



WiseSkills® Family Wisdom™

Helping Families Teach Good Character

The Qualities of Good Citizenship

Dear Parent:

All of us live together in a society in which each has various rights and responsibilities. Often we can focus on our "rights" while neglecting our responsibilities. These responsibilities include being concerned not with what we can *get* but rather with what we can *give* to help others. The 4 **WiseSkills** in this theme are

Compassion: Showing kindness and concern towards others.

Humility: Considering the needs of others.

Service: Serving and helping others in practical ways.

Good Citizenship: Contributing to your local community, the nation, and the world.

Sincerely,



Character Theme Citizenship



Personal Thoughts

- ◆ In what ways do you feel that you show the qualities of good citizenship?
- ◆ Which quality of citizenship is the most difficult for you? Why?
- ◆ How have you helped make your community a better place?
- ◆ How can you encourage your child to demonstrate the qualities of good citizenship?

Hot Topics!



▶ Citizenship ◀

The issues below relate to this principle of good character. First, reflect on how you deal with these issues. Then discuss them with your child by affirming ways he/she has acted in the past and encouraging him/her to make good choices in the future.

1. Helping Others at Home
2. Making the Workplace/School a Better Place
3. Considering the Needs of Others

Character Quotes

Sayings to Think About & Discuss with Your Family

The first requisite of a good citizen in this republic of ours is that he should be able and willing to pull his weight. --Theodore Roosevelt

If a man be gracious and courteous to strangers, it shows he is a citizen of the world. --Francis Bacon

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has. --Margaret Mead

Parent Signature

YES! I have read this **Family Wisdom** newsletter.

X

Parent Signature

Student

Date

Teacher/Parent Comments



WiseSkills® Family Wisdom™

Activities for
Families

Dear Parent: Please do the activity/activities checked with your child. Thank you.

Managing Feelings

Ages 11-13

1. Feelings List

Together make a list of as many feelings as you can and identify those feelings that are the most difficult for each of you to deal with in positive ways (frustration, hurt, fear, sadness, joy, etc.). Then read your list to 2 people and have them state which feelings are difficult for them, too.

2. Personal Experiences

Each of you write a short paragraph about a recent time when you had strong feelings and whether you dealt with those feelings in positive or negative ways.

3. Healthy & Unhealthy

Discuss the different feelings people can have and healthy and unhealthy ways to deal with each feeling.

Feeling	Healthy Ways	Unhealthy Ways

4. Managing Feelings

Each of you write 3 ways you could manage your feelings better.


Feeling	What I Usually Do	What I Would Rather Do

5. Dealing with Feelings

Write about 3 different feelings you have had recently, how you dealt with each one, and what eventually happened.


Feeling	How You Dealt With This Feeling	What Happened

World of Wisdom

Connecting School & Character 

1. Discuss whether different characters in a story managed their feelings well. [Language Arts]
3. Discuss a current national or local event where a person did or did not manage his/her feelings well. [Social Studies]
2. Discuss the positive effects on our health of managing our feelings well. [Health]

Character Check

Questions for Evaluating Our Character 

- In what ways do you not manage your feelings well?
- What can you do to manage your feelings better?
- Whom do you talk with to help you deal with strong feelings?


Media Watch



Understanding Media Messages 

1. Discuss how characters on a TV program deal with their strong feelings.
2. Discuss how a main character in a current movie dealt with his/her feelings and the results of his/her actions on others.
3. Discuss whether a current song your child enjoys encourages people to manage their feelings in positive ways.

Dinner Discussions

Discussion Ideas for Meals Together 

1. Have family members talk about one strong feeling they had recently.
2. Have family members talk about times when they were hurt by someone who did not manage his/her feelings in healthy ways.
3. Have family members explain why they think it is important to manage feelings well.

Parent Signature

YES! Our family has done, or will do this week, the activity/activities checked.

X _____

Parent Signature

Student _____

Date _____



Display as a reminder to show good character.

Family Focus

Character Focus

Special Dates

Having Hopes & Dreams

- ★ Remember your hopes and dreams for the future.
- ★ Take small steps to reach your hopes and dreams.
- ★ Do not do things that could keep you from reaching your dreams.

Day / Date	Event

Family Notes & Messages

Large empty rectangular area for family notes and messages.



World of Wisdom

Middle School

Character Theme

WiseSkills® Family Wisdom™

Name:

Language Arts

Character Choices



Dear Parent:

As in real life, story characters learn lessons by the positive or negative choices they make. Help your child look at some of the choices made by one character in a story they read and the results of their positive and negative choices. Discuss the life lessons that the character learned as a result of his/her choices.

Story: _____ Author: _____ Main Character: _____

Choice He/She Made	Results of This Choice	Character Lesson Learned

Parent Signature

X

Parent Signature

Date

Teacher/Parent Comments:

More Wisdom

1. Have you ever made a choice similar to one this charcter made? What happened?
2. Does this character remind you of someone you know? Who? Why?
3. Write a letter to this character expressing how you feel about the choices he/she made.



Dear Parent:

There are different organizations working to keep your community looking beautiful. From planting trees to regularly painting over graffiti, there are many ways you and your family can get involved in helping make your community a better place. Below are some suggested projects as well as some local groups and agencies to contact.

Family Service Project Ideas!

- 1. Hold a Community Clean-Up**
- 2. Landscape a Neighborhood Vacant Lot**
- 3. Help Restore or Beautify a Natural Area**
- 4. Start a Recycling Program in Your School or Community**

Local Agencies & Environmental Groups:

Name:
Address:
Phone:

Name:
Address:
Phone:

Name:
Address:
Phone:

Name:
Address:
Phone:

Parent Signature

YES! I have read the project ideas in this *Family Service*.

X _____
Parent Signature

_____ Student _____ Date

Teacher/Parent Comments