-1965)
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 many rights that people around the globe are still fighting for. We have the right of free speech and public education. We can worship in our own way. We can choose where we live and how we make a living. These rights are so much a part of our daily lives that we forget to appreciate them. We may take them for granted.

Now listen to these words from author Pearl S. Buck:

_We need to restore the full meaning of that old word, duty. It is the other side of rights._

In other words, we have a duty to our country and our fellow citizens to help maintain our rights. How? By being honest, responsible citizens who actively contribute to our schools, our communities, and our country.

Today, ask yourself this: What are my duties as a member of the American society? 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.

Pearl S. Buck (1892-1973)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Do you ever watch or read about the news and worry about what you see? Are you concerned about violence, homelessness, war? Have you ever wondered about the state of our nation?

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.*

So if you are concerned about our nation, our school, our community, remember this: You have the intelligence and the energy to make a difference. Volunteer to help those in need. Commit a random act of kindness or take a stand for something you believe in. Don't ever think you are powerless, because — as President Eisenhower reminds us — each of us has the power to make a difference.

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 are powerless to 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 first synthetic dye was made by an eighteen-year-old boy? . . . that Superman was created by two teenagers?

And guess what. You, too, are full of potential, regardless of your age or circumstances.

Booker T. Washington once said

**Character, not circumstances, make the [person].**

Today remember this: Whatever your age or circumstance, if you believe in yourself and if you act with character, you can achieve something grand and wonderful, too.

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

Booker T. Washington (1856-1915)
MAKING A DIFFERENCE

Project Wisdom®
Helping Students Make Wiser Choices

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

Marian Wright Edelman is a nationally recognized educator and child advocate. She has made a huge difference in the lives of thousands of children and educators.

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

_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 . . . . _

So if you should ever find yourself feeling powerless to change the world around you, remember this: Every day we have many opportunities to support, 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.

Note to educators: 1) Alternative closing lines are available at www.ProjectWisdom.com. 2) These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
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 humanitarian and as a champion of equal rights. She was a powerful woman who left an indelible mark 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.*

She obviously practiced what she preached, because she gave a lot of happiness to others.

Today, remember this: You don't need to be famous in order to contribute. Every single one of you is capable of offering a little happiness to others. You can share a smile, a few words of encouragement, or a helping hand. Simple acts of kindness go a long way toward making our school and our world a better place to live in.

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)

Note to educators: 1) Alternative closing lines are available at www.ProjectWisdom.com. 2) These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

How many of you have heard of Mary McLeod Bethune? She was an unstoppable advocate for the education of African-American children, and a personal friend of former President and Mrs. Franklin Delano Roosevelt.

Her life has been honored with a memorial in Washington, D.C., where these words of encouragement are inscribed . . . words that leave her mark in the world:

_I leave you love. I leave you hope. I leave you a thirst for education. I leave you faith. I leave you a desire to live harmoniously with your fellow men._

We can all be inspired by this one woman's vision of hope. Today ask yourself this: What mark do I want to leave in the world?

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

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 very generous with 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 from Saint Teresa:

_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 being generous with our smiles.

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

Saint Teresa (1910-1997)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Someone wise once said:

_**To serve is beautiful, but only if it is done with joy and a whole heart and a free mind.**_

One day, a teenager named Emma came home disappointed because she didn’t have money to donate to help a child her girl's club was sponsoring. 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 their goal. 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 enthusiasm 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 acknowledge 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)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

It's been said that African-American writer and poet Richard Wright used his words to fight against the hatred, racism, and poverty he grew up in. His life embodied these famous words:

\[ \textit{The pen is mightier than the sword}. \]

*Edward Bulwer-Lytton*

We can all use our pens or computers as weapons against what we feel is wrong in our world. We can write to school officials; we can write to our legislators; we can write to our newspaper editors; we can share stories and write poems.

Today, remember this: You have the power to make a difference in the world by simply picking up a pen or computer and 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.
SERVING OTHERS
Choices

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 means you come to a decision; you make a choice. For example, you can resolve to be a good student. You can resolve to be a kind and respectful human being.

Olympic ice skater Scott Hamilton talks about choosing kindness:

_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._

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

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

Today many of us experience a sort of powerlessness about the problems in our world. We don't really believe we can make a difference. We say to ourselves, "I'll do something about that when I'm older, or when I have more money or when I have more time."

The truth is, when we wait for all the right circumstances, we usually have a very long wait, and in the meantime our problems don't get solved.

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

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

Today, look for ways to contribute. Commit a random act of kindness. Offer to help a teacher. Do an extra chore at home. Remember, you don't need to wait or make excuses. 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.

Are you a person who finds 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, as well.

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
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 from world-famous cultural anthropologist Margaret Mead. She says:

_I must admit that I personally measure success in terms of the contributions an individual makes to his or her fellow human beings._

Notice she didn't say anything about money or power or material possessions making a person successful.

Today, ask yourself this: What contributions do I make 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.
Helping: A Winning Tradition

**Key Ideas:** Helping others/Charitable giving/The privilege of giving

**Character Traits:** Respect/Generosity/Caring

**Level:** Secondary

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

Young people across our country are joining in the great American tradition of helping others. One group of California high school students, part of the Kids Helping Kids organization, dedicates their time and efforts to helping kids in their own community. The students organize fundraisers including bake sales and restaurant nights to raise money but also devote time to tutoring elementary school children.

Students throughout the country are learning what former president John F. Kennedy knew. He once said that:

> Philanthropy, charity, giving voluntarily and freely…it is truly a jewel of an American tradition.*

You can become part of this great American tradition. Give away some used clothes, canned goods, or allowance money, or volunteer your time to a cause that is important to you. As you do this, you may discover that it truly is a privilege to give.

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

*Original quote: “Philanthropy, charity, giving voluntarily and freely...call it what you like, but it is truly a jewel of an American tradition.” John F. Kennedy (1917-1963)
Helping: A Winning Tradition

Key Ideas: Helping others/Charitable giving/The privilege of giving

Character Traits: Respect/Generosity/Caring

Concept: Students will understand the importance of charitable giving.

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. Distribute and have the students complete the worksheet. Ask for volunteers to share responses to the following questions.

Discussion Generators

For the Message and/or Worksheet
1. How can giving to others be a privilege? Explain.
2. Is being charitable something we learn from others? Why or why not?
3. Charitable giving is considered by many to be an American tradition. How would you define the word tradition? (the passing down of customs and beliefs from one generation to another.)
4. Tell about a time you and/or your family participated in the American tradition of charitable giving. How did you help others? How did it make you feel?
5. What character traits must a person possess to be motivated to help those in need?

For the Worksheet
1. How did you paraphrase the words by former president John F. Kennedy. Do you agree that giving is an American tradition? Why or why not?
2. Do you believe individuals have a duty to help those in need? Why or why not?
3. As a student, you may not have money to donate to charity. List other ways that you could make a difference in our world.
4. It has been said that helping others is good for those who receive the gift and also for those who do the giving. In what ways could it be good for those doing the giving?

Closing Comments – Former president John F. Kennedy believed that giving to others is an important American tradition. Many people believe we have a duty to help those in need and it is a privilege to help others. When we help those in need, we give something very valuable to ourselves. We give ourselves the gift of knowing that we have done something good and honorable. Helping others is good for those who receive the gift and also for those who do the giving.
Helping: A Winning Tradition

Helping others is an American tradition. If you haven't already, you can choose to become part of this great American tradition. When we do, we give ourselves the gift of knowing that we have done something good and honorable.

1. **Paraphrase** the words below by former president John F. Kennedy. Do you agree that giving is an American tradition? Why or why not?

   *Philanthropy, charity, giving voluntarily and freely...it is truly a jewel of an American tradition.*

   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

   _______________________________________________________________________

2. Do you believe individuals have a **duty** to help those in need? Why or why not?

   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

   _______________________________________________________________________

3. As a student, you may not have money to donate to charity. List other ways that you could make a difference in our world.

   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

   _______________________________________________________________________

4. It has been said that helping others is good for those who receive the gift and also for those who do the giving. In what ways could it be good for those doing the giving?

   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________
   _______________________________________________________________________

   _______________________________________________________________________

**GLOSSARY**

**paraphrase**
to restate or write in one's own words

**philanthropy**
the act of helping others by giving money or time to good causes

**duty**
something a person is supposed to do; a moral obligation
Helping: A Winning Tradition

Follow-up Activities

Art

- Research and discuss with your students how artists are involved in charitable giving. As a class, choose a charitable cause within your school or community. Ask each student to donate an artwork and hold a silent auction during lunch. Donate the proceeds to your chosen charity or cause.

- Ask students to research Project Row Houses, a community-based arts and culture non-profit organization in Houston, Texas. The project is the vision of local African-American artists working to promote a creative presence in their community. Afterward, discuss the benefits of this type of organization in a community. How does it help artists? How does it help the community?

Social Studies

- Discuss philanthropy. What is it? Why do people become philanthropists? Ask your students to research a great American philanthropist. Ask them to write a short report and share it with the class. Discuss the legacies of these philanthropists.

- Ask students to research the impact of economic downturns on charities throughout U.S. history. How have charities responded? How can citizens help? Discuss the students’ findings as a class.

Language Arts

- The French playwright Moliere once said, "Every good act is charity. A man's true wealth hereafter is the good that he does in this world to his fellows." Ask your students to write a response to this quote. Ask a few to read their responses aloud. Discuss.

- The great American poet, Walt Whitman wrote:

  "This is what you shall do: love the earth and sun, and animals, despise riches, give alms to every one that asks, stand up for the stupid and crazy, devote your income and labor to others, hate tyrants, argue not concerning God, have patience and indulgence towards the people, take off your hat to nothing known or unknown, or to any man or number of men; go freely with the powerful uneducated persons, and with the young, and mothers of families: read these leaves in the open air every season of every year of your life: re-examine all you have been told at school or church, or in any books, and dismiss whatever insults your soul.

There are fourteen directives here. Discuss each as a class. Are they good advice? How are they each related to charitable giving?"
Math

- Ask your students to research charitable giving in the U.S. as well as nine other developed countries. Show the results in graphic format in either a chart or a graph. Discuss the implications of their findings.

- Ask your students to design an event to raise money for a charity of their choice. Have them brainstorm and research the most cost-effective way to earn the greatest amount of money. Hold the event and donate the proceeds.

Science

- View Picasso's painting *Science and Charity* with your students. Ask your students to tell you what they see going on in the painting. What is suggested by the image along with the title? How do science and charity relate to one another?

- Ask your students to research how scientists work with charitable organizations. Have them share their findings with the class. Discuss. Also, discuss how science benefits from charitable giving.

Computer Science

- Ask your students to conduct on-line research into charitable organizations in the U.S. Compare and contrast to other developed countries. How do we fare? Share the findings.
Theme: Choosing Character
Secondary Level Series 3

Choosing Character
Daily broadcast messages for this theme

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

One broadcast messages 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.

Choose to take 10, 20, 30 or more minutes with this content, depending on your schedule or needs. These plans have several components: 1) broadcast message (read-aloud), 2) discussion generators, 3) grade-level or content-specific follow-up activities, and 4) worksheets for secondary-level students.

Note to educators: These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Have you ever noticed all the commercials for exercise equipment and health club memberships? We hear a lot about body building . . . and we hear a lot about building fame and fortune, too.

But what about building character, building principles like honesty, fairness, kindness, and moral strength? Character is, after all, the most important thing we will _ever_ build.

The Irish say it this way:

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

In other words, if you are a person of character, you are a wealthy person. Why? Because what makes a person rich is not how much money she has, but how much character she has. Today, remember 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.

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 principles do you stand for? Do you stand for honesty, kindness, respect of self and others?

Today, take some time to think about the principles you choose to live by, 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 those around you.

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.

Some of us have been hurt more than others, but all of us get hurt along the way. Although we’ve been hurt, we’re not powerless, because we always have the power of choice. We can choose to ask for help if we need it. We can choose to forgive. We can choose to look for a way to turn a bad experience into something good.

Nelson Mandela once said:

_May your choices reflect your hopes, not your fears._

These wise words remind us that we can choose to be hopeful, even in a bad situation. If you have been hurt or victimized, there are people here at school who want to help you move past it. Talk to a counselor or a teacher. Remember: You can choose to get help to move on with your life.

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

_Nelson Mandela  (1918-2013)_
SELF-RESPONSIBILITY

Choices

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

As a student, you have many responsibilities. You are responsible for your books and papers, for completing your homework assignments, and for studying for exams [tests].

As a member of our school community, you also have responsibilities. You are responsible for the way you treat yourself and others; you are responsible for the choices you make and the actions you take.

From the time she was quite young, television talk-show host Oprah Winfrey knew what it meant to be responsible. Now listen to her words:

_I don't think of myself as a poor, deprived ghetto girl who made good. I think of myself as somebody who from an early age knew I was responsible for myself, and I had to make good._

Today, remember this: Regardless of the circumstances you were born into, you can choose to do your best to determine the outcome of your life.

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

Note to educators: 1) Alternative closing lines are available at www.ProjectWisdom.com. 2) These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
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. When we're sixteen, most of us have privileges we could only dream of at age six — like driving a car, going out on dates, hanging out at the mall with friends.

As great as it is to receive more privileges, it's important to remember that with privileges come responsibilities.

Someone wise once said,

_If someone gives you a privilege, you owe them a responsibility._

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.
Good morning, [name of school]. This is [name of narrator] with a few words of wisdom.

Marian Wright Edelman, founder of the Children's Defense Fund, has 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 discipline yourself so that the adults in your life don't have to. And as Marian Edelman’s father says, you have to start learning to "assign yourself" by deciding when to put in a little extra effort, when to review, when to move ahead, and when to create a time line or a project plan.

Today, take another step toward becoming a responsible, successful human being. 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 dramatic 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 witness acts of courage every day. For example: Doesn't it take a great deal of courage to stand up and do the right thing in the face of negative peer pressure? And what about the courage it takes to keep going in the face of a big challenge? And then there's the courage you must have in order to admit when you're wrong.

Now listen to this old American proverb:

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

If that's true, then be one of the few, the exceptional. Today, 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.

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.

Do you consider yourself to be a person of strong character? If you believe you have a strong character, how did you achieve it?

Some of you have been fortunate enough to have had good role models guiding you along the way. Others have had to develop character by overcoming great obstacles.

Now listen to this American proverb:

*Strong character depends not so much upon chances as upon choices.*

So regardless of how you have developed your character, one thing is for sure — you've learned to make some smart choices along the way. If you are a person of character, look for leadership roles so you can empower 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.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

We’ve talked before about what it means to be a philanthropist. At age 85, American philanthropist Walter Annenberg gave $365 million dollars to four schools. As Mr. Annenberg journeyed through his life, he not only accumulated a great deal of wealth, he accumulated a great deal of wisdom.

In fact, when he gave away the $365 million dollars, he said,

_I’m interested in the young people because the character of our country will be shaped by the young people in the days ahead._

In other words, each generation shapes its future. If you and your fellow students choose to be honest, fair, kind, and responsible citizens, our country will become all these things. You have the opportunity to shape the future of our entire nation. Together, you decide.

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

---

Note to educators: 1) Alternative closing lines are available at www.ProjectWisdom.com. 2) These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
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 was violated, and it's sad because the person who stole the bike lost something, too, — his or her self-respect.

If you ever think of 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.

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

Note to educators: 1) Alternative closing lines are available at www.ProjectWisdom.com. 2) These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Have you ever noticed that when everything's going well, it's very easy to be good — to be cooperative, upbeat, productive. But what about when things are really tough? Then it's much harder to keep a positive attitude, don't you think?

Here's how Dr. Martin Luther King, Jr. said it:

_The ultimate measure of a [person] is not where he or she stands in moments of comfort and convenience, but where he or she stands at times of challenge and controversy._

In other words, it's when things get tough that we have the opportunity to see what we're really made of. Today, notice how you respond to problems and difficulties. It's a good measure of your strengths and weaknesses.

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

Dr. Martin Luther King, Jr. (1928-1968)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

In Daniel Defoe's book _The Life and Adventures of Robinson Crusoe_, Robinson Crusoe makes a notch on a stick in order to count the days. American author Henry David Thoreau thought we should follow this example, but with a slight twist. He said:

_We should mark a notch every day on our characters, as Robinson Crusoe did on his stick._

The root meaning of the word character literally means "to engrave." As we mature and develop our character, we notch into ourselves virtuous qualities such as reliability, fairness, kindness, and honesty.

So today, remember this: Every time you commit a random act of kindness, take responsibility for your actions, and treat others with fairness, you are making a notch in your character. And with every notch, you are becoming the best you can be.

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

Henry David Thoreau (1817-1862)
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 reveals itself 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.

Listen to these words from former President Ronald Reagan, spoken to a group of young people:

*Be very careful not to throw away the values that have been tested through time.*

And what are time-tested values? They're values such as honesty, moral courage, duty, and virtue.

Today, think about the values that are guiding your choices. The values you choose to live by determine the choices you make, and the choices you make today determine your future . . . and maybe the future of our country.

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

Ronald Reagan (1911-2004)

Note to educators: 1) Alternative closing lines are available at www.ProjectWisdom.com. 2) These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
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. Notice that it doesn't guarantee us happiness, it just says we have the right to pursue it. Why? Because no one is responsible for our happiness but ourselves. And how do we take responsibility? By the choices we make.

For example: Do we choose a positive attitude? Do we choose to be kind human beings? 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)
Good morning, __name of school__. This is __name of narrator__ with a few words of wisdom.

Courage comes in many forms. Firefighters show courage when they run toward danger to save lives. Soldiers display courage when they risk their lives to defend our freedom. But not all acts of courage are so dramatic. Moral courage is doing the right thing in big and small ways, and that’s something that we can try do every day.

Confucius once said:

**To see what is right and not do it is a lack of courage.**

Today, think about the courage it can take to do the right thing. Then notice small acts of courage. If a friend says no to something that is wrong, give her support. If a fellow student admits to a wrongdoing, show respect for the courage it took to accept responsibility. Then show a little courage yourself by following your heart and doing the right thing.

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

Confucius (551-479 B.C.)
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 difficult 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...*

Today and every day, think about the consequences of the choices you make. If you have doubts, 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.

Ponca Chief White Eagle (c. 1840-1914)
What Kind of Person Am I Going to Be?*

**Key Idea:** Choosing in advance the principles that will guide our choices  
**Character Traits:** Respect/Responsibility  
**Level:** Secondary

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

You never know when you’ll find yourself in a situation that requires a quick decision that may have big, even life-changing consequences. Here’s an example. You’re with friends. They’re piling into a car. It’s obvious to you that the driver is drunk. What do you do?

Here’s the answer so listen up! You don’t wait until you get there to make such an important choice. You choose far in advance by choosing to be a responsible person, a person who doesn’t get into a car with a drunk driver and tries to prevent others from getting into the car.

The same would hold true for all our choices. We need first to choose the principles that are going to guide our lives, then we can fall back on our principles each time we make a choice.

Today, ask yourself this: What principles are guiding my choices in life?

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

What Kind of Person Am I Going to Be?

Key Idea: Choosing in advance the principles that will guide our choices

Character Traits: Respect/Responsibility

Concept: Students will explore the notion that when we make a conscious choice to live a principled life, our principles guide our choices.

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. Distribute and have the students complete the worksheet. Ask for volunteers to share responses to the following questions.

Discussion Generators
For the Message and/or Worksheet
1. What are some situations in which teenagers find themselves that may require a quick and perhaps even life-saving choice?
2. Who has made such a choice in the past, one that proved to be right? What principle guided you? How had you developed that principle in your life?
3. Parents, teachers, caregivers, counselors, and clergy oftentimes will encourage young people to think through certain choices before they ever have to be made. What are some examples? Is this helpful? Why or why not?
4. What does it mean to make a conscious choice?
5. How difficult is it to make an unpopular choice? What principle or character trait is required?

For the Worksheet
1. How did you paraphrase Theodore Hesburgh’s quote? What does it mean to you personally?
2. Give an example of a time when you had to make a quick, and perhaps difficult, choice that turned out to be the right choice. What principle(s) did you fall back on when making that choice?
3. There are potentially life-threatening circumstances when you must make a choice. List at least three situations in which teenagers can find themselves that are potentially dangerous. Beside each situation, record the principle(s) that would help a teenager make the right choice. For example: Saying no to drugs or alcohol — courage, self-respect.
4. What does this American proverb mean to you? Never sacrifice your principles to please anyone.

Closing Comments – It’s important for all of us, adults and young people alike, to take time to reflect on the principles that will guide our lives, to make a conscious choice as to what kind of person we are going to be. Life can be difficult to navigate. Choosing our principles first can help make the journey easier and more rewarding.
What Kind Of Person Am I Going to Be?

You never know when you’ll find yourself in a situation that requires a quick decision, a decision that may have big — even life-changing consequences. That’s why it’s so important to stop and think about the principles you believe are important. You must first choose those principles that are going to guide your life. Then you can fall back on those each time you make an important choice.

1. Read the quote below and rewrite it in your own words. What does it mean? Do you think this statement is true? Why or why not?

My basic principle is that you don't make decisions because they are easy; you don't make them because they are cheap; you don't make them because they're popular; you make them because they're right. — Theodore Hesburgh (American clergyman, university president)

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

over

2. Give an example of a time when you had to make a quick, and perhaps difficult, choice that turned out to be the right choice. What principle(s) did you fall back on when making that choice?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

over

3. There are potentially life-threatening circumstances when you must make a choice. List at least three situations in which teenagers can find themselves that are potentially dangerous. Beside each situation, record the principle(s) that would help a teenager make the right choice. For example: Saying no to drugs or alcohol — courage, self-respect.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

over

4. What does this American proverb mean to you? Never sacrifice your principles to please anyone.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

over
What Kind of Person Am I Going to Be?

Follow-up Activities

Art

- Codes of ethics exist across all strata of civilization. This is the way societies and organizations within societies agree upon what kind of people they will be. In the art world, each individual artist must decide on his or her own code of ethics and art organizations must agree upon theirs. Examine with your students three of the tenets of the American Association for Museums’ Code of Ethics for Museums.
  - Governance promotes the public good rather than individual financial gain
  - The unique and special nature of human remains and funerary and sacred objects is recognized as the basis of all decisions concerning such collections
  - Programs respect pluralistic values, traditions, and concerns

Ask students if they agree with these tenets? If so, why do they think the tenets are necessary? Ask your students to agree on a simple code of ethics for your classroom.

- It has been said that, “Good artists borrow; great artists steal.” Ask your students if they think this quote is talking about plagiarism or something else. Discuss plagiarism as it pertains to art. Every artist must ask himself, “What kind of person/artist am I going to be?” and plagiarism will have to be addressed head on. Art does not happen in a vacuum, so how do artists build upon the work of others without crossing the line? Ask your students to write a short journal entry or paper about this question.

Social Studies

- Ask your students to write a short definition of the concept of civilization. Can a civilization exist without agreement as to how the people who make it up are to be and behave? Why or why not?

- Ask your students to consider the Constitution and Bill of Rights in light of forethought as to how our nation would behave under certain situations, especially stressful or unexpected situations such as war. How would our nation function if it had not made these decisions and agreed upon them? Perhaps you can present an overview of the years between the end of the Revolutionary War and the Constitutional Convention. What were the issues that arose that made the Constitution necessary?

Language Arts

- Many times in literature a character is faced with a “moral dilemma” such as in Hamlet, Ethan Frome, The Caine Mutiny, and many more. In Hamlet, for instance, Hamlet’s moral dilemma is how to act with integrity in a corrupt situation. Discuss this with your students. Did Hamlet succeed? How? How can we act with integrity in corrupt situations? When do we make the choice to do that?
• Ask your students to write about a personal moral dilemma they have faced and the outcome. What helped them resolve the issue? Read and discuss.

Math

• Discuss with your students why formulas are a necessary part of math. How did mathematicians arrive at the various formulas? Does each new mathematician need to "reinvent the wheel" each time he or she is faced with a problem to solve? How does knowing the formulas well help you when you approach a problem? How about other areas of life? Are there formulas for success? What are some?

• Discuss with your students how axioms work in math. What happens if we start with a faulty assumption? Why is it important to begin with solid assumptions? How do we arrive at these?

Science

• In science, there are certain methods to be followed in order to arrive at genuine results or true science. Discuss some of these and their origins with your students. What happens when a scientist does not follow one of the proven methods? What are the possible consequences for not only the scientific community but the world at large? What happens when we as individuals choose not to follow one of the proven methods of behavior? What are the extended consequences?

• Choose a contemporary issue in science, perhaps cloning or stem cell research, and discuss the possible ethical issues surrounding it. Ask the students to research and write a short position statement on the topic, pro or con. Then as a class, reflect on the guiding principles on which they relied to come to their position. Is choosing an ethical stance always clear cut? What resources do we have to navigate murky waters as we pass judgment on others?

Computer Science

• Discuss what kind of ethical issues have arisen as a result of the electronic revolution. Discuss with your students some of the issues which have come to the forefront to be addressed by the international community as a result of the Internet and the speed at which it has developed. What type of personal decisions must we make as users of the Internet? What type of user will we be?

• With each new social situation, new rules of etiquette must be established. Social etiquette is nothing more than predetermined rules of behavior. Discuss with your students etiquette in general. Is it necessary? Why? What new rules may be necessary for the electronic age? Ask your students to choose a topic, such as cell phone use, and write a rule of etiquette for that particular topic. Share and debate the new rules as a class.
Theme: Building a Caring Community
Secondary Level Series 3

Building a Caring Community
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.

Choose to take 10, 20, 30 or more minutes with this content, depending on your schedule or needs. These plans have several components: 1) broadcast message (read-aloud), 2) discussion generators, 3) grade-level or content-specific follow-up activities, and 4) worksheets for secondary-level students.

Note to educators: These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Saint Teresa was one of the most powerful women ever to grace our planet, despite the fact that she was physically very small, owned nothing, and lived in poverty. One of the reasons she was such a powerful person was because she understood the power of the words she spoke. She spoke kind and encouraging words to hundreds of thousands of people who needed hope.

Now listen to what she had to say:

_Kind words can be short and easy to speak, but their echoes are truly endless._

It's true, you know. Our kind words echo out into the world in ways we may never understand. So today, think about the power of your words before you speak, and remember this: Speaking a few kind words is a simple and very powerful thing to do.

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

Saint Teresa (1910-1997)
Good morning, _name of school_. This is _name of narrator_ with a few words of wisdom.

Every single day, in more ways than we may ever understand, we influence one another. The things we do and say affect those around us — for better or for worse.

And every day, we make choices about how we will treat others. Will we be a positive influence by being kind, courteous, and honest, or will we be a negative influence by being rude, hurtful, and untrustworthy?

African-American educator and reformer Booker T. Washington once said:

_There is no escape — man drags man down, or man lifts man up._

Today, ask yourself this: Am I going to drag down those around me, or am I going to lift them up by being the very best I can be?

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.

Some people watch many hours of violence on TV and in movies and video games. What we watch can shape our values and even behavior. Is there a connection between all the violence in the entertainment industry and the violence in the world? I don't know, but I do know this: The antidote [cure] for violence is love.

Dr. Martin Luther King, Jr. said it this way:

*At the center of nonviolence stands the principle of love.*

When we spend less time watching violence in our entertainment and focus on being kind, loving people, we can help to create a more loving world.

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

Kindness takes many forms. It can be a word of encouragement for someone who is feeling down or helping someone in need in our community or sending a card to a soldier overseas.

In the words of the great Roman philosopher, Seneca:

*Wherever there is a human being, there is an opportunity for kindness.*

Look for an opportunity to show kindness every day. Remember that many people are dealing with problems that you might not know about. Strive to be considerate and respectful to everyone. A simple smile or greeting might be just what a fellow student, teacher, or neighbor needs to brighten their day.

Today, find a way to commit a random act of kindness, even in a small way.

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

Seneca (4 B.C.- 65 A.D.)
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 human beings on the planet — all 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 this request by Scottish author James M. Barrie:

> Always be a little kinder than necessary.

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

In a world where there's so much focus on what's wrong, it's hard to focus on what's right. It's easy to feel as if nothing we do really matters.

And yet there is so much we can do every single day to make our lives count for something special. We can reach out to one another with kindness and generosity. We can commit random acts of kindness. We can encourage and uplift one another.

The Dalai Lama, spiritual leader of the Tibetan Buddhist religion, once said:

*My religion is very simple. My religion is kindness.*

Today, look for ways to commit a random act of kindness. You'll discover that with each act of kindness, you'll feel better about yourself and the world around you.

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.

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 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, contentment, inspiration? 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 focusing on the things that money cannot buy.

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_ effectively. 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, researchers believe that laughter actually strengthens our immune systems, reduces stress, and improves our circulation.*

So, let's work hard today but with a light heart. We 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.

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

Author Leo Buscaglia was called "Dr. Love" because every book he wrote contained a message about the healing power of love. He even taught a class for many years at the University of Southern California on the subject of love. He believed that love can change lives.

Now listen to what he said to us about teaching love:

. . . I believe that we are all teachers. We teach with every act we perform, during each waking moment of life.

If that's true, then every single one of us is teaching those around us every day.

So today, be aware of how you teach and influence others with the words you speak and the actions you take. Then remember Dr. Love and teach a little love. It's one way we can change the world — one act of love at a time.

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

Leo Buscaglia  (March 31, 1924 – June 12, 1998)

Note to educators: 1) Alternative closing lines are available at www.ProjectWisdom.com. 2) These materials are for use at your licensed Project Wisdom school only. Please help us protect the viability of our small business by respecting the copyright agreement.
LAUGHTER

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 us closer together? Some people even think that laughter heals. What do you think?

Now listen to these words:

_The most utterly lost of all days is that in which you have not once laughed._

Today, let's make it a great day with a little laughter . . . or not. The choice is yours.

Sébastien Chamfort (1741-1794)
Good morning, name of school. This is name of narrator with a few words of wisdom.

As you know, Mahatma Gandhi is admired around the globe as a great leader. Through nonviolent actions, he led the people of India into independence from British rule. He was a physically small man who understood the meaning of real strength.

Now listen to what he has to say about forgiveness:

Forgiveness is the attribute of the strong.

To forgive literally means "to give up," so when we forgive others, we give up our resentment and anger and we quit blaming. Gandhi is saying that to forgive takes real strength.

Today, think about who it is you might need to forgive. Then talk to someone a little older and wiser and look for ways to heal. If Gandhi is right, you'll be a stronger person in the end.

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.

Listen to what writer Kesaya E. Noda, author of the essay "Growing Up Asian-American," said about her mom:

_My mother is a woman who speaks with her life as much as with her tongue._

What a beautiful way to rephrase the old expression: Actions speak louder than words.

The women who mother us speak to us in many ways. They tell us of their love every time they offer an embrace or a nod of approval. They tell us of their concern every time they prepare a meal, or offer 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.
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.

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 freedoms we may take for granted. Today, take some time to make a list of five freedoms you enjoy because of these American heroes.

With something to think about, this is ___name of narrator___. Make it a great day . . . or not. The choice is yours.
Creating and Sharing Positive News

**Key Ideas:** Looking for the positive in life/Sharing positive news with others/Media literacy  
**Character Traits:** Positive attitude/Citizenship  
**Level:** Secondary

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

Keeping up with current events seems pretty easy, right? Just look at the TV, computer, or smart phone. Unfortunately, a lot of the news we watch and read is negative, but the truth is there’s good news all around us. You just have to search a little harder to find it. There are many heartwarming news stories that highlight human behavior at its very best, rather than at its worst, stories about people who are making a difference in the lives of others and contributing to the world in which we live.

There’s a Chinese proverb that says:

*It is better to light a candle than to curse the darkness.*

Today, turn your attention to the positive news happening in our world, our country, our school, and at home. Rather than complain about the negative, find ways to inspire, create, and share the positive.

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

Key Ideas: Looking for the positive in life/Sharing positive news with others/Media literacy

Character Traits: Positive attitude/Citizenship

Concept: Students will learn how important it is to create, identify, and share positive news.

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. Distribute and have the students complete the worksheet. Ask for volunteers to share responses to the following questions.

Discussion Generators
For the Message and/or Worksheet
1. Why do you think the media seem to cover more negative news than positive news?
2. Explain this statement: "It is better to light a candle..." What are some of the ways that you can "light a candle" in a negative situation?
3. What’s happening here at school that’s good and positive? What about in the community?
4. Do you think any of those things are newsworthy? Why?
5. Is there a story here on our campus that would inspire others? What’s the story? Why would it be inspiring? How could we bring it to the attention of the media?
6. What are some steps that can be taken to ensure that news reporting is accurate and balanced?

For the Worksheet
1. Why do you think the news media tend to focus on the bad news? How does that impact our attitudes about the world around us? What about the decisions we make?
2. Do you think people are more interested in good news or bad? Why? How would this impact the decisions journalists make about what news to print or to broadcast?
3. Think of the most heartwarming event you’ve seen or read about this year. What was it? Why did it touch you?
4. List some of the events happening in your school, home, or community that are positive. How are they uplifting?

Closing Comments – Bad news is easy to find. When we see the news, most of the stories we see are negative. But there’s good news out there too – you just have to search a little harder to find it. There is good news all across our country and world that highlights the best of human behavior. Instead of complaining about the negative, we can find ways to inspire, create, and share the positive.
Creating and Sharing Positive News

It was once said that "harmony seldom makes the headlines." So much of what is reported in the news is negative, but there is good news out there and all around us. You just have to search a little harder to find it.

1. Why do you think the news media tend to focus on the bad news? How does that impact our attitudes about the world around us? What about the decisions we make?

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

2. Do you think people are more interested in good news or bad? Why? How would this impact the decisions journalists make about what news to print or to broadcast?

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

3. Think of the most heartwarming event you’ve seen or read about this year. What was it? Why did it touch you?

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

4. List some of the events happening in your school, home, or community that are positive. How are they uplifting?

_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

GLOSSARY

harmony
agreement in feelings, ideas, actions; peaceable or friendly relations

heartwarming
creates a sense of hope

journalist
a writer who works for a newspaper, magazine, or television news broadcast

uplifting
inspiring
Creating and Sharing Positive News

Follow-up Activities

Art

- Have students agree on a positive message from which the school could benefit. On a large paper surface, have them work together to create a mural expressing that positive message.

- Explore the artwork of South African artist, Paul du Toit. How do his works portray a positive message without using words? Ask your students to make a work in the same style putting forth a positive message they would like to communicate. How do positive messages — whether in the news, art, movies, music, or theater — impact our culture and its character?

Social Studies

- Research positive news stories. Are there other places where people can find out about the uplifting events happening in the world? How does positive news impact our individual and national character? Our choices?

- Explore the Carter Center with your students. What types of projects does the center support? How does President Carter use his political experience to help the world? Ask the students to imagine that they are ex-presidents. Have them write about what kind of work they would pursue in the interest of humanity. Why is it important that service organizations such as this one get attention from the media? How does knowing about positive efforts on behalf of humanity impact our individual and national character? Our choices?

Language Arts

- Choose a positive and inspiring person or event happening at your school or in your community. Write a press release that describes the person or event.

- Ask the students to write a paper based on this prompt: "You must be the change you wish to see in the world." Mahatma Gandhi.

Science

- Research news about a current scientific study or breakthrough that is promising, encouraging, or uplifting. Do scientific studies, explorations, and breakthroughs get the attention they deserve in the media? Why or why not? How does the amount of scientific news we do or do not receive impact our daily lives? Our choices? Our attitudes?

- Explore with your students the physical effects of good news. Design a study that would measure the effects of good news vs. bad news on the human body.
Math

- Read all the article headlines in a major newspaper and write down how many of them were positive and how many of them were negative. Next, draw a pie chart or a graph representing the percentages of negative headlines vs. positive headlines.

- Discuss with your students the notion of positive and negative. What are the characteristics of a positive number vs. a negative number? What makes something positive? What makes something negative? One analogy for mathematical fact that a negative number multiplied by another negative number equals a positive number is "bad things happen to bad people = good." Do you agree with this notion? Is hearing about bad things happening to bad people good news?

Computer Science

- Ask your students to design a "Spread the News" campaign for the school. Gather positive news items from around campus and design a poster campaign to promote them.

- Ask your students to design a "good news" page for the campus website.
Something to Think About

"Do what you can, with what you have, where you are." Theodore Roosevelt

Young people often believe they are powerless to make a difference in the world. The truth is, you make a difference every day by being a good citizen. A good citizen is a person who is respectful of others and their property, respects the laws or works responsibly to change them, and contributes to society.

Something to Write About

Why do you think it's important to be a good citizen? How does education affect citizenship? How does good citizenship affect our school? . . . our community? . . . our nation? Give specific examples of what you can do every day to be a good citizen.
Helping Others/Helping Ourselves

Question of the Week
How am I helpful to those around me?

Something to Think About

"Help others as they help you." American proverb

When we help others, we help ourselves because we are all connected as one human family. Think about it. When we support each other in being our best, doesn't everyone win? When we help others realize their dreams, doesn't everyone win? When we help others live healthy lives, doesn't everyone win? When we help each other feel loved, respected, and appreciated, doesn't everyone win?

Something to Write About

Write about the ways you win when you help others. For example, how do you win if you help your mom or dad with their household chores? How do you win if you tutor another student? ... pick up litter on campus? ... reach out to a new or lonely student?