

**“We’re Turning Caring Actions into Habits...One Month at a time”**



## **A media influence Model for:**

- ✓ Improved School Performance
- ✓ Bullying Prevention
- ✓ Youth Violence Prevention
- ✓ Character Education

## **Teacher/Leader Team Guide**

Caring Habit of the Month Adventure  
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# Caring Habit of the Month Adventure

## Monthly Themes, Colors, & Health Focuses

### September

**Habit:** **Do Your Best**  
A teacher invests some extra time in an old lesson plan to make classes more interesting

Caring Character: Buzzy Bee

**Elementary Habit:** **Do Your Best**  
Health Focus: Nutrition  
When we eat right, we do our best!

Color: Award Gold

### October

**Habit:** **Be Patient and Listen**  
A teen listens intently to a grandfather's reminiscence, lovingly hanging on to every word, though the story has been told a thousand times.

Caring Character: Waldo Bear

**Elementary Habit:** **Wait and Listen**  
Health Focus: Safety  
It takes patience to practice safety and when we listen we learn safe rules.

Color: Slow-Down Lavender

### November

**Habit:** **Show a Positive Attitude**  
An athlete stands on the sidelines shouting encouragement to fellow team mates rather than brooding over not getting into the game.

Caring Character: Smiley Face

**Elementary Habit:** **Smile**  
Health Focus: Reducing Stress  
A positive attitude helps us feel strong and confident about life's challenges.

Color: Sunny Yellow

### December

**Habit:** **Celebrate Community, Family & Friends**  
A foreign college student is invited to share the holiday with a local family

Caring Character: Sparkle Tree

**Elementary Habit:** **Love Each Other**  
Health Focus: Parenting & Healthy Relationships  
When we take care of our friendships and family ties we enjoy life more

Color: EVER-Green

## January

**Habit:** **Lend a Hand**  
A youth carries packages for an overburdened shopper

Caring Character: Happy Squirrel

**Elementary Habit:** **Help Others**  
Health Focus: Volunteer  
Helping others is a great way to feel 'high' on life and it's healthy for you too.

Color: Gentle Aqua

## February

**Habit:** **You Count**  
A popular student goes out of his way to talk with a classmate who is socially 'invisible'

Caring Character: U-2-R A Star

**Elementary Habit:** **You are a Star**  
Health Focus: Be Drug Free  
You know you count when you stay free of drugs

Color: WOW Fuchsia

## March

**Habit:** **Resolve Conflicts**  
A student stops at the lockers to talk with a student he has had problems with.

Caring Character: Grazie Lamb

**Elementary Habit:** **Get Along Together**  
Health Focus: Anger Management & Mediation  
Resolve conflicts early, before they grow into anger and violence

Color: Dove White

## April

**Habit:** **Take Care of our Environment**  
A teenager goes out of her way to drop her aluminum drink can in a recycling container.

Caring Character: Lady Frog

**Elementary Habit:** **Love the Earth**  
Health Focus: Be Smoke Free  
Smoking pollutes YOU and your environment. Be smoke-free!

Color: Spring Green

## May

**Habit:** **Be Appreciative**  
A student sends a thank you note to a teacher who went out of his way to help.

Caring Character: Toby Flower

**Elementary Habit:** **Say Thank You**  
Health Focus: Exercise!!  
Exercise gives your body the appreciation it deserves

Color: Grateful Pink

## June

**Habit:**

**Jump out of Rut**

A student encourages his grandparents to take up square dancing again after 30 years.

Caring Character: Magic Butterfly

**Elementary Habit: Make A Wish**

Health Focus: Improve your Health

Get out of unhealthy ruts- improve your nutrition, rest and exercise.

Color:

JOLT Orange

## July

**Habit:**

**Become Involved**

Community members organize a painting party to help paint houses of the elderly.

Caring Character: Jenny Bug

**Elementary Habit: All Join In**

Health Focus: Community Service

Getting involved with good works helps our own healthy outlook on life.

Color:

Patriot Red

## August

**Habit:**

**Know Who You Are**

Parents take some time to talk to their children about values and what they believe in.

Caring Character: Gregory Acorn

**Elementary Habit: When I Grow Up**

Health Focus: Health Education

Learn more about nutrition and other health principles that can save your life.

Color:

Thoughtful Blue

## **CARING HABIT OF THE MONTH ADVENTURE**

### **Elements of the Program - Phased Stages of Program Introduction**

- ELEMENT I**      Staff Introduction  
In-service training, discussion group planning and materials. Teachers/leaders discuss and choose an action plan to increase student involvement and/or family involvement wherever possible.
- ELEMENT II**      School Climate Preparation  
Caring Habits homework planners, hallway posters, bookmarks, pencils, bulletin boards, lunchroom banners, morning announcements, in-house videos, school newspaper formats, calendars and other school materials.
- ELEMENT III**      Curriculum  
Involve activities from the Teacher IDEA Book several times each month and refer to Caring Habits as part of daily lessons in all subjects. Utilize the Caring Habits© book list, coordinate character education, peer mediation, interpersonal problem solving skills, and other elements to support each month's theme.
- ELEMENT IV**      Youth Involvement in Creating Materials  
Students will receive "locker signs" each month to create their own Caring Habit messages and post on or inside their lockers. Class activities can also include making Caring Habit posters and banners.
- ELEMENT V**      Continuing Activities and Involvement  
Caring Habits© art – posters, DIY activity posters, murals, multi-media, radio spots, plays, short stories, events, music, raps, hip hop, etc.
- ELEMENT VI**      Community Involvement and Public Relations  
Involve parent groups; produce Caring Habit posters, bookmarks and table tents for merchants and organizations in the community to display. Arrange for Mayor's Proclamation, etc.
- ELEMENT VII**      Student Caring Habit Ad Agency  
Youth with creative interests in writing, music, and art are invited from throughout the school to form a "Caring Habits Youth Ad Agency" to create ads that appeal to youth in language and style. This could evolve into a specific focus on an after-school involvement, extra-curricular, job readiness model such as the Youth Ad Agency.
- ELEMENT VIII**      Service Learning  
Out in the community with coordinated Caring Habits© community service activities with "learning" components designed into the implementation process.

## **CARING HABIT OF THE MONTH ADVENTURE**

### **YOUTH VIOLENCE PREVENTION - SOCIAL MARKETING MODEL**

## PHASED PROCESS AND MONTHLY THEME INTRODUCTION

### **PRE-PROCESS: DECISION, STAFF SELECTION AND PLANNING DIALOGUE**

#### JANUARY - MARCH

Approved by Administrative Staff and School Board.

#### APRIL

Select School Caring Habit TEAM.

Include administration, counseling, prevention specialists, art teacher, and grade representatives.

#### APRIL - AUGUST

At least six (6) TEAM Pre-Meetings.

- Analysis of school culture, curriculum and schedule of traditional school activities and events. Review for re-arranging to fit Caring Habit themes if possible.
  - Example: Move study of rain forests to April (Take Care of Our Environment) or move a school-wide Canned Goods Drive to January (Lend A Hand).
- Consideration of other existing programs – character education, etc. Arrange to coordinate to Caring Habit themes – arrange for cross-reinforcement of program goals and objectives.
- Review standard Caring Habit materials. Determine and design additional inserts and program elements to customize to school.
- Plan operational, implementation, storage, and distribution of materials.
- Plan monthly “event” to draw attention to theme and enhance school-wide involvement and awareness. This might be a school-wide video, a poster contest, a service project, an assembly, a celebration, and a school outreach. The monthly event might be something already existing that is modified or re-scheduled to fit theme.
- Plan daily morning announcements and other consistent reinforcement messaging options available in school.
- Create from IDEA Books – a suggested plan for teachers to follow for each month.
- Plan September, “Do Your Best” Caring Habit KICK-OFF Event. Send press release to local newspapers and press.

#### AUGUST

- Teacher and Parent Mailing – 5-1/2” x 8-1/2” card: “Coming In September”. (See example on next page.)

## **Postcard Mailing Sample**

**PHASE I      Staff/Student Introduction**



## ***Late August***

### **STAFF**

Schedule in-service training and discussion group planning. Teachers discuss and choose an action plan to increase individual support for and involvement with students and/or families wherever possible.

**STRESS the On-Going Nature of this program - just like holidays do;** it will return next year and the year after that and so on.

Provide plastic bins and strongly encourage staff to make bulletin boards and posters as they can, and to keep their provided materials from year to year – so their supply of monthly “Caring Habits” room decorations can grow and be reused each year.

## ***September KICK-OFF***

Caring Habit Kick-Off AWARD GOLD Event

“We Do Our Best At \_\_\_\_\_”

Second Assembly – Caring Habit Introduction

### **ON-GOING School Awareness and Involvement by Monthly Theme**

Homework planners, hallway posters, bookmarks, pencils, bulletin boards, lunchroom banners, morning announcements, in-house videos, school newspaper formats, calendars and other school materials. **STRESS** importance of monthly colors to help remember themes.

### ***Caring Habit PROMISE:***

In September, you will receive a yearlong Caring Habit PROMISE sheet for each student. Please pass out the PROMISES on Caring Habit Day and collect and keep until the next month.

*(See PROMISE on next two pages)*



**September - Do Your Best**

Color - AWARD Gold

Health Focus - Nutrition

1<sup>st</sup> School Day in September - CARING HABIT DAY

Distribution of Caring Habit Materials.

Caring Habit PROMISE - Set Monthly Goals pertaining to theme.

Provide 10 - 15 minutes orientation to new Caring Habit.

(May invite class guest to participate in discussion, a parent, a business leader, a Rotarian, or a person in the neighborhood.)

**Students Receive:**

Homework Planners

Pencils

Bookmarks

Take-Home Items - Table Tents or Mirror Clings

**(OPTIONAL):** INCENTIVE - Caring Habit Health Bars

**Teachers Receive:**

Monthly IDEA Book

Monthly Inspiration Book (or Book - "Join The Golden Rule Revolution")

Monthly Curriculum-Related "Reproducibles" in Teacher Idea Book

1 Pre-Printed Poster for each Classroom

**School Hallways and/or Public Areas:**

30" x 96" Monthly Banner displayed for Students and all who enter the school.

One Pre-Printed Poster for each hall space between classrooms.

**September 1 - 30**

Schedule Student Group Workshops/Assemblies

Morning and afternoon announcements.

Encourage Caring Color Days on Caring Habit Day.

Take Homework Planners home daily for parent signature.

Give Reward Checks for incentives.

Implement end of month Pizza Party Contest incentive program.

Put up personal locker signs - "Do Your Best". (See Teacher Idea Book Reproducibles)

Participate in specific events and activities for the month.

Teachers decorate classrooms, integrate theme into regular curriculum, and work on activities from IDEA Book for 15 minutes once each week.

***PUT INTO ACTION! - MONTHLY TEACHER AWARD PROGRAM***

<p><b>SUGGESTION:</b>  <b>"DO YOUR BEST"</b>  <b>School-Wide Assembly</b></p>
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**October - Be Patient And Listen**

**Color - Slow-Down Lavender**

**Health Focus - Safety**

<p><b>SUGGESTION:</b> Adopt a school wide Student Quote Incentive Program for the Month of October theme "Be Patient and Listen". Mrs. Adrienne Majors, teacher at Riverside Middle School, had her students write quotes during the 2000-2001 school year. They are: "It's a skill to be able to be patient, but it's a gift to be able to listen." By Erin Kennedy; "Being patient and listening may just get you somewhere in life. So try it!" by Kara Kelosky; "Listening enables you to be patient." by Elizabeth Nagel; "The only way to learn is to listen;</p>
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**1<sup>st</sup> School Day in October - CARING HABIT DAY**

Encourage Staff and Students to wear Slow-Down Lavender colors on Caring Habit Day.

Distribution of Caring Habit Materials.

Caring Habit PROMISE - Set Monthly Goals pertaining to theme.

Discuss September goals and accomplishments and set new goals for October Caring Habit.

Provide 10 - 15 minutes orientation to new Caring Habit.

(May invite class guest to participate in discussion, a parent, a business leader, a Rotarian, a person in the neighborhood.)

**Students Receive:**

Homework Planners

Pencils

Bookmarks

Take-Home Items - Table Tents or Mirror Clings

**(OPTIONAL):** INCENTIVE Caring Habit Health Bars

**Teachers Receive:**

Monthly IDEA Book

Monthly Inspiration Book (if book wasn't received in September)

Monthly Curriculum-Related "Reproducibles" in Teacher Idea Book

1 Pre-Printed Poster for each Classroom

**School Hallways and/or Public Areas:**

30" x 96" Monthly Banner displayed for Students and all who enter the school.

1 Pre-Printed Poster for each hall space between classrooms.

**The Caring Habit Process is continued throughout the school year with much thought to monthly school-wide activities, assemblies, field trips, in-house movies and other ways to involve student participation while integrating Caring Habits into the school's environment.**

**November - Show A Positive Attitude**

**Color - Sunny Yellow**

**Health Focus – Reducing Stress**

**SUGGESTION:** Invite a physically challenged person to speak at an assembly who has achieved much in life while exhibiting a positive attitude.

**1<sup>st</sup> School Day in November - CARING HABIT DAY**

Encourage Staff and Students to wear Sunny Yellow colors on Caring Habit Day.

Distribute Caring Habit Materials.

Caring Habit PROMISE - Set Monthly Goals pertaining to theme.

Discuss October goal accomplishments and set new goals for November Caring Habit.

Provide 10 - 15 minutes orientation to new Caring Habit.

**December - Celebrate Community, Family & Friends**

**Color - EVER-Green**

**Health Focus - Parenting &  
Healthy Relationships**

**SUGGESTION:** Schedule an international assembly or program to show how different cultures celebrate the holidays. Example: Hanukkah and Kwanzaa etc.

**1<sup>st</sup> School Day in December - CARING HABIT DAY**

Encourage Staff and Students to wear Ever-Green colors.

Distribute Caring Habit Materials.  
 Caring Habit PROMISE - Set Monthly Goals pertaining to theme.  
 Discuss November goal accomplishments and set new goals for December Caring Habit.  
 Provide 10 - 15 minutes orientation to new Caring Habit.

## **January - Lend A Hand**

**Color - Gentle Aqua**  
**Health Focus - Volunteer**

**1<sup>st</sup> Day in January - CARING HABIT DAY**  
 Encourage Staff and Students to wear Gentle Aqua colors.  
 Distribute Caring Habit Materials.  
 Caring Habit PROMISE – Set Monthly Goals pertaining to theme.  
 Discuss December goal accomplishments and set new goals for January Caring Habit.  
 Provide 10 - 15 minutes orientation to new Caring Habit.

**SUGGESTION:** Organize a clean- up crew for the community or take students to Senior Citizen Building to Lend a Hand.

## **February - You Count!**

**Color - WOW! Fuchsia**  
**Health Focus – Be Drug Free**

**1<sup>st</sup> School Day in February - CARING HABIT DAY**  
 Encourage Staff and Students to wear WOW! Fuchsia colors.  
 Distribute Caring Habit Materials.  
 Caring Habit PROMISE - Set Monthly Goals pertaining to theme.  
 Discuss January goal accomplishments and set new goals for February Caring Habit.  
 Provide 10 - 15 minutes orientation to new Caring Habit.

**SUGGESTION:** Celebrate Black History Month with guest speakers.

*Please complete Teacher Survey attached to Teacher Idea Books and give to your Principal.*

## **March - Resolve Conflicts**

**Color - Dove White**  
**Health Focus - Anger Management and Mediation**

**1<sup>st</sup> School Day in March - CARING HABIT DAY**  
 Encourage Staff and Students to wear Dove White colors.  
 Distribute Caring Habit Materials.  
 Caring Habit PROMISE - Set Monthly Goals pertaining to theme.  
 Discuss February goal accomplishments and set new goals for March Caring Habit.  
 Provide 10 - 15 minutes orientation to new Caring Habit.

**SUGGESTION:** Hold a peace assembly celebrating the flower children in the 60's.

## **April - Take Care Of Our Environment**

**Color - Spring Green**

**Health Focus - Be SMOKE-FREE**

**SUGGESTION:**

Organize  
a can recycling drive and  
playground clean up.

### **1<sup>st</sup> School Day in April - CARING HABIT DAY**

Encourage Staff and Students to wear Spring Green colors.

Distribute Caring Habit Materials.

Caring Habit PROMISE - Set Monthly Goals pertaining to theme.

Discuss March goal accomplishments and set new goals for April

Caring Habit.

Provide 10 - 15 minutes orientation to new Caring Habit.

*Distribute Student Surveys, complete, collect and give to Principal.*

## **May - Be Appreciative**

**Color - Grateful Pink**

**Health Focus - Exercise**

### **1<sup>st</sup> School Day in May – CARING HABIT DAY**

Encourage Staff and Students to wear Grateful Pink colors.

Distribute Caring Habit Materials.

Caring Habit PROMISE – Set Monthly Goals pertaining to theme.

Discuss April goal accomplishments and set new goals for May  
Caring Habit.

Provide 10 -15 minutes orientation to new Caring Habit.

**SUGGESTION:**

Write letters of appreciation to the president, congressmen, representatives, mayor, school board members, policemen, firemen, congressmen, and sanitary workers, etc. And they can write teacher appreciation letters too.

### **End of School Year**

Hold a **Be Appreciative** Assembly or Event.

Celebrate school board members, administration, principals, teachers, staff, students, parents and community progress made this year.

## **ADDITIONAL NOTES AND IDEAS**

# **CARING HABIT OF THE MONTH ADVENTURE**

## **YOUTH INVOLVEMENT MODEL**

### ***EVALUATION AND RESEARCH PROCESS***

Clear Summative and Formative Objectives and an Evaluation Plan were designed upfront, and have been consistently implemented throughout the project. With the support of the University of Pittsburgh Graduate School of Public Health, we expect to improve these mechanisms in the next phase of development. The statistics currently being reported to program reviewers are the results of these objective/evaluation efforts.

### **SUMMATIVE PROGRAM OBJECTIVES**

- To reduce the incidence of fighting in school
- To increase the incidence of teacher “caring” in school and outside of the classroom
- To increase attendance at school
- To reduce detentions and suspensions
- To improve academic performance
- To reduce the incidence of alcohol, drugs, and weapons at school
- To reduce or eliminate the need for hallway school guards
- To increase parental involvement in school programs
- To decrease the incidence of school and community vandalism

### **FORMATIVE PROGRAM OBJECTIVES**

- To reverse the influence of “street culture” attitudes in the school
- To teach courtesy, caring and mutual respect, regardless of differences
- To reduce tension in school
- To improve self-esteem
- To introduce non-violent conflict resolution skills
- To help students learn to make better decisions
- To increase community involvement in the schools
- To improve social skills
- To develop daily caring habits

### **EVALUATION PLAN**

#### **Student Body Survey of Overall Factors of Well-Being**

1. First Class Day of School Year One
2. Late April of School Year One
3. Late April of School Year Two

#### **Teacher Evaluation Survey - February each year**

- Changes in the “culture” of the school, attitudes and opinions of the teachers
- Changes in the type of parent involvement in school
- Evaluations from guidance office
- Evaluations from teachers
- Evaluations from principal



- Changes in merchant and community involvement
- Changes in family participation and support

### **Student Evaluation Surveys – April each year**

- Changes in the “culture” of the school, attitudes and opinions of the students
- Awareness and understanding of Caring Habit program
- Reports of actual influence – both academic and social
- Evaluation of need for Caring Habits in school
- Requests from students to keep Caring Habits next year

### **Academic and Violent Behavior Data Collection**

Items to be measured (with historical 3, 5, and 10 year “trend” analysis) prior to the implementation of the Caring Habits program, and again following the completion of one year and then two years of the program. A “QUERY” program is being written in Access to pull appropriate data from “Soft Pro” school data management program.

- Changes in grades on standardized tests
- Changes in the number of Honor Roll students
- Changes in the percentage of homework completed
- Changes in attendance
- Changes in the number of suspensions
- Changes in the number of detentions
- Changes in vandalism reports
- Changes in truancy incidence
- Changes in number of fighting incidents
- Changes in number of visits to the Nurse’s office
- Changes in police calls to school and other criminal reports

## **THE CARING HABIT OF THE MONTH ADVENTURE TEACHER STRATEGY**

These Caring Habits are universally accepted as social norms that enhance both personal performance and team building at home, at school, at work and throughout the community each day.

1. Doesn’t have to take additional class time from other subjects.  
Can be woven into normal school culture, class standards and classroom dialogue.
2. Delivers on consistent social message for one month.

**REPEAT.... REINFORCE.... REMIND.... REFLECT.... RETAIN.  
REPEAT.... REINFORCE.... REMIND.... REFLECT.... RETAIN.**

3. **PROVEN:** Pilot tested with positive student and teacher surveys.  
Academic performance and study skills improvement and reductions in detentions and expulsions.

4. Caring Habits work because they go narrow and deep - they deliver a clear consistent systematic message for an effective 30-day period.

Without this systematic monthly strategy -

Negative social information is overpowering.

Positive social and character building messages are fragmented and confusing.

5. Caring Habit success will improve your own school experience.

6. You do not need to re-invent the wheel. Other character development and prevention curriculum already in use can be coordinated with Caring Habits.

7. **CARING HABIT SUCCESS INVOLVES EVERY TEACHER.**

8. **CARING HABIT SUCCESS INVOLVES EVERY STUDENT.**

Please share your ideas and comments for improvement with us as the year goes along.  
Together we can improve our program for students.

Some inspirational quotes:

*“The good habits you cultivate put your dreams within your reach”*  
- **Anonymous**

*“Caring moments well spent become caring habits well lived”*  
- **Marquis of Halifax**

*“Motivation is what gets you started; habit is what keeps you going”*  
- **Jim Ryun - American Long Distance Runner**

## **CARING HABIT OF THE MONTH ADVENTURE**

### **TEAM - SUGGESTED AREAS OF RESPONSIBILITIES**

Since this is an entirely new program, please keep a “how-to” notebook that can be used to pass on and to duplicate the program for expansion to other schools.

### **CARING HABIT LIASON WITH OUTREACH COORDINATOR**

#### **PROGRAM DEVELOPMENT AND EVENTS**

**Shared Responsibility – monthly meetings, share ideas, improve and refine.**

Sponsor a Hometown Evening, Do Your Best Academic Reward Program.

An Event TEAM will help with each event –

Program

Public Relations:

working with radio and newspapers,

flyer distribution around the town

Refreshments

Guest List and Mailings

## DO YOU BEST MONTHLY EVENTS/INCENTIVES

Complete full design of program and how it will work, etc. Also keep track of “Catching a Caring Habit” - get information to newsletter, etc. Take care of rewards, getting certificates to kids, etc.

## CARING HABIT DECORATIONS AND DISTRIBUTION

Getting out teacher materials, getting awards to classrooms to be handed out, etc. Putting up monthly hallway posters, banners, etc. at the beginning of each month - keeping the library of posters and decorations to be reused next year. Encouraging teachers to keep student produced materials for next year.

## TEACHER RELATIONS - CARING HABITS LIBRARY AND SUPPLIES

Coordinate with cafeteria menu printing. Support teachers in developing Caring Habits teachers to keep materials produced for next year. Work with reading specialists to purchase books with Caring Habits themes; coordinate with learning character traits. Keep common supplies area; coordinate with teachers using supplies and equipment.

## COMMUNITY RELATIONS

Work to connect the Caring Habit Adventure with the community - Expand promotion of events, get sponsors for incentives - get local businesses to put up kid’s posters or to hand out flyers in their stores, etc.

## CARING HABIT OF THE MONTH ADVENTURE

Forge random acts of kindness into caring habits DEDICATED TO BUILDING MUTUALLY CARING RELATIONSHIPS BETWEEN ADULTS AND YOUTH AT SCHOOL – AND THROUGHOUT OUR COMMUNITY---ONE RELATIONSHIP AT A TIME.

**SEPTEMBER** should be a time to *DO YOUR BEST*

**Color - Award Gold**

- A teenage boy on probation finds a wallet on the sidewalk and returns it.
- A teacher invests some extra time in an old lesson plan to make classes more interesting.
- A youth completes cross-country in record time; another youth smiles after finishing the race dead last – proud that he finished without stopping, even prouder for having tried.

**OCTOBER** is a perfect month to *BE PATIENT AND LISTEN*

**Color -Slow Down**

**Lavender**

- A teen listens intently to a grandfather’s reminiscences, lovingly hanging on every word, though the story has been told a thousand times.
- An executive father of a student relaxes amid snarled traffic, listens to music and accepts the gift of quiet time, rather than stressing over events beyond control.
- A city council member comes to a school and walks to different classrooms, stopping to ask and listen to what is really important to teachers and students in the district.

**NOVEMBER** should be the time to **SHOW A POSITIVE ATTITUDE** **Color - Sunny Yellow**

→ An athlete stands on the sidelines shouting encouragement to fellow teammates rather than brooding over not getting into the game.

→ A teacher warms an otherwise cold and dreary day by offering a smile and a nod to a fellow pedestrian as they pass on the sidewalk.

→ A young customer offers a positive word to another shopper disgruntled because of the long checkout lines and inexperienced cashier.

**DECEMBER** - What better time to **CELEBRATE COMMUNITY, FAMILY & FRIENDS?**

**Color - Ever-Green**

→ A foreign college student is invited to share the holiday with a local family.

→ An employee works an extra shift, allowing a mother to share the holiday with her kids.

→ A church youth group volunteers at a local food pantry to serve meals to the homeless.

**JANUARY** is the month to **LEND A HAND**

**Color - Gentle Aqua**

→ Two children rush to pick up apples falling from an old man's grocery bag.

→ A youth carries packages for an overburdened shopper.

→ A team of PTA families volunteers with Habitat for Humanity for the first time.

**FEBRUARY** is the month to remind people that **YOU COUNT**

**Color - WOW! Fuchsia**

→ A school bus driver decides to learn the names of every youth who rides his bus.

→ A popular student goes out of his way to talk with a classmate who is socially "invisible."

→ A teacher who feels stressed by the behavior of one student in class cares enough to talk personally with the student about the problem as the first step.

**MARCH** is the time to **RESOLVE CONFLICTS**

**Color - Dove White**

→ Students participate in classroom role-playing, learning to resolve differences peacefully.

→ A student stops at the lockers to talk with a student he has had problems with.

→ Local police participate in sensitivity and diversity training with youth.

**APRIL** is a reminder to **TAKE CARE OF OUR ENVIRONMENT**

**Color - Spring Green**

→ A teenager goes out of her way to drop her aluminum drink can in a recycling container.

→ The local science teacher takes his class on a field trip to a glass recycling plant.

→ A group of seniors and teens team up to adopt a highway and remove litter.

**MAY** is a time to **BE APPRECIATIVE**

**Color - Grateful Pink**

→ A teenage boy stops to tell his mom thanks for making dinner.

→ A student sends a thank-you note to teacher who went out of his way to help.

→ A local TV station gives a special award to a student who puts forth extra volunteer effort for a local vacant lot clean-up project.

**JUNE** is the perfect time to **JUMP OUT OF A RUT**

**Color - JOLT Orange**

→ Rather than hanging out on the corner, a young person goes to the library once a week to chat with an Internet pen pal.

→A student encourages his grandparents to take up square dancing again after 30 years.

→Families of several students living on the same street sponsor a progressive cookout, with each neighbor providing a different surprise treat or entrée.

**JULY** is the time to **GET INVOLVED**

**Color - Patriot Red**

→A boy joins a summer basketball league and helps repair the equipment.

→A family shares quality time by volunteering together at the Salvation Army.

→Community members organize a painting party to help paint houses of the elderly.

**AUGUST** is a time to let others **KNOW WHO YOU ARE**

**Color -Thoughtful Blue**

→A young person talks to a grandparent or older relative to learn more about their family, what they have been through, and what they stand for.

→Parents take some time to talk to their children about values and what they believe in.

→Churches come together to celebrate and to pray for common needs in the community.

The problems are complex. The solution is simple. Practice Caring Habits – Make a Caring Habit-Tat!

## **CARING HABIT OF THE MONTH ADVENTURE**

- 1. Teacher TEAM**
- 2. Classroom Participation**
- 3. Student TEAM**

### PROPOSED INVOLVEMENT ACTION PLAN

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1. It is suggested that one TEACHER TEAM member with a co-leader manage each month's Caring Habit SCHOOL-WIDE PARTICIPATION. Monthly leaders would initiate special events or ideas for their month, coordinate school-wide Caring Habit poster displays, Caring Habit Banner/Bulletin Board area, monthly video, event, etc.
2. CLASSROOM Monthly Poster Creation -- Several classrooms each month will be committed to produce posters to display Caring Habit themes in hallways and public areas of the school. One Classroom each month will commit to doing the Caring Habit Bulletin Board. Participation in this process is a requirement to receive the BIN of classroom materials.

- 3. STUDENT TEAM Monthly Core Group - Each month a rotating group of six students will have the primary responsibility for helping to make the Caring Habit successful. They may help put up posters, make posters themselves, help coordinate events or do what is needed for that specific month.

**PLAN A SCHOOL YEAR OF RESPONSIBILITIES**  
**September - Do Your Best**

1. Teacher TEAM Leader:

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Co-Leader:

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Focus - Launch Caring Habits for the new year.  
 Prepare for Homecoming Parade - October 1

VIDEO EVENT: Island of the Blue Dolphin  
*“Rudy” and “October Skies” Suggested by Herm Petti  
 Riverside Middle School Counselor*

2. Classroom

POSTER Responsibility:

Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

Caring Habit Lesson Plan:

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Show and discuss VIDEO - Island of the Blue Dolphin  
 Caring Habit Reproducible Handouts: Remember all Twelve Fill-in Story, Grammar Stumpers, Math Stumpers, Holidays, Social Skill, A Trip to the MOON.

3. Student TEAM - (Help with monthly activities, poster displays, etc.)

Write morning announcement scripts for PA.; prepare banners

for Homecoming; march in Homecoming Parade with all nine banners.  
Photographer of the

Month \_\_\_\_\_

September CORE Group

(6) \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Monthly Activities:

\_\_\_\_\_  
\_\_\_\_\_

**October - Be Patient & Listen**

1. Teacher TEAM Leader:

\_\_\_\_\_

Co-

Leader \_\_\_\_\_

- Focus - Homecoming Parade - October 1
- Prepare for November Positive Hometown Evening
- Launch a successful program for Student Team
- Plan "DO YOUR BEST" Incentive Program

VIDEO EVENT: Tortoise and the Hare  
*"Rudy" and "October Skies" Suggested by Herm Petti  
Riverside Middle School Counselor*

2. Classroom

POSTER Responsibility:

Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

Caring Habit Lesson Plan:

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Show and discuss VIDEO - Tortoise and the Hare  
Caring Habit Activities

3. Student TEAM

Photographer of the Month \_\_\_\_\_

October CORE Group (6) \_\_\_\_\_

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Monthly Activities

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**November - Show a Positive Attitude**

1. Teacher TEAM Leader:

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Co-

Leader: \_\_\_\_\_





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**December - Celebrate Community Family & Friends**

1. Teacher TEAM

Leader: \_\_\_\_\_

Co-

Leader: \_\_\_\_\_

Focus - Christmas JAM  
Student TEAM

VIDEO EVENT:

2. Classroom

POSTER Responsibility:

Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

Caring Habit Lesson Plan:

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Show and discuss VIDEO -  
Caring Habit Activities

3. Student TEAM

Photographer of the Month \_\_\_\_\_

December CORE Group (6) \_\_\_\_\_

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Monthly  
Activities \_\_\_\_\_

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### **January - Lend a Hand**

1. Teacher TEAM

Leader: \_\_\_\_\_

Co-

Leader: \_\_\_\_\_

Focus - Student TEAM

VIDEO EVENT:

2. Classroom

POSTER Responsibility:

Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

Caring Habit Lesson Plan:

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Show and discuss VIDEO -  
Caring Habit Activities

3. Student TEAM

Photographer of the Month \_\_\_\_\_

January CORE Group (6) \_\_\_\_\_

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Monthly Activities

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**February - You Count:**

1. Teacher TEAM

Leader: \_\_\_\_\_

Co-

Leader: \_\_\_\_\_

Focus - Student TEAM

VIDEO EVENT: *“Brian’s Song”, “Remembering the Titans”, Friendship’s Field” and “Words by Heart” Suggested by Herm Petti*

*Riverside Middle School Counselor*

2. Classroom

POSTER Responsibility:

Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

Caring Habit Lesson Plan:

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Show and discuss VIDEO -  
Caring Habit Activities

3. Student TEAM

Photographer of the

Month \_\_\_\_\_

February CORE Group

(6) \_\_\_\_\_

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Monthly  
Activities \_\_\_\_\_

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## **March - Resolve Conflicts**

### 1. Teacher TEAM

Leader: \_\_\_\_\_

Co-

Leader: \_\_\_\_\_

Focus - Student TEAM

Conflict Resolution - Peer Mediation

VIDEO EVENT:

### 2. Classroom

POSTER Responsibility:

Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

### 3. Increase the Peace Day Assembly: Contact Ms. Eileen Smith, Injury Prevention

Coordinator at the PA Department of Health (412) 565-5101.

Caring Habit Lesson Plan:

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Show and discuss VIDEO -

Caring Habit Activities

### 4. Student TEAM

Photographer of the Month \_\_\_\_\_

March CORE Group (6) \_\_\_\_\_

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Monthly  
Activities \_\_\_\_\_

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**April - Take Care of Our Environment**

1. Teacher TEAM

Leader: \_\_\_\_\_

Co-

Leader: \_\_\_\_\_

Focus - Student TEAM  
School Clean up!

VIDEO EVENT:

2. Classroom

POSTER Responsibility:

Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

Caring Habit Lesson Plan:

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Show and discuss VIDEO -  
Caring Habit Activities

3. Student TEAM

Photographer of the Month \_\_\_\_\_

April CORE Group (6) \_\_\_\_\_

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Monthly  
Activities \_\_\_\_\_

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**May - Be Appreciative**

1. Teacher TEAM

Leader: \_\_\_\_\_

Co-

Leader: \_\_\_\_\_

Focus - Year end Appreciation Event  
Student TEAM

VIDEO EVENT:

2. Classroom

POSTER Responsibility:



Teacher/Class \_\_\_\_\_

Teacher/Class \_\_\_\_\_

Caring Habit Lesson Plan:

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Show and discuss VIDEO -  
Caring Habit Activities

3. Student TEAM

Photographer of the Month \_\_\_\_\_

May CORE Group

(6) \_\_\_\_\_

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Monthly  
Activities \_\_\_\_\_

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