**Character Education:** “The Leader in Me” – The 7 Healthy Habits

Character Education is one of several things we offer here at Glamorgan School that sets us apart from other schools. Although this has not been included in the curriculum guidelines from Alberta Education for us at this time, we know many students and families would like to continue with their growth in this area. The FranklinCovey team has developed Family Resources that we can share directly with you without the need for registration or passwords. See the link below:

<https://www.leaderinme.org/family-resources/>.

This link takes you to the “Leader in Me COVID-19 Response Center – Resources for Families”. There are 4 main sections for activities/lessons as well as a Parent’s Guide for 7 Habits Activities and a Student Leadership opportunity.

1. **Bite-Sized Lessons** – These are short video lessons that focus on one of the 7 habits. There are 2 videos for each, please watch the lesson as a family for the appropriate grades. If you have multiple children, choose the one that works best for your family.

* *The Matt and Hailey* videos have an Elementary and Middle School videos with Discussion Questions that follow.
* *The Jenni and Zippi*, and *the Jenni and Chris* videos are K-2 and

gr. 3-5. Although these videos do not have specific discussion questions, you are still encouraged to have a discussion following the videos. Some questions you could ask are:

* What have you learned from this video?
* Can you think of any similar situations you have experienced? If so, what did you do? Would you do something differently after watching this video?
* There is a printable activity worksheet for the Lesson “Finding the Balance” and “What is my Voice?” There are printable coloring sheets that could be added at any time.

Here are some suggested Questions to open a discussion after watching the Habit 1 video “Be the Water” with *Matt and Hailey* linked to the Covid-19 situation we find ourselves in.

**Elementary**: "Not being in school or not being able to participate in our regular activities can sometimes make us sad or frustrated. What are some ways that we can 'be the water,' or keep calm, even when we feel angry?"

**Middle School**: “Is there anything about COVID-19 that is causing me to feel reactive—like soda? What strategies can I use to think proactively—like water?”

1. **7 Habit Cartoons** – These are short cartoons to watch and have a discussion with your family afterwards. See questions listed above as a guide to start discussion.
2. **Activity Blog** - There are Family activity worksheets that can be done with most grades here. The blogs can be read together as a family, younger students may need a little more help with understanding. Older students will have more ease with reading and understanding.
3. **LiM(Leader in Me) Talks** – These talks are set up in 4 sections as well:

* Bite-Sized Lessons
* Featured Sessions
* Series
* Students

These sections may have new talks added. Check in each week to see what’s new.

**Parent’s Guide for 7 Habits Activities and More**

This section has parent-child activities for each of the seven habits. These are separated into “Younger-Child Activities” and “Teen Activates” with 3 or 4 suggested activities for each age group. There are Reading Lists provided here for additional books that can be read if you are looking to spend more time exploring a particular Habit with your children. The lists are broken down into 3 different age categories: Primary-Age, Upper-Age, and Teens.

Of course, there are the actual 7 Heathy Habit story books, one for each habit that can be found on youtube.com as a read aloud, in case you do not have a set at home. These books can be read with and by the students with the family followed by a discussion, a picture or journal entry.

Habit 1: Be Proactive – “Just the Way I am”

Habit 2: Begin with the End in Mind – “When I Grow Up”

Habit 3: Put First Things First – “A Place for Everything”

Habit 4: Think Win-Win – “Sammy and the Pecan Pie”

Habit 5: Seek First to Understand then to Be Understood – “Lily and the Yucky Cookies”

Habit 6: Synergy – “Sophie and the Perfect Room”

Habit 7: Sharpen the Saw – “Goob and his Grandpa”

**Student Leadership Opportunity**

The Student Leadership Speech Contest – These are speeches that are to be written from the student perspective showing how to use leadership skills at school, at home and in local communities. All grades of students are welcome to try their hand at writing their own speech. These speeches are to be recorded in a 5 min video to submit. If you choose to do so, please send a copy of your video to the school as well. You could send it to your homeroom teacher or to Mrs. Thiele at [blthiele@cbe.ab.ca](mailto:blthiele@cbe.ab.ca) . There are some video examples of speeches presented by students to view as well as much more information about this contest. All submissions must be made by April 25, 2020.

\*\* Resources on this site are updated as new resources become available \*\*