CARING COLOR
"DOVE WHITE"

IDEA BOOK

HEALTH FOCUS

ANGER MANAGEMENT

RESOLVING
RAP Pg19

Steps for MEDIATION
Page 21

RESOLVE CONFICTS IN MARCH



THE CARING HABIT ADVENTURE

Caring Habit Adventurists are saying . . .

"There is always hope when people listen to both sides."



www.caringhabits.org

Welcome to March . . .

The month to

"RESOLVE CONFLICTS"

MASINGELLI WELCOME

GOAL FOR THE MONTH:

Patch-up a relationship with **at least one** person.

Last month, we focused on our individual worth and on self-esteem. Individual efforts really can do quite a bit to change the world around us, but we can do so much more if we work together.

And that's why in March, "Resolve Conflicts," asks us to think about "mending our fences" between class mates, co-workers, peers, neighbors and friends so that we can work together to change the world in bigger and better ways.

During this month we will work on relationships. We all would like to strengthen our bonds with co-workers, family, friends and students. This is the month to do it! Resolving conflicts with someone that you disagree with takes a lot of courage, but this is the time to begin. Start with a smile and begin "mending fences."

March's Health Focus is ANGER MANAGEMENT and VIOLENCE PREVENTION. See the Health Focus section of this Idea Book for some suggestions.



Printed in the United States of America

© Copyright 2007 Caring Media International, LLC, ALL RIGHTS RESERVED.

The materials in this Idea Book are intended for use only with the Caring Habit of the Month Adventure™ Program. No part of this material may be used, reproduced, or transmitted in any manner without written consent of the Managing Director, Elaine Parke, except in the case of the "reproducible section" as authorized.



THE CARING HABIT OF THE MONTH ADVENTURE™

We're Turning Caring Actions into Habits . . . One Month at a Time $^{\text{IM}}$

POB 298 Harmony, PA 16037 E:mail: info@caringhabits.org Website: www.caringhabits.org

Page Numbers **ACTIVITIES** for Classrooms, Free-Periods and After School 7 - 30 ORIGAMI PEACE DOVE - illustrated directions 15 AN ORIGINAL CARING HABIT RAP - for the month of March 19 21 THE MEDIATION PROCESS - a follow-along guide 31 - 42 **CHARACTER EDUCATION WORDS-2-LEARN** and their definitions **HEALTH FOCUS** - This month it's ANGER MANAGEMENT 43 - 46 LITERACY ENRICHMENT WRITING/ESSAY ASSIGNMENTS 47 - 52 Writing prompts to encourage students to "Resolve Conflicts." 53 - 68 **LITERACY ENRICHMENT BOOKS** about "Resolving Conflicts" YOUNG ADULT READING BOOK LIST - Grades 4 thru 8 PRIMARY READING BOOK LIST - Grades K thru 3 MATURE READERS, TEACHERS & PARENTS BOOK LIST **BONUS! SPRING HOLIDAYS BOOK LIST** POPULAR MUSIC with "Resolving Conflicts" themes 69 - 72Can your class think of others?... Write new lyrics to other music, a rap? **STORIES and POEMS** Inspiring writings to read and share 73 - 80

TABLE OF CONTENTS FOR YOUR MARCH IDEA BOOK

CURRICULUM ENRICHMENT REPRODUCIBLES (numbers not shown) 97 - 112
CHARACTER EDUCATION WORDS-2-LEARN STORY - A fill-in story.
MATH STUMPERS - That reinforce math skills and monthly theme reminders too!
UNSCRAMBLE THE LETTERS - You'll find a resolving conflicts message.
HIDDEN NAME MESSAGE - Use your name and discover a secret quote.
RESOLVE CONFLICTS PUZZLE - A coded - fun activity.
SEARCH AND FIND PUZZLE - Perfect for when you have extra time to fill in.
CROSS-WORD PUZZLER - using Character Education Words-to-Learn.

REPRODUCIBLE TEACHER TOOLS (numbers not shown) 113 - 138

CATCH A CARING HABIT IN ACTION FORM - report a good deed when you see it.

WORDS-2-LEARN POSTABLES - hang in your class each week.

FAMOUS QUOTES to use for announcements, class projects, and more

HEALTH FOCUS POSTABLES - for each week of the month.

STUDENT REWARD CHECKS - to reward your students.

TEACHER MEMOS - Just for your personal use.

TEACHER SUGGESTION FORM - We would like to hear from you! LOCKER SIGN - Perfect for lockers, classroom, or home decoration.

ANSWERS TO CURRICULUM ENRICHMENT REPRODUCIBLES



81 - 96

12 MONTH CARING HABIT FOCUS FOR SOCIAL & PHYSICAL HEALTH SCHOOL AND ADULT FORMAT



DO YOUR BEST in September

Caring Color: Award Gold Health Focus: Good Nutrition



BE PATIENT AND LISTEN in October

Caring Color: Slow-Down Lavender Health Focus: Safety



SHOW A POSITIVE ATTITUDE in November

Caring Color: Sunny Yellow Health Focus: Stress Reduction



CELEBRATE COMMUNITY, FAMILY & FRIENDS in December

Caring Color: Ever Green Health Focus: Healthy Heart, Mind & Body



LEND A HAND in January

Caring Color: Gentle Aqua Health Focus: First Aid & CPR



YOU COUNT in February

Caring Color: WOW! Fuchsia Health Focus: Be Drug-Free!



RESOLVE CONFLICTS in March

Caring Color: Dove White Health Focus: Anger Management



TAKE CARE OF OUR ENVIRONMENT in April

Caring Color: Spring Green Health Focus: Be Smoke-Free!



BE APPRECIATIVE in May

Caring Color: Grateful Pink Health Focus: Exercise!



BE ADVENTUROUS in June

Caring Color: JOLT! Orange Health Focus: Improve Your Health & Prevent Disease



BECOME INVOLVED in July

Caring Color: Patriot Red Health Focus: Hygiene & Cleanliness



KNOW WHO YOU ARE in August

Caring Color: Thoughtful Blue Health Focus: Health Education & Immunizations



THE CARING HABIT OF THE MONTH ADVENTURE™

We're Turning Caring Actions into Habit . . . One Month at a Time

www.caringhabits.org





"RESOLVE CONFLICTS" CLASSROOM ACTIVITIES

" Together we brighten the world we all share."

-ELAINE PARKE

MARCH

12 MONTH CARING HABIT FOCUS FOR SOCIAL & PHYSICAL HEALTH PRIMARY SCHOOL FORMAT



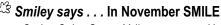
Busy Bee says . . . In September DO YOUR BEST!

Caring Color: Award Gold Health Focus: Good Nutrition



Waldo says . . . In October WAIT AND LISTEN!

Caring Color: Slow-Down Lavender Health Focus: Safety



Caring Color: Sunny Yellow Health Focus: Stress Reduction

Evert says... In December LOVE EACH OTHER

Caring Color: EVER-Green Health Focus: Healthy Heart, Mind & Body

Happy says . . . In January HELP OTHERS

Caring Color: Gentle Aqua Health Focus: First Aid & CPR

U-2-R says . . . In February YOU ARE A STAR

Caring Color: WOW! Fuchsia Health Focus: Be Drug-Free!

Grazie says . . . In March GET ALONG TOGETHER

Caring Color: Dove White Health Focus: Anger Management

Lady says . . . In April LOVE THE EARTH

Caring Color: Spring Green Health Focus: Be Smoke-Free!

Toby says . . . In May SAY THANK YOU

Caring Color: Grateful Pink Health Focus: Exercise!

Magic says . . . In June MAKE A WISH!

Caring Color: JOLT! Orange Health Focus: Improve Your Health & Prevent Disease

Jenny says . . . In July ALL JOIN IN

Caring Color: Patriot Red Health Focus: Hygiene & Cleanliness

Gregory says . . . In August WHEN I GROW UP . . .

Caring Color: Thoughtful Blue Health Focus: Health Education & Immunizations



THE CARING HABIT OF THE MONTH ADVENTURE™

We're Turning Caring Actions into Habit . . . One Month at a Time

www.caringhabits.org

"RESOLVE CONFLICTS"

CLASSROOM ACTIVITIES

Make Peace Not War

Activity: Making posters about peace

and conflict resolution

For: Classroom or group

You will need: 20 - 45 minutes, writing paper, chart paper, poster

> board, art supplies (crayons, markers, fabric scraps, beads, glitter, pipe cleaners, sequins, glue, paint, etc.)

Explain that the expression, "Make Peace, Not War," was a slogan during the 1960's. Ask student groups to brainstorm a list of alternative slogans by substituting other words for peace and war, such as:

Make affirmations, not arguments: Make bonds, not belittlements: or Make companions, not condemnations.

Invite students to share their lists with the class. Have students choose their favorite slogans and create a class list. Have each student choose a slogan from the class list and make a poster for it.

Invite students to display their posters throughout the school.

The Same Story

Activity: Creating a positive classroom environment

For: Classroom or group

You will need: To pay attention to how we treat each other.

Use this activity to teach students to work together and solve their own problems. When two students are in conflict and come to you with different stories, encourage them to talk together for five minutes to agree upon the circumstances of the conflict. Students then have a chance to work together, not against each other. Send the students to a private area to talk. After five minutes, have them report back to you. If their stories are the same, invite the students to shake hands and congratulate them on working together to solve the problem.



Words That Denote Good Problem Solving

Activity: Encourages a better understanding

of problem solving words

For: Classroom or group

You will need: 15 minutes, paper, markers, pencils, etc.

Before starting this cooperative group activity, ask students to brain-storm synonyms for character traits such as "cooperation" and "peacefulness." Chart the synonyms. Look at the Character Education Words-2-Learn Section included in this Idea Book, when preparing a list.

Tell students to demonstrate these words as they work with their group. Just before ending group work, ask students to choose a word from the list and use it in a sentence describing one of his or her group members.

Pardon Mercy Forgiveness

See-the-Good Mural

Activity: Creating a positive mural

For: Classroom or group

You will need: Large sheet of butcher paper, art supplies (crayons,

markers, fabric scraps, beads, glitter, pipe cleaners,

sequins, glue, paint)

Hang a long piece of newsprint or poster paper across one wall. Have students write - **See the Good** - across the top of the paper. Invite students to create a mural by designing a large scene that shows the good in society, such as children playing together, neighbors helping each other, beautiful trees and flowers, or an outdoor concert. Have students use art supplies to decorate the mural. Display the mural during an Open House or Back to School Night.

"See The Good!"

Creating a Peaceful Classroom "Habit" - tat

Activity: Creating a positive classroom environment

For: Classroom or group

You will need: To pay attention to how we treat each other

One sign of maturity and of a well developed character is the ability to peacefully resolve conflicts. When students solve their own problems, a teacher can put his or her referee's whistle aside and provide quality education. When a problem-solving classroom environment is established, students:

- ✓ compromise when necessary,
- ✓ follow teachers' or leaders' directions without complaint,
- ✓ resolve conflicts through peaceful discussion,
- ✓ treat others fairly,
- ✓ use kind rather than un-kind language,
- ✓ accept change,
- ✓ openly accept differences of opinion,
- ☑ think of others and put themselves "in other people's shoes."

Create your own classroom standards for a peaceful habit-tat. Start with the list above and encourage creative ideas from class members.

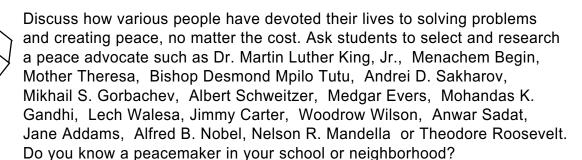
Peace Blocks "High-Rise"

Activity: Creating a positive classroom environment

For: Classroom or group

You will need: Colored construction paper, biographies of people

who worked for peace



Using construction paper, have each student create a one-dimensional "building block" that represents the accomplishments of his or her chosen peace advocate. Students can illustrate or write about obstacles their peacekeepers encountered while trying to achieve their goals. On a bulletin board, mount the construction-paper blocks in a pyramid shape.

Explain that the pyramid represents strength. It is strong because, together, the peacekeepers are building blocks that make the world a better place. Use this analogy to explain that every person, no matter who they are, helps the world when (s)he works to solve one problem and create peace. Label the bulletin board, "As Peacemakers We Build a Better World."

No-Reason-At-All Gift

Activity: Surprising a hard-to-get-along-with

person with a gift

For: Individuals

You will need: Your time and personal courage

Is there someone at work you cannot stand, let alone get along with? Why not "break the ice" by anonymously leaving a bouquet of flowers, snack treat, or small "fun gift" where they will find it. Let them enjoy the joy and delight of receiving a surprise; then, at the appropriate time, reveal your identity as the sender!

Quote Jar



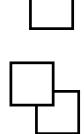
Activity: Inspiring students through others' wit and wisdom

A classroom, group, or family

You will need: Large jar, basket, colorful bag or box, and paper in

the Caring Color of the month (See your Teacher

In-Service manual for a list of papers.)



Use the quotes provided in the Quotations Section of this Idea Book and photocopy them onto paper in the color of the month. Cut each quote out and fold into a small square. Place in your container and display in a prominent spot for the month.

IDEA ONE - Take one quote out and read aloud each morning of the month. Discuss the meaning of the quote and reflect on it throughout the day.

IDEA TWO - Have each student take a paper from the container. Have them write a paragraph or two on their interpretation of the quote.

IDEA THREE - Implement your own idea! (We would love to hear yours.)

Caring Links

To link everyone together in the Activity:

Caring Habit Adventure

For: Teacher and students

You will need: Card stock in the color of the month and stapler

Cut card stock paper into strips with paper cutter. (A standard $8\frac{1}{2}$ " x 11" sheet yields 11 - $8\frac{1}{2}$ " x 1" strips.)

IDEA ONE - Have each student write their name* on a strip of paper. Bend first strip into a circle and staple together. Link next strip through first and staple. Continue to link the paper together to form a chain. Hang in a prominent spot in the classroom for the month.

*Substitute names with favorite quotes, goals, relationship skills practiced this month, songs, jokes, etc.

IDEA TWO - On going

Add on to the chain above with next month's color. At the end of the school year, you will have a Caring Habit chain in all the Caring Colors. Explain how the chain began as one loop and now the loop is long enough to go across the room. Read each link and review each monthly theme and color as you go through the chain.



Wall of Peace

Activity: Creating a positive classroom environment

For: Classroom or group

You will need: Index cards and construction paper plus supplies

(crayons, markers, fabric scraps, beads, glitter,

pipe cleaners, sequins, glue, etc.)

Have the class brainstorm several peace symbols such as the peace sign, a white flag, an olive branch, a dove, or two fingers held in a V. Divide students into small groups. Have each group create their symbol using art supplies, and encourage imaginative, elaborate designs.

Have students hang their symbols along a wall. Ask each group to create a presentation telling ways they can be living examples of their symbols at school. Invite other classes to view the "Wall of Peace" and listen to the presentations.

On the Wings of Peace

Activity: Creating a positive classroom environment

For: Classroom or group

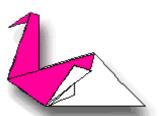
You will need: White paper squares, 8½" x 8½", and glue

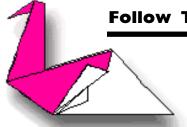
Discuss the dove as a symbol of peace. Explain that origami is an ancient Japanese art. Distribute a paper square to each student. Use the diagram on the next page to fold an origami Peace Dove.

When complete:

- Hang doves from ceiling (or mobile-style) in your classroom.
- Decorate a "Peace Tree" for your class. (Add other peace symbols too!)
- Attach or insert dove in a card and write a peace message. Give or mail to someone to resolve a conflict.
- On each wing, ask students to write one thing they can do to solve a problem and create peace. Hang or decorate your bulletin board!
- Write a Word-2-Learn on each dove. Place vocabulary doves in a hat and have each student choose one and recite definition.
- Let your imagination soar!

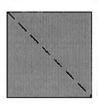
Read "Sadako and the Thousand Paper Cranes" by Eleanor Coerr. See March Book List on page 50 of this Idea Book for review. Or for younger students—read "Peace Crane" by Sheila Hamanka Review on page 55 of this month's Idea Book.





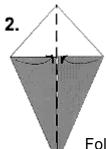
Follow These Simple Steps to Make a Beautiful Peace Dove

1.

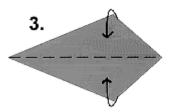


Start with a square piece of paper. Fold in half diagonally and crease. Turn over.

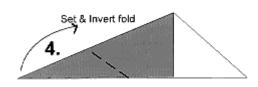
START HERE!



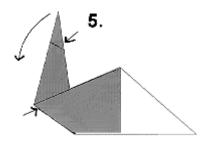
Fold corners to center line and crease. Turn over.



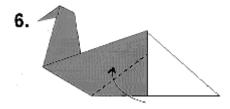
Fold in half along center crease so solid edges are together.



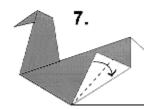
Fold point downward to form head and crease. Invert fold so head is inside neck.



Fold up flap to form wing.



Fold up flap to form wing.



Fold half of flap back down. CONGRATULATIONS! You have made a peace dove.



I Can't Stand It Charades

Activity: Positive role activity

For: Classroom or group

You will need: 30 - 45 minutes

Explain that although everyone has to do things (s)he doesn't like to do, it is important to keep a positive attitude when doing them.

Ask each student to think of one thing (s)he can't stand to do, even though (s)he should.

Invite volunteers to pantomime what they don't like to do. Ask the rest of the students to guess what the volunteers are acting out.

Afterward, ask questions such as . . .

Why do people sometimes have to do things they don't like?

How do responsible people react when they are asked to do something they dislike?

How do people show they have a positive attitude when they are doing things they do not like?

To close, invite students to act out things they **love** to do!







Peaceful People Club

Activity: Creating a club to promote

peace and understanding

For: School, classroom or group

You will need: About 1 to 2 hours to begin

–and your imagination



Start a "Peaceful People Club" in your school or neighborhood whose purpose is to promote tolerance and understanding among everyone. Your group may want to create their own unique name. You can use meeting times to create posters that promote resolution of conflicts, and display them in your school and throughout your community! At school, you may even start a peer mediation program in which members solve other kids' problems by listening to both sides and arriving at a fair solution for all.

Saying Good-Bye to "Put-Downs"

Activity: Understanding what hurts people

For: Classroom, groups, family and children of all ages

You will need: Paper slips, pencils, a shoe box, gray paper

On a slip of paper, have each student write a hurtful put-down (s)he never wants to hear again. Invite student volunteers to share what they wrote and explain why the words hurt them. Have students create construction paper tombstones for the put-downs and place them in a shoe box.

Display the tombstone put-downs in the classroom and talk about what we all can do to keep the put-downs from coming back.

Resolve Conflicts Through Music

Activity: Involve music to resolve conflicts

For: A classroom, and individual students

You will need: March Music List from this Idea Book

Go over the list of popular songs for March. Have everyone pick one or two of the songs they know and sing, hum or whistle all the way home from school. For a more involved exercise, have the students write their own lyrics for a song or a rap.

Locate and play one of the songs from the list of popular music that you think your class would appreciate and relate to. Check the internet, most songs can be found there. (If available, share the record, cassette, or compact disc, and picture book of the same title.)

Ask students to brainstorm resolving conflicts music. On chart paper, convert the brainstorming suggestions into new lyrics and sing the students' version. Have students find a partner. Have each pair illustrate a different line from the new song. Bind the illustrations into a class music book.

Create a Song or Rap

Activity: Composing songs or raps with a

"Resolve Conflicts" message

For: Individuals, families and children of all ages

Classroom or group

You will need: Your time and imagination

The month of March is "Music In Our Schools Month." Here is a chance to compose reminders to each other when conflicts arise, and set them to familiar melodies. Or take the melody of a current popular song, and write your own words to make a song to promote understanding for all. On the following page is a Rap for the month of March that was written by a student in Somerset, Pennsylvania.

RESOLVING CONFLICTS RAP



Arnie McFarland, 1992

Sometimes there's a reason for the way you feel,

Cause somebody's made you mad.

And there are times when someone is mad at you.

Hey, you know that you've been bad.

Well all of us know that for the month of March,

If we take the first step and try,

To end the fight between them and you,

You might get a big surprise.



If you forgive them and they forgive you,

You'll feel like a brand new day.

Resolving conflicts takes away stress.

Come on! Try it the Caring Habits way.

In the month of March its "take the first step."

You know you can do it too.

Resolving conflicts isn't easy,

But there's something in it for you.

Resolve Conflicts By Knowing the Steps for Mediation

Activity: Learning the steps of mediation

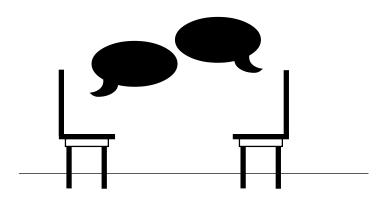
For: Classroom or group

You will need: At least an hour or more

Ask each student to write a short story about a real or imaginary conflict that they had or still have with someone: a friend, a family member, a neighbor or someone at school. Select three of the students and their stories to create a "Mediation Scenario." Ask them to choose classmates to play themselves and their opponent in the short story.

Set the scene at the front of the class with two chairs for the two people having the problem with each other. The first time through, you as the teacher will take the part of the "Mediator." If the class catches on, perhaps the students who wrote the stories can play the "Mediator" role for the other two scenarios.

On the next page is the Mediation Process to follow.



THE MEDIATION PROCESS

I. Introduction

- 1. Introduce yourself as a mediator. Ask someone to write down the answers to the questions you will be asking the participants.
- 2. Ask those in the conflict if they would like your help in solving the problem. Do not proceed unless both parties agree.
- 3. Find a quiet area to hold the mediation.

4.	Ask for agreement to the following: (Check them off as you gain agreement)
	try to solve the problem no name calling
	let the other person finish talking confidentiality

II. Listening

- 5. Ask the first person, "What happened?"
- 6. Ask the first person how (s)he feels.
- 7. Ask the second person, "What happened?"
- 8. Ask the second person how (s)he feels.

III. Looking for Solutions

- 9. Ask the first person what (s)he could have done differently.
- 10. Ask the second person what (s)he could have done differently.
- 11. Ask the first person what (s)he can do here and how to help solve the problem.
- 12. Ask the second person what (s)he can do here and how to help solve the problem.
- 13. Use creative questioning to bring disputants closer to a solution.

IV. Finding Solutions

- 14. Help both disputants find a solution they feel good about.
- 15. Repeat the solution and all of its parts to both disputants and ask if each agrees.
- 16. Congratulate both people on a successful mediation.

THE CARING HABIT ADVENTURE

Caring Habit Student's Sing

Activity: Recording your students' voices

For: Classrooms, groups or families

You will need: Cassette recorder, musical instruments (optional)

Select six or seven songs from the Caring Habit list in this Idea Book. If necessary, begin by working together to remember and try and write down the words. Even commercial jingles can work. Check the internet to find words to the music.

Now get out the cassette recorder and have a real "recording session." If you like, you can even include some musical accompaniment with a piano, guitar (or other instruments), or create "instruments" of your own with wooden spoons, pots, kazoos, or anything else you can come up with.

For a little more authenticity, include a little backup harmony with a few "doo-wop's" in the background. There is no need to worry if the "musicians" or "backup singers" are a little (or a lot) off-key. It's the thought that counts.

After you rewind the tape, it's playback time! Your students will enjoy hearing their own voices — most kids do. You can discuss who will become that next new singing sensation who could make millions? Well, maybe.

Now how about that record deal....and that 98-city concert tour!











Focusing on Caring Memories

Activity: Encouraging caring attitudes about life

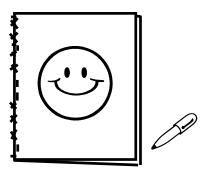
For: A classroom, group, family and children of all ages

You will need: 15 minutes and some paper

Invite students to share an experience when they resolved a conflict with someone. Suggest that everyone has conflicts. Explain that some people focus on good memories while others focus on the bad. Tell the class that you want to have a year during which everyone focuses on caring experiences.

Invite each student to draw a picture of a caring memory about how they resolved conflicts with someone during the last several weeks. Have students briefly explain the memory in writing at the bottom of the picture.

*Repeat this activity during the school year, focusing on the different habits each month. At the end of the year, have students create a cover and bind their pictures to make a personal yearbook.



May I Have Your Autograph?

Activity: Collecting autographs with positive messages

from classmates, friends and teachers

For: Individuals, classroom or group

You will need: Note book, pen or pencil



Revive the spirit of the old fashioned "Autograph Book" in the classroom. Discuss how it was often used to "break the ice" with family and friends and to encourage better relationships. Even the shyest of writers can communicate again by means of silly, albeit cute verses such as the ones below and on the next page.

If your well of inspiration runs dry, get some more ideas in "Yours Till Niagara Falls," a classic collection of autograph verses compiled by Lillian Morrison. It is available at the public library, local bookstore or online.

Roses are red, Violets are blue, Sugar is sweet and so are You!

You may be little, but you have BIG thoughts.

Never B # Never B_b Always B

Remember the fork. Remember the spoon.

Remember the fun.

In Mrs. Patrick's room!

Yours till butter flies.

Yours till the board walks

Yours till meatballs bounce.

Yours till Niagra Falls.

Yours till the United States Drinks Canada Dry.

First we met, then we part. That's the sorrow of a graduate's heart.

In many years, when this you see. I wonder what, your name will be?

There are golden ships. There are silver ships But the best ship, is Friendship!

U-R 2-Nice 2-B 4qotten!

1 chose BLUE because my friendship is TRUE.

On this page so clean and white, only a true friend would dare to write.

2 Ys U R 2 Ys U B As years roll by as years surely will

Speak good English and good English will speak for you.

May your future be as bright as Broadway at night, And your heart be as true, as the red, white and blue.

Be you to others kind and true as you'd have others be to you.

Remember Your friend who wrote downhill Elaine was here and now is gone, but leaves her name to carry on.

It tickles me, It makes me LAUGH! To think you want MY AUTOGRAPH!

When this you see Remember Me!

Good, Better, BEST. Never let it rest Until the good is Better and the Better is BEST!

Remember the Miss who scribbled this.

May your luck ever spread like jelly on bread!

turn this autograph book upside down! I pet you I can make anyone in Town WHAT! WRITE IN YOUR BOOK! WHAT SHALL IT BE? JUST TWO LITTLE WORDS... "REMEMBER ME!"

Some write up rnd write around! Some write down

May your luck be like the capital of Ireland "Always Dublin"

May your life be like Arithmetic:

Joys Sorrows Happiness x Love Un

Way back here Where no one will look Till sign my name To close your book.

Doing the Right Thing

Activity: Learning about young people and violence

For: Classroom or group

You will need: Newspapers, magazines, television and internet access

Do a newspaper, magazine, TV and internet search for examples of people — especially young people — who have taken a stand against violence of any kind. Pay close attention to how these people do the right thing in the face of some threat or danger. Write down any information you find.

Then share the stories you have found with members of your class. Answer the following questions, taking into consideration your respective views and feelings.

- 1. What are the causes of violence in our world?
- 2. What kinds of violence affect my life?
- 3. What can be done about the causes of violence?
- 4. What do my beliefs call me to do?
- 5. What is my personal attitude towards violence?
- 6. Do I sometimes respond to physical or verbal violence with violence? Explain.
- 7. How do I define "doing the right thing" when it comes to facing or observing violence?
- 8. What am I willing to do about violence in our world?









Equal, Yet One

Exercises to illustrate the concept of "equality" Activity:

For: Classroom or group

You wil need: Your time and interest.

If they published such a thing as the "Ten Most Troublesome Issues Facing People," one would certainly be EQUALITY. Consider this issue with the following group exercise.

Divide the class or group into three smaller groups based either on your shoe size or the number of letters that make up your first name.

Group "A" can be size 5 and under, or 5 or fewer letters;

Group "B" is comprised of sizes 6-8, or 6 to 8 letters; and

Group "C" is size 8 or larger, or more than 8 letters.

Now imagine that the "A" group will be rewarded for their shoe size or last name with a free dinner at a five-star restaurant. The "B" group will be "penalized" for their sizes or names by receiving a "veggies only" dinner and the "C" group will be penalized with supper in a brown bag.

Now discuss how it feels to be treated as un-equals or "have nots" because of a characteristic which you have no control over. Then use these questions as the basis for a brainstorming session:

If we lived in a society in which everyone was perfectly equal to everyone else, how would we feel?

Is it possible to be different, yet equal?

How are problems of inequality affecting our lives today?

Next, combine the three groups into one. Share feedback with regard to the opening experience and the questions that followed. Then list possible solutions to the problem when people are unfairly treated due to their sex, color, nationality, religion, or on any other basis mentioned by the group.

Lastly, as individuals, answer the following questions:

What have your own experiences of being treated as an equal or as an unequal taught you?

What steps will you take to build equality in your own situation?

Resolve Conflicts - A Weekly Plan

Activity: Making a strong effort for a month of peaceful behavior

Individual students as a month-long elective For:

(Includes activities they will do at home with family)

You will need: Your time and personal courage

March is the month to improve the relationships we have with our family, our friends, and even our enemies. Resolving conflicts with someone you've had a disagreement with takes a lot of courage. Making the first overture is often the hardest part. Use March as your starting point for resolving conflicts. Here are some ideas by week:

WEEK I.......

Select someone you haven't talked to or heard from for a long time. Write them a note or letter, send a card or an e-mail. Use this as an opportunity to re-establish contact.

Think of someone who is not on your "favorite" list. Make a point to say hello to that person. Say it with a smile and mean it!

WEEK 2....

Get your family together and ask each member to chose a "no conflict" goal for the week - like, going to bed on time or doing chores without being reminded. Decide on a "reward" - like a special outing or dessert - for the end of the week, if everyone agrees the goals were met.

Make a phone call to someone you haven't spoken to for a long time. Use this chance to "mend fences."

WEEK 3

Choose someone you have difficulty getting along with. Surprise him/her by doing something nice - do an errand, send a card, invite him/her to attend a get together or play a game.

Try smiling as you meet people. You'll be surprised how many people will smile back. It brightens everyone's day.

WEEK 4

Each day this week have a different person in the family plan an activity for everyone to participate in together at the same time - sharing a family meal, playing a game, taking a walk, etc. When people spend time together, they usually communicate better and good communication means fewer conflicts.

Make up a game show based on the "Newly Wed Game." Pair family members and ask fun questions to see how much, and what you know about each other.

Resolve Family Conflicts

Activity: Resolving conflicts through a family meeting

(This is an activity to share with students to use at home.)

For: Families and children of all ages

You will need: Your time and imagination

There is not a family alive who can live 24-7-365 (hours a day/days a week/days a year) without sooner or later getting on each other's nerves!

You might share a room with a sibling who is bossy, sloppy, or just plain mean.

One of your parents may have remarried. You like your step-parent just fine, but you wish that (s)he would stop trying so hard to take the place of your biological parent.

Maybe one of your parents embarrasses you in public or in front of family or friends, forgetting you have feelings too. Your mother or father may ask your friends intimate, personal questions when they come to your house. Maybe you have tried to talk about things with the offender and/or one (or both) of your parents, but you may be put off with "Shut your mouth; I don't want to hear it!" or "Tell me another fairy story!"

But a family meeting may just be the vehicle to make your feelings known, settle problems, and make other decisions that affect the family. Let your family know that you have a problem and would like to have a family meeting. They will also have their chance to talk, and the meeting will not just be for and about you.

Then set a specific time and place for the meeting. But be fair to all family members. If your problem involves the brother who is always borrowing your cassette tapes, do not schedule the meeting when he is at football practice or delivering papers.

Everyone needs to be there, offender included. Be sure the meeting is at a time when everyone is alert and relaxed. Don't make a request for a meeting when your parents are busy. And above all, don't use family mealtimes for this purpose.

When you begin the meeting, thank everyone for coming. Let everyone know about the meeting's special purpose: to give everyone a chance to talk about any problem they are having within the family. If this is the first time you have done this, tell everyone you would like to go first in order to demonstrate the process. Continue by following these steps:

1. Ask each person to state the *main* problem they may have with another family member. Stick to the facts, being careful not to blow them out of proportion. You might say, (continued on next page)

Resolve Family Conflicts (cont.)

"Jack borrows my compact disks all the time without asking. The other day, I was looking for one of my favorite cd to play in my Walkman, but couldn't find it. I found it in his room, but when I asked for it back, he just laughed in my face. I really don't mind him wanting to borrow the cd, but I would appreciate it if he asked first, and returned the cd to me when he was done listening to it."

Do not go on and on about everything that annoys you about that family member. This is not the time, or the place, to mention that you hate Jack's monster T-shirt or the way he gargles each morning.

- 2. Invite the other person in the problem to tell his/her side of the story. Problems are frequently caused or made worse by the interaction between two or more people. Be sure to listen respectfully while the other person has his/her say.
- 3. Agree to try at least two of the suggestions. Then set a date for a "follow-up" meeting to see if any progress has been made. Should the suggestions not work by that time, you can agree to pursue other alternatives.

Role Reversal

Activity: Learning about life as a member of the opposite gender

For: Families and adolescents, classroom or group

You will need: Your time and imagination

This is an idea for you to suggest that your students do with their families at home. For one day (preferably on a weekend), or even one full weekend, have students ask a family member of the opposite sex to "switch identities" with them so they can see what life is really like to be the opposite sex.

Let parents in on the experiment beforehand so that they will treat each of you accordingly. Ask the other family member to do the things you do all day. There will be times when you will have to be yourselves, but do make an effort to get into the act. At the end of the day, or the weekend, get together and discuss what each of you experienced. The switched identity family member's mentality may start out as "Isn't everyone equal already?" but may later gain a new sense of appreciation for what it means to be male or female, and your student may learn a few things too.

Each of them may come to better respect views of the opposite sex and even agree with one another. Many boys who either grew up in a household of females, or with independent-minded sisters or girl cousins feel that it has had a positive impact on their adult lives. The girls help them to understand sexism and other issues that only girls and women have to deal with. This may bring important understanding to future relationships with people of the opposite sex.





"RESOLVE CONFLICTS"

CHARACTER EDUCATION WORDS-2-LEARN

" Together we brighten the world we all share."

-ELAINE PARKE

MARCH

THE CARING HABIT ADVENTURE



WORDS-2-LEARN

that teach us to "RESOLVE CONFLICTS"

Use March as your starting point for resolving conflicts. March is the month to improve the relationships we have with our co-workers, our students, our family and our friends. Resolving conflicts with someone you've had a disagreement with takes a lot of courage. Making the first overture is often the hardest part. Create a climate of peaceful understanding, appreciation of diversity, and good relationships within your classroom.

Goal for the Month: 100% participation from each student or group member to resolve (at least) one conflict or problem with one person, before the month is over. What a challenge !!! Can you all do it?

Acceptance	Justice	Rage	
Bravery (*1)	Law-abiding	Respectfulness	
Caring	Leniency	Responsibility	
Conflict	Mediation	Self-control (*3)	
Cooperation	Mercy	Sportsmanship (*4)	
Courage (*2)	Pardon	Tolerance	
Empathy	Patience	Truthfulness	
Fairness	Peace	Violence	
Forgiveness (*5)	Peacefulness		
Grace	* used in planner with week #		

Acceptance

ac•cep•tance *n.* **1.** The act or process of accepting. **2.** The state of being accepted or acceptable. **3.** Favorable reception; approval. **4.** Belief in something; agreement.

1. [n.] The act or process of accepting

-acquiescence -indulgence -tolerance

-allowance -sufferance

2. [n.] Acknowledgment, approval, or validation

-endorsement -adoption -ratification -legitimization -approval -sanction

-legalization

Bravery

braveerey n. pl. bravereies 1. The condition or quality of being brave; courage.

2. Splendor or magnificence; show.

1. The quality or state of being heroic

-heroism-valor-backbone-stoutheartedness-gallantry-pluck-backbone-dauntlessness-prowess

-boldness

2. The quality of being bold

-boldness -fearlessness -audacity

-daring -intrepidity -adventurousness

-courage -audaciousness -gutsiness

Caring

careing adj. 1. Feeling and exhibiting concern and empathy for others:

"We formed Generations United to argue for a caring society" JACK OSSOFSKY care (kâr) n. 1. A burdened state of mind, as that arising from heavy responsibilities; worry.

2. Mental suffering; grief. 3. An object or source of worry, attention, or solicitude: the many cares of a working parent. 4. Caution in avoiding harm or danger: handled the crystal bowl with care. 5. a. Close attention; painstaking application: painting the window frames and sashes with care.

Conflict

con-flict *n.* **1.** a struggle; clashing of views or statements. *v.* **1.** To meet in opposition; to be antagonistic.

Cooperation

co•op•er•a•tion *n*. **1.** The act or practice of cooperating. **2.** The association of persons or businesses for common, sometimes economic, benefit.

1. The agreement of opinions or interests

-harmony -concord -concurrence -accord -conformity -peace

-concert

2. Joint work toward a common end

-collaboration -teamwork -pulling together -joint effort -joint action -participation

-synergy

Courage

cour-age n. 1. The state or quality of mind or spirit that enables one to face fear and danger, with self-possession, confidence, and resolution; bravery.

1. The quality or state of being heroic

-heroism -bravery -prowess -valor -dauntlessness -valiance -backbone -gallantry -intrepidness -boldness -fearlessness -pluck

-stoutheartedness

2. The quality of being bold

-boldness -fearlessness -audaciousness -daring -intrepidity -audacity

-bravery

Empathy

em•pa•thy n. 1. Identification with and understanding of another's situation, feelings, and motives.

1. [n.] Sympathetic insight into others' feelings

-sensitivity -sympathy -tenderness

-appreciation -concern -grief -compassion -feeling -sorrow -identification -commiseration -pity

Fairness

fair adj. **fair•er fair•est 1.** Free of clouds or storms; clear and sunny: *fair skies.* **2. a.** Having or exhibiting a disposition that is free of favoritism or bias; impartial: a fair mediator. **b.** Just to all parties; equitable: a compromise that is fair to both factions. **7.** Being in accordance with relative merit or significance: She wanted to receive her fair share of the proceeds. **8.** Consistent with rules, logic, or ethics: a fair tactic. **9.** Moderately good; mildly satisfying: gave only a fair performance of the sonata.

1. Freedom from bias or partiality

-evenhandedness -fair-mindedness -objectivity -equitableness -impartiality -justness

-equity -justice

Forgiveness

for•**give** *v.* **for**•**gave for**•**giv**•**en for**•**giv**•**ing for**•**gives** *v. tr.* **1.** To excuse for a fault or an offense; pardon. **2.** To renounce anger or resentment against. **3.** To absolve from payment of (a debt, for example). *v. intr.* **1.** To accord forgiveness.

1. To free from a charge or imputation of guilt

-absolve -clear -exonerate -acquit -exculpate -pardon

-cleanse -excuse

Grace

grace *n.* **1.** Seemingly effortless beauty or charm of movement, form, or proportion.

2. A characteristic or quality pleasing for its charm or refinement. **3.** A sense of fitness or propriety. **4. a.** A disposition to be generous or helpful; goodwill. **b.** Mercy; clemency.

5. A favor rendered by one who need not do so; indulgence. **6.** A temporary immunity or exemption; a reprieve.

1. Skillfulness in using the hands or body

-dexterity -facility -nimbleness -adeptness -finesse -touch

-adroitness -handiness -gracefulness

-deftness

2. The quality of being holy or sacred

-sanctity -divinity -holiness -blessedness -godliness -sacredness

-beatification

3. Temporary immunity from penalties

-reprieve -freeze -stay

-extension -remission -suspension

Justice

jus-tice *n.* **1.** The quality of being just; fairness. **2. a.** The principle of moral rightness; equity. **b.** Conformity to moral rightness in action or attitude; righteousness. **3. a.** The upholding of what is just, especially fair treatment and due reward in accordance with honor, standards, or law. **b.** Law The administration and procedure of law. **4.** Conformity to truth, fact, or sound reason: *The overcharged customer was angry, and with justice.*

do justice to 1. To treat adequately, fairly, or with full appreciation: *The subject is so complex that I cannot do justice to it in a brief survey.*

1. Freedom from bias or partiality

-fairness -equity -objectivity -evenhandedness -fair-mindedness -justness

-equitableness -impartiality

2. [n.] An official who administers justice in a court of law

-judge -jurist -magistrate

Mercy

merecy *n. pl.* **merecies 1.** Compassionate treatment, especially of those under one's power; clemency. **2.** A disposition to be kind and forgiving: a heart full of mercy. **3.** Something for which to be thankful; a blessing: It was a mercy that no one was hurt. **4.** Alleviation of distress; relief: Distributing food among the homeless was an act of mercy.

1. The act or an instance of forgiving

-forgiveness-condonation-pardon-absolution-excuse-remission-clemency-indulgence-shrift

-amnesty -overlooking

Law-abiding

law-a•bid•ing adj. 1. Adhering to the law.

1. [adj.] Willing to do what is required by law, obligation, or social convention

-dutiful -diligent -mindful -amenable -heedful -obedient -compliant -good -observant

-lawful

Leniency

le•ni•en•cy *n. pl.* **le•ni•en•cies le•ni•ent** *adj.* **1.** Inclined not to be harsh or strict; merciful, generous, or indulgent: *lenient parents; lenient rules.* **2.** The condition or quality of being lenient. **3.** A lenient act.

Mediation

me•di•a•tion *n.* **1.** An attempt to bring about a peaceful settlement or compromise between disputants through the objective intervention of a neutral party. **2.** The state of being mediated. **3.** The act of mediating; intervention.

1. The act or process of dealing with another to reach agreement

-negotiation	-bargaining	-dialogue
-arbitration	-coming to terms	-discussion
-conciliation	-conference	-parley

Mercy

mer•cy *n.* **1.** Willingness to spare or forgive; clemency; pity; a blessing; benevolence; unrestrained exercise of authority.

Pardon

par-don *v. tr.* **par-doned par-don-ing par-dons 1.** To release (a person) from punishment; exempt from penalty: *a convicted criminal who was pardoned by the governor.* **2.** To let (an offense) pass without punishment. **3.** To make courteous allowance for; excuse: *Pardon me, I'm in a hurry. See note at* forgive.

1. The act or an instance of forgiving

-forgiveness	-amnesty	-overlooking
-absolution	-condonation	-remission
-clemency	-excuse	-shrift

-mercy -indulgence

2. To free from a charge or imputation of guilt

-absolve	-clear	-exonerate
-acquit	-exculpate	-forgive

-cleanse -excuse

3. To make allowance for

-excuse	-overlook	-defend
-dismiss	-condone	-vindicate

-let off the hook -justify

Patience

pa-tience *n.* 1. The capacity, quality, or fact of being patient. 2. The game solitaire. Synonyms: patience long-suffering resignation forbearance. These nouns all denote the capacity to endure hardship, difficulty, or inconvenience without complaint. *Patience* emphasizes calmness, self-control, and the willingness or ability to tolerate delay: "Our patience will achieve more than our force" Edmund Burke.

1. [n.] The capacity of enduring hardship or inconvenience

-endurance	-forbearance	-sufferance
-fortitude	-imperturbability	-stoicism

-patience of Job -resignation

Peace Peacefulness

peace *n.* **1.** The absence of war or other hostilities. **2.** An agreement or a treaty to end hostilities. **3.** Freedom from quarrels and disagreement; harmonious relations: *roommates living in peace with each other.* **4.** Public security and order: *was arrested for disturbing the peace.* **5.** Inner contentment; serenity: *peace of mind. interj.* **1.** Used as a greeting or farewell, and as a request for silence. **Idioms: at peace 1.** In a state of tranquillity; serene: *She is at peace with herself and her friends.* **2.** Free from strife: *Everyone wants to live in a world at peace.* **keep one's peace** or **hold one's peace 1.** To be silent. **keep the peace 1.** To maintain or observe law and order: officers who were sworn to keep the peace.

1. The agreement of opinions or interests

-concord -concurrence -harmony -accord -conformity -cooperation

-concert

2. An absence of motion or disturbance

-calm-peace of mind-repose-calmness-peaceableness-rest-inactivity-placidity-serenity-breathing spell-quiescence-stillness-lull-quiet-tranquillity

-peacefulness

Rage

rage *n.* **1. a.** Violent, explosive anger. **b.** A fit of anger. **2.** Furious intensity, as of a storm or disease. **3.** A burning desire; a passion. **4.** A current, eagerly adopted fashion; a fad or craze: when torn jeans were all the rage. v. intr. raged rag•ing rag•es **1.** To speak or act in violent anger: raged at the mindless bureaucracy. **2.** To move with great violence or intensity: A storm raged through the mountains. **3.** To spread or prevail forcefully: The plague raged for months.

1. To be or become angry

-seethe -blow up -rant
-anger -flare -rave
-fume -flare up -explode
-boil -bridle -have a fit

-blow (slang) -flip out (slang)

2. An angry outburst

-tantrum -huff -conniption fit -fit -passion -explosion

-apoplectic fit -temper tantrum

Respectfulness

re-spect *v. tr.* **re-spect-ed re-spect-ing re-spects 1.** To feel or show deferential regard for; esteem. **2.** To avoid violation of or interference with: *respect the speed limit.* **3.** To relate or refer to; concern. *n.* **1.** A feeling of appreciative, often deferential regard; esteem. **2.** The state of being regarded with honor or esteem. **3.**Willingness to show consideration or appreciation.

1. Thoughtful and kindly attention

-solicitude -consideration -thoughtfulness -concern -regard -kindliness

-considerateness

2. A feeling of respectful appreciation and affection

-esteem -estimation -approval -account -favor -veneration -admiration -regard -reverence

-consideration

3. Favorable regard

-approval -approbation -admiration -favor -esteem -liking

-appreciation -good will -good opinion

4. A feeling of regard

-esteem -reverence -appreciation -admiration -veneration -affection

-awe

Responsibility

re-spon-si-bil-i-ty *n. pl.* **re-spon-si-bil-i-ties 1.** The state, quality, or fact of being responsible. **2.** Something for which one is responsible; a duty, an obligation, or a burden.

Self-Control

Self-con•trol *n.* **1.** Control of one's emotions, desires, or actions by one's own will: "You think yourself a miracle of sensibility; but self-control is what you need" MARY BOYKIN CHESNUT. **self-con•trolled** *adj.*

1. The quality of being not easily agitated

-equanimity -sang-froid -calmness -composure -self-possession -steadiness -coolness -dispassionateness -aplomb

-phlegm -unflappability -imperturbability

-poise

2. Avoidance of extremes of opinion or conduct

-moderation -measure -temperance -continence -restraint -moderateness

-discipline

sport-man-ship Conduct and attitude considered as befitting participants in sports, especially fair play courtesy, striving spirit, and grace in losing.

Tolerance

toleereance *n.* **1.** The capacity for or the practice of recognizing and respecting the beliefs or practices of others. **2. a.** Leeway for variation from a standard. **b.** The permissible deviation from a specified value of a structural dimension, often expressed as a percent. **3.** The capacity to endure hardship or pain. **4.** *Medicine* **a.** Physiological resistance to a poison.

1. [n.] The willingness to accept new ideas

-open-mindedness -broad-mindedness

2. [n.] The quality or power of withstanding something

-stamina -hardiness -toughness -endurance -robustness -sturdiness -persistence -ruggedness -perseverance

-fortitude

3. [n.] The act or process of accepting

-acceptance -allowance -sufferance

-acquiescence -indulgence

4. [n.] The capacity to withstand

-imperviousness -immunity -durability -endurance -stamina -strength

-resistance

Truthfulness

truth•ful *adj.* **1.** Consistently telling the truth; honest. **2.** Corresponding to reality; true. **truth•ful•ly** *adv.* **trut•ful•ness** *n.*

1. Freedom from deceit or distortion of fact

-truth -verity -authenticity -veracity -reliability -fidelity

2. Correspondence with fact or truth

-veracity -honesty -exactness
-accuracy -integrity -verity
-correctness -frankness -exactitude
-faithfulness -openness -precision

-fidelity -sincerity

Violence

Vi•O•lence *n.* **1.** Physical force exerted for the purpose of violating, damaging, or abusing: *crimes of violence.* **2.** The act or an instance of violent action or behavior. **3.** Intensity or severity, as in natural phenomena; untamed force: *the violence of a hurricane.* **4.** Abusive or unjust exercise of power. **5.** Abuse or injury to meaning, content, or intent: *do violence to a text.* **6.** Vehemence of feeling or expression; fervor.

1. Power used to overcome resistance

-coercion	-force	-bullying
-arm-twisting	-pressure	-threats

-constraint -compulsion

-duress





"RESOLVE CONFLICTS"

HEARLT

HEALTH FOCUS:
ANGER MANAGEMENT

" Together we brighten the world we all share."

-ELAINE PARKE

MARCH

"RESOLVE CONFLICTS" HEALTH FOCUS

he health focus for the month of March is **Anger Management and Violence Prevention.** One sign of maturity and of social health is the ability to peacefully resolve conflicts. When students solve more of their own conflicts, a teacher can put away the referee whistle. It is to the benefit of everyone to create a problem-solving classroom environment so that quality time is devoted to education. In this kind of environment students learn to:

- Think of others put themselves in other people's shoes.
- Openly accept differences of opinion.
- Use kind rather than unkind language.
- · Work for the common good.
- Resolve conflicts through peaceful discussion.
- Follow teacher's directions without complaint.
- Compromise when necessary.
- Accept change.
- · Treat others fairly.

Put the following ideas on the board each week and share peacekeeping ideas with students. Encourage each students to pay attention to his/her own peaceful or non-peaceful frame of mind. Good luck and have a peaceful month.



WEEK 7 N

Make a commitment to think peacefully this month.

When someone starts to make you angry - ask yourself, "Is what they have done to upset me really that terrible?"

• • • • • •

When you feel upset, try to think about something you are grateful for.

Perhaps you recently received a small gift, or someone complemented you.

Compare the upset feeling and the grateful feeling. Which one is the best?

• • • • • •

Gount to ten at the first twinge of anger and then take three or four deep breaths. Think about a time when you angered someone who was probably counting to ten to hold back their anger towards you. Remember there are times when we are all on both sides of the fence.

• • • • • •

This is a challenge!! Think of someone you are not getting along with very well. Now plan a way to contact them and improve your relationship with them. Apologize if need be. Write a letter, invite them to do something with you, be creative . . . you'll be so glad you did.

• • • • • •

If you start to feel an anger growing towards a friend or family member, take a short walk until you feel calmed down.

When you return, take a moment to talk to the person. Maybe you'

When you return, take a moment to talk to the person. Maybe you've misunderstood something or a compromise can be reached.

.

"RESOLVE CONFLICTS" LITERACY ENRICHMENT WRITING/ESSAY PROMPTS

Put one writing topic on the chalkboard to settle and focus students as they are entering your classroom or when you have extra time to fill-in. Or use them to start classroom discussions. You can even use them as a contest for extra bonus points, or to receive "special reward coupons" or incentives. Submit your best entries to www.CaringHabits.org. We may use the winners in future CHA publications.

" Together we brighten the world we all share."

-ELAINE PARKE

MARCH



"RESOLVE CONFLICTS" LITERACY ENRICHMENT TOPICS / PROMPTS / STARTERS

How do you "Resolve Conflicts?" (at home? in school? in your community?)

List your "Top <u>5</u>" Suggestions for Resolving Conflicts.

(To fit your time allotment change $\underline{5}$ to a smaller or larger number.)

Explain in <u>3</u> or more paragraphs, how "Resolving Conflicts" resulted in something positive in your life. (To fit your time allotment change 3 to a smaller or larger number.)

What do you do to manage your own anger? Explain how this is effective or not effective.

Have you recently read a book or watched a tv program where a conflict was resolved? Explain how.

How safe do you feel here in your school? Explain why or why not?

What are your standards for a peaceful habit-tat? How effective are they and why?

What do you think causes so much violence in our world* and what can be done? (*school, community, etc.)

How do you define "doing the right thing" when it comes to violence? Explain.

Explain one of these 1960's expressions: "Make Peace, Not War" or "If You Want Peace, Work for Justice." Can you think of some other Conflict Resolving slogans to promote peace and getting along together?

Who is a Peace Advocate that you most admire and why?

Select a quote from your Student Planner. Write <u>two</u> or more paragraphs explaining it, why you chose it and facts you know about the person who said it. (Also see "Quotes" Section of your Idea Book.)

Write your own Conflict Resolving Alphabet. A is for Acceptance, B is for . . . ,etc.

Draw a picture or write a story* (*song, poem or rap) about two friends who had a conflict. Did they resolve it? What did they do? What was your opinion of their actions?



Caring Color: Dove White

In March RESOLVE CONFLICTS

GARING HABAT OF THE MONTH (M) HDVENTURE	Pretend you were playing ball and one of your opponents stamped her foot when she missed and made a face when she lost. Write about how you think you should act when you lose.	MANUSCH.
		Caring Color: Dove White H
		In March RESOLVE CONFLICTS
		THE CARING HABIT ADVENTURE.



Describe what you think we need to change in the world so we can all live together peacefully.







"RESOLVE CONFLICTS"

LITERACY ENRICHMENT READING BOOK LISTS

Primary, Young Adult and Mature Readers

" Together we brighten the world we all share."

-ELAINE PARKE

MARCH



ABBREVIATIONS KEY

Review Sources and Awards

A.L.A. American Library Association

AΡ Appraisal

BC Bulletin: Center for Children's Books

BK **Book Links** BL Book List СН Choice

Caldecott Medal/Honor CM

CS Child Study Children's Book Committee

EL **Emergency Librarian**

ES **Elementary School Library Catalog**

FO Five Owls Horn Book HB

KL Kliatt

KR Kirkus Revies

LA L.A. Recommended Foreign Language

LJ Library Journal LT Library Talk

MR Multicultural Review

NB Notable Book

NM Newbery Medal/Honor

NT **New York Times** РW Publisher's Weekly

RR Reference and Research News

SL School Library Journal

V.O.Y.A. Voice for Youth Advocates

WC Wilson's Children

WM Wilson's Middle and Junior High

Wilson's Senior High WS

* starred review

OTHER ABBREVIATIONS

Κ Kindergarten IL Interest Level RL Reading Level YΑ Young Adult

54



"RESOLVE CONFLICTS"

Young Adult Reading Book List (Grades 4 thru 8)

The 18th Emergency



Betsy Byars
Puffin Books, 1981
120 p., RL 4.4, IL, 3-6, Fiction (BC, HB, LJ, NT, SLJ, WC)

When 12-year-old Mouse Frawley angers Marv Hammerman, the school bully, Mouse thinks of all the imaginary emergencies he can handle, from alligators in the swamp to man-eating lions, but can't find a solution to the real situation he faces. This book is a funny, insightful read sure to hold the reader until Mouse finally handles his emergency.

The Best Fight



Anne Schleipier Albert Whitman, 1989 63 p., RL 4.5, IL 3-6, Fiction (BK,HB,BL, SLJ)

Jamie is always fighting with the other fifth graders because they tease him about his special reading class. The principal helps Jamie realize that he isn't dumb, but has many talents.

Dance of the Crystal Skull



Norma Lehr Rising Moon, 1999 149 p, RL 4.4, IL 3-6, Fiction (BL, SLJ, LT)

Eleven-year old Kathy is excited to go on an archeological dig with her grandmother to New Mexico until she has visions of an ancient, crystal skull. This sequel to "The Shimmering Ghost of Riversend" and "The Secret of the Floating Phantom" is an exciting blend of adventure story and realistic fiction.

How to Fight a Girl



Thomas Rockwell
Bantam Doubleday Dell Books for Young Readers, 1988
112 p., RL 4.6, IL 3-6, Fiction (KR)

In this funny, fast-paced sequel to "How to Eat Fried Worms," Jo and Alan plan their revenge on Billy, but things go wrong when their "secret weapon," the prettiest girl in their fifth grade class, becomes Billy's friend.

The Losers Fight Back: a Wild Willie Mystery



Barbara M. Joosse, Illustrated by Sue Truesdell Clarion Books, 1994 97 p., RL 3.3, IL 3-6, Fiction (BL, KR,HB, SLJ, CS)

In this sequel to "Wild Willie and King Kyle, Detectives," Willie and Lucy try to turn their losing soccer team into winners by recruiting the school bully, Chuckie. Chuckie demands a great deal of bribery, then refuses to let the others play without paying him. This believable story is both realistic and funny without preaching.

Make Someone Smile: and 40 More Ways to be a Peaceful Person



Judy Lalli; Photographs by Douglas L. Mason-Fry Free Spirit Publishers, 1996 71 p., RL 2.2, IL 3-6, Non-fiction (PW)

This book is a collection of black and white photographs of children modeling various means of resolving conflicts.

Mary Ann and the Playground Fight



Ann M. Martin Scholastic, 1998 126 p., RL 4.5, IL, 3-6, Fiction Series: Baby-sitters Club

When each of the club members applies for the same summer job, each one has to decide whether the job is more important that the friendships.

Night of Fear



Peg Kehret Pocket, 1996 138 p., RL 5.6, IL 5-8, Fiction (BR, BL, HB, SLJ, V.O.Y.A., WJ)

When they discover an arsonist hiding in a barn, 13 year-old T.J. and his grandmother who has Alzheimer's disease, find their lives in danger.

Peace Rebel



Robert Elmer Bethany House, 1993 159 p., RL 8.0, IL 5-8, Fiction Series: Promise of Zion

Set in the Palestine of 1947, Dov, a Polish Jew, and Emily, the daughter of a British major, are taken to a Jewish kibbutz and are soon involved in the problems and violence between their own peoples and the Arabs.

Rosa Parks: Fight for Freedom



Keith Brandt Troll, 1998 48p., RL 4.9, IL 3-6, Non-fiction (Christian Library Journal*)

This biography tells the story of Rosa Parks, whose actions ended segregation on the buses of Montgomery Alabama in the 1960's.

Sadako and the Thousand Paper Cranes



Eleanor Coerr; Illustrated by Ronald Himler Puffin, 1999 79 p., RL 5.0, IL 3-6, Fiction (BK, BL, BC, HB, KR, LJ, WC) A powerful book for all ages.

Based on the real life of twelve-year old Sadako, who was hospitalized with leukemia as a result of the bombing of Hiroshima when she was a toddler. Sadako remembers the legend that if an ill person will fold 1000 origami cranes, they will be given the gift of health and begins the task of making the thousand cranes, folding hundreds of them and hanging them from the ceiling of her hospital room. Although she dies before finishing, the children of Japan honor her memory each year at the Peace Memorial in Hiroshima.



SPECIAL NOTE! See page 14-15 of this Idea Book for activities and instructions on how to fold a paper crane-peace dove!

Soaring Eagle



Mary Peace Finley
Eakin Press, 1998
166 p., RL 6.3, IL 5-8, Fiction (BL, BC, HB, KR, SLJ, V.O.Y.A.)

When 13 year-old Julio is rescued by Cheyennes on the Santa Fe Trail, he discovers both friendship and a clue to his identity during his time with them. Julio's adventures continue in the sequel, "White Grizzly."

Through My Eyes



Ruby Bridges Scholastic, 1999 63 p., RL 6.2, IL 3-6, Non-fiction (BL*, HB, NB, PW, SLJ*, WC, WJ)

Ruby Bridges remembers how she, as a 6 year old, integrated her school in New Orleans in 1960. A moving and powerful book that allows a glimpse of the reality of that time, it will be sure to generate a classroom discussion.

Who Put That Hair In My Toothbrush?



Jerry Spinelli Little, Brown, 1984 220 p., RL 5.3, IL 5-8, Fiction

Spinelli, a Newbery Award-winning author, gives humorous new meaning to the term "sibling rivalry". When 12 year-old Megin ruins her older brother Greg's science project, he vows to get even.

Why is Everybody Always Picking On Me?: A Guide to Understanding Bullies for Young People



Terrance Webster-Doyle, Illustrated by Rod Cameron Weatherhill, 1998
130 p., RL 6.5, IL 5-8, Non-fiction
Series: Education for Peace

This collection of stories and activities show how young people can end conflicts without fighting. Another excellent book in the same series is "Tug of War: Peace Through Understanding Conflict," also by Terrance Webster-Doyle.

BONUS!!! SPRING HOLIDAYS BOOK LIST on Page 60 of this month's Idea Book



"RESOLVE CONFLICTS"

Primary Reading Book List (Grades K thru 3)

Abbreviation Code at the beginning of this Chapter

The Berenstain Bears Get in a Fight



Stan and Jan Berenstain Random House, 1982 32 p, RL 3.3, IL K.3, Easy

After causing a family crisis, Brother and Sister Bear discover that even best friends can disagree.

Best Day of the Week



Nancy Carlsson-Paige Readleaf Press, 1998 32 p., RL 3.3, IL K-3, Easy

When Calvin and Amy argue about whether to play pirates or store, they have to find a better way to resolve the problem.

Bootsie Barker Bites



Barbara Botner G.P. Putnam's Sons, 1992 Unp, RL 2.8, IL K-3, Easy (BL*, HB*,KR, PW, SLJ, WC)

When her mother begins to baby-sit Bootsie Barker, who seems sweet and docile when the adults are around but is a bully when they aren't, the little girl decides to turn the tables with funny results.

The Caterpillow Fight



Sam McBratney; Illustrated by Jill Barton Candlewick Press, 1997 21 p., RL 1.5, IL K-3, Easy (BL,HB,SLJ)

When the young caterpillars get out-of-hand in a rowdy pillow fight, the Big Caterpillar steps in.

Dealing with Arguments



Lisa K. Adams
PowerKids Press, 1997
24 p., RL 4.2, IL K-3, Non-fiction (LA)
Series: The Conflict Resolution Library

Written in an easy-to-understand style and illustrated with photographs, this book discusses how arguments begin and what they are as well as ways to end them without a fight. Other good books in this series are "Dealing with Anger" and "Dealing with Fighting," both by Marianne Johnston and "Dealing with Being the Middle Child in Your Family" by Elizabeth Vogel.

The Fight



Betty Virginia Doyle Boegehold Gareth Stevens Pub., 1999 32 p., RL 1.8, IL K-3 Series: Bank street Ready-to-read. Level 2

When students forget to use their heads, a small accidental collision on the playground causes a huge fight in this funny, rhyming story.

Five Minutes Peace



Jill Murphy
Penguin Putnam Books for Young Readers, 1999
30 p., RL 3.6, IL K-3, Easy

Guaranteed to delight every busy mother, as well as her children, Mrs. Large (an elephant) wants only a few moments to herself, but is constantly interrupted by the demands of the children. Other funny stories about the Large family include: "All in One Piece," "A Piece of Cake," and "A Quiet Night In."

Little Bear and the Big Fight



Jutta Langreuter and Vera Sobat Millbrook Press, 1998 32 p., RL 3.5, IL K-3, Easy (BL, LA, SLJ)

When his best friend, Brandon won't share his pink clay with Little Bear who wants to model a pig, Little Bear becomes so angry he smashes Brandon's clay flamingoes and even bites his friend. After much anger, both cubs wonder if they can ever be friends again.

Martin Luther King, Jr.: Man of Peace



Pat and Frederick McKissack Enslow, 2001 32 p., RL 3.4, IL K-3, Non-fiction Series: Great African Americans

This short, easy to read biography, illustrated with photos, describes the life and accomplishments of the Civil Rights leader.

No Fighting, No Biting!



Else Holmelund; Illustrated by Maurice Sendak HarperCollins, 1958 62 p., RL 2.9, IL K-3, Easy (BL, BC, HB, KR,SLJ,WC) Series: An I Can Read Book

Sometimes Rosa and Willy act more like the little alligators in Cousin Joan's stories, than children.

Peace Crane



Sheila Hamanaka Morrow Junior Books, 1995 36 p., RL 4.2, IL K-3, Easy (BK, BL,ES, HB,KR, PW, SLJ)

Dedicated "...to the children of Hiroshima and Nagasaki, and to all children everywhere who long for peace," the poem is inspired by Sadako (see the book review "Sadako and the Thousand Paper Cranes" on page 50 of this month's Idea Book). A young girl who learns of Sadako looks toward a more optimistic future without the violence of today's world.



SPECIAL NOTE! See page 14-15 of this Idea Book for activities and instructions on how to fold a paper crane-peace dove!

Peace Is a Circle of Love



Joan Walsh Anglund Harcourt Brace & Co., 1997 Unp, RL 3.3, IL K-3, Non-fiction (HB)

Including many definitions of peace and illustrated with children from many countries, older readers, rather than young children will appreciate this book.

The Seeds of Peace



Laura Berkeley; Illustrated by Alison Dexter Barefoot Books, 1999 36 P., RL 4.8, IL K-3, Easy (SLJ, PW)

A merchant, unhappy despite his great wealth, turns to a hermit for wisdom and peace of mind.

Something Is Wrong at My House: a Book About Parent's Fighting



Diane Davis, Illustrated by Mariana Megale Parenting Press, 1984 32 p., RL 4.1, IL K-3, Non-fiction

Children from violent homes will be discover some of their options and will be helped break the cycle of domestic violence.

Somewhere Today: A Book of Peace



Shelley Moore Thomas; Photographs by Eric Futran Albert Whitman, 1998 24 p., RL 4.2, IL K-3, Non-fiction (BL,LA, PW, SLJ, Christian Library Journal*)

Beautifully illustrated with color photos, the verse gives every-day examples of how each of us can do our part to promote peace.

The Tale of Gilbert Alexander Pig



Gael Cresp Barefoot Books, 2000 32 p., RL 3.0, IL K-3, Easy (BL,SLJ, PW)

Giving a modern twist to "The Three Little Pigs", Gilbert sets out with his trumpet to see the world until a wolf tries to steal his trumpet. After a great deal of trouble, the wolf and Gilbert agree to work together and sign a contract to peacefully co-exist with Gilbert teaching the wolf how to play.

The Three Little Wolves and the Big Bad Pig



Eugenios Trivizas; Illustrated by Helen Oxenbury Aladdin Paperbacks, 1993 32 p., RL 5.1, IL K-3, Easy (BL*, ES. LJ*, NY, PW, SLJ*, WC)

Delightfully altered, the Three Little Wolves (all with fluffy tails!) are unsuccessfully harassed by a really big, really bad pig. The surprise ending will be sure to make the reader laugh out loud!

When They Fight



Kathryn Ivy White; Illustrated by Cliff Wright Winslow Press, 2000 27 p., RL 1.2, IL K-3, Easy (BL, HB, SLJ)

A young badger tells what it's like for him when his parents fight and how different it is when they get along. Illustrated with dramatic, striking art, this book will be an excellent starting point for class discussion.

Why Are You Fighting, Davy?



Brigitte Weninger, Illustrated by Eve Tharlet North-South Books, 1999 29 p., RL 2.0, IL K-3, Easy (BL,SLJ)

Great for reading aloud, two little rabbits are best friends, but Davy and Eddie blame each other for the loss of Davy's boat. Words lead to blows, but the bunny buddies eventually make up and become best friends once again.

Wolf's Chicken Stew



Keiko Kasaz Putnam, 1987 32 p., RL 3.0, IL K-3, Easy (BL, ES, HB, NB, PW, SLJ, WC)

A hungry wolf plans to have a great chicken stew, but decides to wait and fatten the chicks first. But a shock is in store for the Wolf...after several nights of calorie-laden treats for the chicks, they all love their "Uncle Wolf". Funny reading that everyone will enjoy.

BONUS!!! SPRING HOLIDAYS BOOK LIST Just turn the page.



SPRING HOLIDAYS BOOK LIST

The Country Bunny and the Little Gold Shoes



DuBose Heyward; Illustrated by Marjorie Flack Houghton Mifflin, 1967 48 p., IL K-3, RL 3, Easy (WC, ES, SL, LJ, BL, HB)

After proving herself, a little country cottontail becomes one of the special Easter bunnies, even though she has twenty-one children of her own.

Easter



Gail Gibbons Holiday House, 1989 32 p., IL K-3, RL 3, Non-fiction (WC, BL)

Discusses the history, symbols and traditions of Easter.

Lost at the White House: A 1909 Easter Story



Lisa Griest; Illustrated by Andrea Shine Carolrhoda Books, 1994 Series: Carolrhoda On My Own Books 48 p., IL K-3, RL 2.7, Easy (SL, HB)

During the annual White House Easter egg roll, Rena gets lost and meets President Taft.

Passover



Cathy Goldberg Fishman; Illustrated by Melanie W. Hall Atheneum Books for Young Readers, 1997 33 p., IL K-3, RL 4.2, Non-fiction (SL, BL, KT, LT, LA)

A little girl learns about Passover as her family prepares for the holiday.

Rechenka's Eggs



Patricia Polacco Philomel Books, 1988 32 p., IL K-3, RL 2.5, Easy (WC, ES, BK, BL, BC)

When she breaks the painted eggs for the Easter Festival, the goose rescued by Babushka lays thirteen incredibly colored eggs to replace them and leaves one final miracle egg when she returns to her own kind.

The Story of Easter



Aileen Lucia Fisher; Illustrated by Stefano Vitale HarperCollins, 1997 32 p., IL 3-6, RL 5.5, Non-fiction (ES, SL, PW, KR)

Explains the history and importance of the Christian celebration of Easter.



"RESOLVE CONFLICTS"

Mature Readers Book List (Mature Readers, Teachers and Adults)

Abbreviation Code at the beginning of this Chapter

Bringing Up Parents: the Teenagers' Handbook



Alex J. Packer; Illustrated by Harry Pulver, Jr. Free Spirit Press, 1997 264 p., YA, Non-fiction (WS, BL*)

A down-to-earth, practical guide for both teenagers (and parents) for developing mutual respect, it encourages teens to find ways of expressing their feelings without verbal battles and provides detailed, practical methods to diffuse power struggles.

Can You Sue Your Parents for Malpractice



Paula Danziger 1998, Putnam & Grossett 152 p., YA, Fiction (BL*, BK, BC, KR, NY, WJS)

Fourteen-year old Lauren is both confused and upset by problems at home and in school. In this funny, fast-paced book, Lauren learns the importance of being herself.

Join the Golden Rule Revolution*



Elaine Parke; Illustrated by Darlene Patrick Caring Media International, 2001 288 p., IL Everyone, RL Any, Non-fiction

More nourishing than chicken soup. This book is a refreshing year-round recipe of heart warming daily inspirations, poems and action tips —all organized into lively monthly themes— that transform Golden Rule Habits into happiness. See March —Resolve Conflicts section for daily teacher / classroom / family reading. *WARNING! This book is habit-forming. *May cause a happier life.

The Outsiders



S.E. Hinton Viking Press, 1967 188 p., RL 5.1, YA, Fiction (BK, BL, HB, NB, SLJ, WJ, WS)

As current today as when it was written, this classic story tells of three brothers and their struggle to stay together after their parents' death and their search for identity and values that conflict with the teenage society they inhabit.

Who's In the Mirror: Finding the Real Me



Ron Herron and Val J. Peter Boys Town Press, 1998 137 p., YA, Non-fiction Series: Boys Town Teens and Relationships

Aimed at helping teens develop their identity, this book discusses dating, family conflict, peers, the pressures facing today's teens and much more.





"RESOLVE CONFLICTS" POPULAR MUSIC

" Together we brighten the world we all share."

-ELAINE PARKE

MARCH

"RESOLVE CONFLICTS"

With Music and Song





Reunited	- Peaches and Herb
reunited	- reacties and tierd

Red Roses for a Blue Lady

- Brenda Lee I'm Sorry

Working My Way Back to You - The Four Seasons

An Evening Prayer

Give Peace a Chance - John Lennon and Yoko Ono

We Shall Overcome

Let There Be Peace on Earth

- Petula Clark Don't Sleep in the Subway

What the World Needs Now is Love

Charity - Ken Gulliksen

Jennifer, Come Home - Sheila Walsh

Somewhere Out There - Linda Ronstadt and James Ingram

We Can Work It Out - The Beatles

- David Soul Don't Give Up On Us

Hurting Each Other - The Carpenters

- Eddie Fisher Forgive Me

Bill Bailey, Won't You Please Come Home

I'm Sorry I Made You Cry - Connie Francis

- Debby Boone Hasta Manana

Just Once - Quincy Jones

Are You Lonesome Tonight - Elvis Presley

Return to Me - Dean Martin

Let the Healing Begin - Pamela Sellarole

Honey, Come Back - Glen Campbell

The Lord's Prayer - Alfred Hay Malotte

It Is No Secret - Pat Boone

He Looked Beyone My Fault - Dottie Rambo

The Prayer of St. Francis

The Most Beautiful Girl - Charlie Rich

Has Anybody Seen My Sweet Gypsey Rose? - Tony Orlando and Dawn

For Pete's Sake - The Monkees

Stay - Barry Manilow

Baby Come Back - Player

List music that you have found that fits the "Resolve Conflicts" theme below. (We would love to hear yours too! Please list them on the Teacher Suggestion Form in the Teacher Tools Section of this Idea Book and send them to us today. Thanks!)





"RESOLVE CONFLICTS" **STORIES & POEMS**

"Together we brighten the world we all share."

-ELAINE PARKE

THE CARING HABIT ADVENTURE.

"RESOLVE CONFLICTS"

Stories and Poems

Wounded by ANGER

Internet Author Unknown



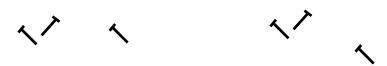
There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same."

A verbal wound is as bad, sometimes even worse than a physical one. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.



The Gossiper

Internet Author Unknown

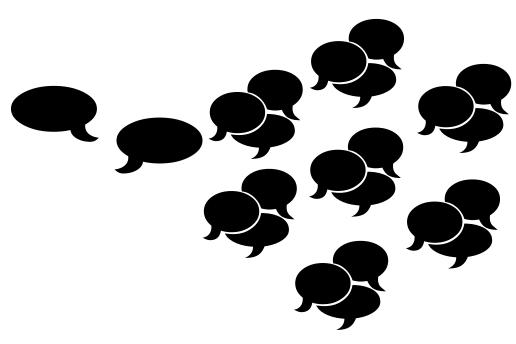
A woman repeated a bit of gossip about a neighbor. Within a few days the whole community knew the story. The person it concerned was deeply hurt and offended. Later, the woman responsible for spreading the rumor learned that it was completely untrue. She was very sorry and went to a wise old sage to find out what she could do to repair the damage.

"Go to the marketplace," he said, "and purchase a chicken, and have it killed. Then on your way home, pluck its feathers and drop them one by one along the road. "Although surprised by this advice, the woman did what she was told.

The next day the wise man said, "Now, go and collect all those feathers you dropped yesterday and bring them back to me."

The woman followed the same road, but to her dismay the wind had blown all the feathers away. After searching for hours, she returned with only three feathers in her hand.

"You see," said the old sage, "It's easy to drop them, but it is impossible to get them back. So it is with gossip. It doesn't take much to spread a rumor, but once you do you can never completely undo the wrong."



Mend Your Fences

Song Lyrics by Robin Stemple

We build walls to keep out each other.

And gather stones to throw at one another.

Just like children we think it's lose or win.

But it's in peace that we can begin again.

Mend your fences, Let those old wounds heal. Let our hearts unite as one. It's a new day, sing a new song, I know a new life has begun.

We're afraid to try to love each other,
Think we might get hurt again.
So we fear our sisters and our brothers,
I think it's time to try again, my friend.

Can we mend our fences, Let those old wounds heal, Let our hearts unite as one? It's a new day, sing a new song I know a new life has begun.

If we're to live without any regrets,
Then we must learn to forgive and forget.
Can't we mend our fences,
Let those old wounds heal,
Let our hearts unite as one?
It's a new day, sing a new song,
I know a new life has begun.
I know a new life has begun.

Hug O'War

Shel Silverstein

I will not play at tug o'war,
I'd rather play at hug o'war,
Where everyone hugs
Instead of tugs,
Where everyone giggles
and rolls on the rug,
Where everyone grins,
And everyone cuddles,
And everyone wins.

"Three Little Words" for March

Victor M. Parachin



I respect you.



Respect is another way of showing a person your love. Respect conveys the feeling that another person is a true equal. It is a powerful way to affirm the importance of a relationship.



Maybe you're right.



This phrase is highly effective in defusing an argument and restoring frayed emotions. The flip side of "maybe you're right" is an act of humility which indicates maybe I'm wrong.

Touched By An Angel

Touched by an Angel, currently in syndication on most cable television networks, is a "Resolve Conflicts" kind of drama. Touched By An Angel stars Roma Downey as a well-meaning problem-solving "caseworker" angel, with the irrepressible Della Reese as her tough, but loving mentor, Tess.

These two, together with Andrew, the Angel of Death (John Dye), minister to the needs of suffering humans, often aiding them in solving their problems with one another, reuniting their families and mending other relationships. This program could also have come under the January and February headings as well, because it deals with angels helping people to help themselves and/or each other, always reminding each person that he or she is special. The goodness portrayed in this program is not necessarily related to religion but simply to finding the good qualities in everyone.

Recommended for all age groups. In fact, families should watch this show together.



I AM ME

Claire Coyne

I am safe.

I am strong and healthy.

I can get along with others.

I have a smart mind.

I like the way I look.

I am lovable.

I have lots of friends.

I feel love all around me.

I am an important person.

I can be anything I want to be.





"RESOLVE CONFLICTS" INSPIRING QUOTES

" Together we brighten the world we all share."

-ELAINE PARKE

MARCH

"RESOLVE CONFLICTS" Inspiring Quotes

(Listed alphabetically by Author's Last Name)

Use these quotations in morning announcements, radio spots, closed circuit television, monthly calendars or other forms of communications during the month. Other classroom activities using quotes are listed in the Activities Section of this Idea Book.

Let us convince our children that carrying a book is more rewarding than carrying a gun.

AUTHOR UNKNOWN

Violence is a one way street to nowhere.

AUTHOR UNKNOWN

Anger blows out the lamp of the mind.

AUTHOR UNKNOWN

Be angry, but don't let the sun go down on your anger.

AUTHOR UNKNOWN

Two wrongs don't make a right, but two Wrights made an airplane

PEACE is a group effort.

BUMPER STICKER AUTHOR UNKNOWN

When a person forgives another, he is promising to do three things about the intended wrongdoing:

- 1. not to use it against the wrongdoer in the future;
- 2. not to talk about it to others; and
- 3. not to dwell on it himself.

JAY ADAMS

Peace is much more precious that a piece of land.

ANWAR AL-SADAT, FORMER PRESIDENT OF EGYPT, SPEECH IN CAIRO - MARCH 8, 1978

That's all nonviolence is - organized love.

JOAN BAEZ, AMERICAN FOLK SINGER, "DAYBREAK"

Those who forgive most, shall be most forgiven.

BAILEY

Laughter changes our perception of pain: physical and emotional.

Bob Basso, Ph.D.

Come over to my side of the argument, the view is always so clear from here!

ASHLEIGH BRILLIANT

Sometimes I need what only you can provide; your absence.

ASHLEIGH BRILLIANT

Some people can find all the peace of mind they need in a good satisfying conflict.

ASHLEIGH BRILLIANT

A little bit of love, peace, and happiness can go a long way.

GINA BULFALINI, GRADE 8 GREEN TREE, PA

There are only two ways of changing men (people) — one is by education of spirit, mind, and body, and the other is by violence . . . education is the one peaceful technique for creating changes for the better.

HOWARD H. BRINTON

A gun is not a tool for peace.

CAINE, "KUNG FU"

I realize that patriotism is not enough.

I must have no hatred or bitterness toward anyone.

EDITH CAVELL, LAST WORDS - OCTOBER 12, 1915

If we open a quarrel between the past and the present, we shall find that we have lost the future.

SIR WINSTON CHURCHILL, FORMER PRIME MINISTER, GREAT BRITAIN

Life is an adventure in forgiveness.

NORMAN COUSINS, FORMER EDITOR, "SATURDAY REVIEW"

What the world needs now is love, sweet love: It's the only thing that there's just too little of.

HAL DAVID, AMERICAN COMPOSER

Once a woman has forgiven her man, she must not re-heat his sins for breakfast.

MARLENE DIETRICH, GERMAN ACTRESS

Civilization is just the slow process of learning to be kind.

WILL AND ARIEL DURANT, THE LESSONS OF HISTORY

Courage is the price life exacts for granting peace.

AMELIA EARHART, AMERICAN AVIATRIX

We cannot solve significant problems with the same level of thinking that created the problem.

ALBERT EINSTEIN

When spider webs unite, they can tie up a lion.

ETHIOPIAN PROVERB

Sticks and stones may break our bones, but words will break our hearts.

ROBERT FULGHUM

You cannot shake hands with a clenched fist.

Indira Gandhi, former prime minister of india

If we would just support each other — that's ninety percent of the problem.

EDWARD GARDNER

Give and forgive.

MARIE THERESA RODET GEOGGRIN

When we honor diversity, we have no enemies.

JANE HUGHES GIGNOUX

Hot heads and cold hearts never solved anything.

REV. BILLY GRAHAM, AMERICAN EVANGELIST

A good marriage is the union of two forgivers.

RUTH BELL GRAHAM, WIFE OF REV. BILLY GRAHAM

Nothing was ever gained by exchanging words in anger.

GIL HALSWELL, "TRACKDOWN"

Forgive you? Oh, of course, dear, A dozen times a week!
We women were created
Forgiveness but to speak.

ELLA HIGGINSON

We must turn to each other and not on each other.

REV. JESSE JACKSON

Experience enables you to recognize a mistake when you make it again.

FRANKLYN P. JONES

Nothing is resolved by war. On the contrary, everything is placed in jeopardy by war.

POPE JOHN PAUL II, ADDRESS, ROME, 1992

If we cannot end now our differences, at least we can help make the world safe for diversity.

JOHN F. KENNEDY, 35TH PRESIDENT OF THE U.S.

I have a dream that one day on the red hills of Georgia, the sons of former slaves, and the sons of former slave owners will be able to sit down together at the table of brotherhood.

MARTIN LUTHER KING, JR.

Injustice anywhere is a threat to justice everywhere.

MARTIN LUTHER KING, JR, LETTER FROM THE BIRMINGHAM JAIL, AUGUST, 1963

We should all keep a large cemetery in which to bury the faults of friends.

ANN LANDERS, ADVICE COLUMNIST

Don't be afraid of opposition. Remember, a kite rises against, not with the wind.

HAMILTON WRIGHT MABLE

Why hate when you could enjoy your time doing other things?

MIRIAM MAKEBA, SOUTH AFRICAN SINGER

Love cures people, the ones who receive love and the others who give it, too.

Karl A. Menninger, AMERICAN PSYCHIATRIST

There is always hope when people are forced to listen to both sides.

JOHN STUART MILL

Those who say they will forgive but can't forget
— simply bury the hatchet, but leave the handle out for immediate use.

The greatest honor history can bestow is the title of peacemaker. This honor now beckons America . . . this is our summons to greatness.

RICHARD M. NIXON, 37TH PRESIDENT OF THE UNITED STATES

Popeye, "THE POPEYE CARTOON SHOW"

Using humor is like changing a diaper; it's not a permanent solution, but it makes everybody feel better.

JEANNE ROBERTSON

We pardon to the extent that we love.

FRANCOIS, DUC DE LA ROCHEFOUCAULD

Quarrels would not last long if only one party were in the wrong.

FRANCOIS, DUC DE LA ROCHEFOUCAULD

For it isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it.

ELEANOR ROOSEVELT, FORMER FIRST LADY

There are enough targets to aim at without firing at each other.

THEODORE ROOSEVELT, 26TH PRESIDENT OF THE UNITED STATES

If we can't teach our children that fighting is not the answer, then we failed — as parents and as human beings. So you can hit me, or you can shake my hand, the choice is yours.

JASON SEAVER, "GROWING PAINS"

For civilization to survive, the human race has to remain civilized.

ROD STERLING, "THE TWILIGHT ZONE"

My doctrine is this, that if we see cruelty or wrong that we have the power to stop, and do nothing, we make ourselves sharers in the guilt.

Anna Sewell, British Author, "BLACK BEAUTY"

Blessed are the peacemakers on earth.

William Shakespeare, british playwright, "king henry vi - part II"

BETTY SMITH, AMERICAN AUTHOR, "A TREE GROWS IN BROOKLYN"

Father Taylor of Boston used to say: "There is just enough room in the world for all the people in it, but there is no room for the fences which separate them."

RITA SNOWDEN

"Birds in their little nests agree," he said. "So why can't we?"

JOHN STEINBECK, AMERICAN AUTHOR, "THE WINTER OF OUR DISCONTENT"

Only the brave know how to forgive. A coward never forgives, it is not is in his nature.

LAURENCE STERNE

You can tell the size of a man by the size of the thing that makes him mad.

Adlai Stevenson II

Keep on going, keep on pushing, keep on fighting injustice.

MARY CHURCH TERRELL

It is easier for the generous to forgive, than for the offender to ask forgiveness.

It is never too late to give up our prejudices.

HENRY DAVID THROEAU, AMERICAN AUTHOR

Forgiveness is the fragrance the violet sheds on the heel that crushed it.

Mark Twain, american author

I just read that one out of every four people is unbalanced. Try to think of three of your best friends (or those seated next to you). If they seem all right to you, you're the one!

Never get in a conflict with a pig. You'll both get muddy and the pig will enjoy it.

CALE YARBOROUGH

You can build a throne with bayonets; but you can't sit on it for long.

Boris Yeltsin, former president of Russia



"RESOLVE CONFLICTS" REPRODUCIBLE SECTION

Please make copies of these curriculum enrichment (and FUN) worksheets for each of your students this month.

MARCH

This is your MARCH

FUN ACTIVITIES SECTION

Here are some fun activities to enjoy!



A March WORDS-2-LEARN Fill-In Story

home, in the s	school, and on the st	treets, conflicts can	in the world today. In the be hard to resolve. Some o here is conflict, we learn f_	
and j	. We may learn that	we can p tho	se we feel have wronged ι	JS.
understand th conflicts are n	eir feelings, we sho ot resolved, v	w g, and we c and r ma	s someone, and try to reate p Whey result. When handled with cts are resolved more easily	h
choices you m a t	night try. Sometimes others, is one of the We must be truth	it takes fe e great gifts you hav nful with others and	nt to resolve it, there are m Being able to forgive ar e. To solve a c, i ourselves. les' feelings. P is	nd t takes
October's Car because we a	ing Habit! It is one c re impatient to get c	of the most difficult a our side of the argum	spects of conflict resolution lent told. At home, in the so towards othe	n chool
M is a process for solving conflicts. It takes courage and bravery to solve problems with others, but it pays off. We all need courage to solve conflicts. Let us all start working on doing that right now. Who do you know that you need to resolve a conflict with? Go now to that person you are having difficulty with, and resolve the problem. You'll be glad you did!				
□Accept □Caring □Conflict □Conflict □Conflict	□Fairness □Forgiveness □Grace □Justice □Mediation	□Mercy □Pardon □Patience □Peacefulness □Rage	□Respectfulness □Self Control □Truthfulness □Tolerance □Violence	Υ



A DIFFERENT KIND OF PROBLEM SOLVING!

Sue had 56 health bars. Her friends were upset. They had none! To resolve the conflict, she gave each friend 8 health bars. **How many friends did Sue share with?** ____ friends

I had 9 health bars and my sister had 6 health bars. My brother was upset with us because he had no health bars. I decided to resolve the conflict and share equally.

How many health bars did we each have after dividing them equally? _____ each

The conflict in the class room was this: 1/4 of the students wanted the lesson of the day read to them, 2/4 of the students wanted to read the lesson on their own. To resolve the conflict, the teacher asked the remaining students who were undecided what they would prefer.

With a class of 16, how many kids were undecided? _____ students

How many students wanted the lesson read? students

How many students wanted to read the lesson on their own? students

If all the undecided students agreed to have the lesson read, what would be the total

amount of students wanting the lesson read?_____ students

What would you think is the best way to resolve this conflict?

HEALTHBAR MEASUREUP

Mark these **mixed numbers** on the ruler
below the HealthBar
and put the letter for
that number under your
mark. Good Luck!



B. 4 1/2

C. 3 3/8

D. 15/8



Write these fractions in the **lowest terms**. If they already are in the **lowest terms**, then write the same number fraction again.



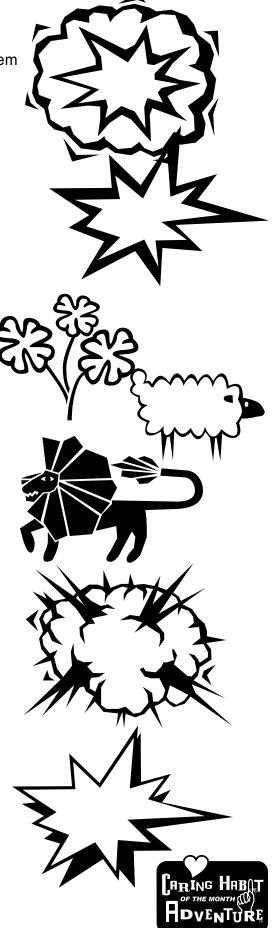
RESOLVE CON A March Puzzle

Look for the hidden words from the list below. You can find them across, up and down, diagonally, forward and backward.

Q R E H W J A L E C N E I T A P W J R G Y M H Y H T A P M E N E Z ENLANTBLDHRNLRAE LHSRNRABTOIAJCH UEFLKUDUNIESNOEP LGNRCANOETECARGF ISOMBCAFREPBUR F U E H S L N U D E O U A O E L O TNNDETDTXQIRLDRNK SCWNEAPRZDGWNOEA IOVLEAESO YORNMN LOENALOWGCSU GDAMFORGIVENESS ANSFCMWLCGNAKRY RTYCBRAVERYQELOSE

- Bravery □ Caring □ Courage ■ Empathy □ Fairness □ Forgiveness ☐ Grace
- □ Leniency

- Mercy
- □ Pardon
- □ Patience
- □ Peacefulness
- ☐ Rage Reduction
- □ Respectfulness
- ☐ Self-Control
- □ Truthfulness



RESOLVE GONTHOS Hidden Message Puzzle

Listed below are the letters of the alphabet from 1 to 26, but the letters are not in the order that we know them. Match each number to its corresponding letter, and you will find some messages that may help you to "Resolve Conflicts."

1 9 10 2 5 6 7 8 11 12 13 14 15 16 F R X S A Ε W G Т С 0 J Н Ρ 17 20 21 22 23 24 25 26 Puzzle⁽ 18 19 Ζ K M Ν

<u>13 8 7 4 9 6 25 8 22 8 4 6 11 1 22 8 19</u>

7 25 26 9 13 23 25 15

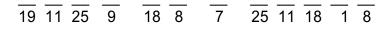
 $\overline{1}$ $\overline{23}$ $\overline{3}$ $\overline{8}$ $\overline{23}$ $\overline{6}$ $\overline{7}$ $\overline{25}$ $\overline{7}$ $\overline{19}$ $\overline{22}$ $\overline{8}$ $\overline{25}$ $\overline{9}$ $\overline{21}$ $\overline{4}$ $\overline{8}$

 $\frac{1}{23}$ $\frac{1}{25}$ $\frac{1}{3}$ $\frac{1}{11}$ $\frac{1}{4}$ $\frac{1}{15}$ $\frac{1}{23}$ $\frac{1}{22}$ $\frac{1}{8}$ $\frac{1}{25}$ $\frac{1}{8}$ $\frac{1}{6}$ $\frac{1}{6}$

<u>25 11 9 13 23 25 15 14 7 6 8 22 8 4</u>

<u>15</u> <u>7</u> <u>23</u> <u>25</u> <u>8</u> <u>19</u> <u>18</u> <u>26</u> <u>8</u> <u>5</u> <u>10</u> <u>13</u> <u>7</u> <u>25</u> <u>15</u> <u>23</u> <u>25</u> <u>15</u>

 $\frac{1}{14} \frac{1}{11} \frac{1}{4} \frac{1}{19} \frac{1}{6} \frac{1}{23} \frac{1}{25} \frac{1}{7} \frac{1}{25} \frac{1}{15} \frac{1}{8} \frac{1}{4}$



<u>3 23 15 13 9 8 4 10 7 21 6 8</u>

<u>17 23 25 19 25 8 6 6 6 23 6 4 23 15 13 9 8 4</u>







FREAINKO GNYMERCYTO DOSPBIAOBC CDLAROUKUX YPQGRWTULIPSRZJF WLOHRAAHSTYREVARBE IECAEPIYEOQBFANGHR GCWTRUTHFULNESSE EJASSENLUFTCEPSERM TSUCORCJCEPVROBINP LIZEVXAAEMISCOHT OSPKHMRONQTAJL TIGE	/					
DOSPBIAOBC CDLAROUKUX YPQGRWTULIPSRZJF WLOHRAAHSTYREVARBE IECAEPIYEOQBFANGHR GCWTRUTHFULNESSE EJASSENLUFTCEPSERM TSUCORCJCEPVROBINP LIZEVXAAEMISCOHT OSPKHMRONQTAJL St. Patri						
C D L A R O U K U X Y P Q G R W T U L I P S R Z J F W L O H R A A H S T Y R E V A R B E I E C A E P I Y E O Q B F A N G H R G C W T R U T H F U L N E S S E E J A S S E N L U F T C E P S E R M T S U C O R C J C E P V R O B I N P L I Z E V X A A E M I S C O H T O S P K H M R O N Q T A J L St. Patri						
Y P Q G R W T U L I P S R Z J F W L O H R A A H S T Y R E V A R B E I E C A E P I Y E O Q B F A N G H R G C W T R U T H F U L N E S S E E J A S S E N L U F T C E P S E R M T S U C O R C J C E P V R O B I N P L I Z E V X A A E M I S C O H T O S P K H M R O N Q T A J L Mercy Pardon Respect						
W L O H R A A H S T Y R E V A R B E I E C A E P I Y E O Q B F A N G H R G C W T R U T H F U L N E S S E E J A S S E N L U F T C E P S E R M T S U C O R C J C E P V R O B I N P L I Z E V X A A E M I S C O H T O S P K H M R O N Q T A J L □ Pardon □ Peace □ Respect □ Robin □ Spring □ St. Patri						
G C W T R U T H F U L N E S S E E J A S S E N L U F T C E P S E R M T S U C O R C J C E P V R O B I N P L I Z E V X A A E M I S C O H T O S P K H M R O N Q T A J L G Respect						
E J A S S E N L U F T C E P S E R M T S U C O R C J C E P V R O B I N P L I Z E V X A A E M I S C O H T O S P K H M R O N Q T A J L St. Patri						
T S U C O R C J C E P V R O B I N P L I Z E V X A A E M I S C O H T O S P K H M R O N Q T A J L St. Patri	fulness					
OSPKHMRONQTAJL St. Patri						
St. Patri						
	ck					
INXR Truthfuli	ness					
M E G S O N						
RESOLVE CONTINUES Unscramble the Words Unscramble the Caring Habits words below. Then take the letters in the circles and unscramble them for a special message.						

ERYRABV	_ (<u> </u>							
NCOLCIFTS						/	N A 1.	1111	
UECROGA	_ ("	$A_{\Lambda \wedge \Lambda}$		11
YPETMAH						1	1	•	
ISRSANFE				\bigcirc $_$	_	<	SECRET	MESSAGE	
VSOIESNRFGE	_ (<u> </u>				_ <	, , – – – –		\geq
CGARE							1		N
ECNIELYN					_		// _ \		11)
REYMC	_ ($\bigvee\bigvee\bigvee$	
ECNLNVONEIO							, ,		
DANPOR				_					
TCIEAPEN	\bigcirc _				_				
FSPUESLEAENC			🤇						
LESRTEPUEFSCNS							- —	•	
OLCROESTFNL						_			
HUSRTESNTFLU								CARING	з Нават
		"				, 11		H D V	MONTH (M)
In March and all year	r-roun	nd R	ESOLV	ECON	FLICTS	AI			NIURL

RESOLVE CONTINUES HIDDEN NAME MESSAGES

This puzzle can give you one of seven different messages! The message you receive is determined by using the number of letters in your name. If your first name has 6 or more **letters**, use the number 4 to **subtract** from whatever number you have.

(Ex: "Jessica" has 7 letters; subtract 4, you get 3). If your first name has less than 6 letters, then **add** the number 3 (Ex: "Casey" has 5 letters, add 3, giving you 8).

The result will be YOUR NUMBER. Search for the letters that match YOUR NUMBER! The letters will be in order, and will spell out a "RESOLVE CONFLICT" message. You will have to separate the words though. Good Luck!

2 3 5 6 TWFSOHOEETOMNAR VEREURGEWGT TVOEE 8 3 6 5 NDEONTRECKNSERH 6 3 DEGSONDE FOSTRHE Т Т SPFAMLENOEORCNRVEA DVEECKEESOIENND

March March MARCH March March March March MARCH March

My Secret Message:





DOWN

- 2 to exempt from penalty.
- 5 the quality or power of withstanding something.
- 6 temporary immunity from penalties.
- **9** the absence of war or other hostilities.
- 10 answerable; accountable; important.
- 13 willingness to spare or forgive.
- **16** the agreement of opinions or interests.
- **18** the capacity, quality or fact of being patient.
- 22 sympathetic insight into others' feelings.

ACROSS

- 1 to feel or show deferential regard for; esteem.
- 3 to excuse for a fault or offense; pardon.
- 4 a struggle; clashing of views or statements or bias.
- 7 the most important person to control.

ACROSS cont.

- 8 having or exhibiting a disposition that is free of favoritism or bias.
- 11 violent, explosive anger.
- 12 the act or process of dealing with another to reach an agreement.
- 14 to make a promise to oneself to do something.
- 15 favorable reception; approval.
- 17 power used to overcome resistance.
- 19 the month to focus on Resolving Conflicts
- 20 the spirit that enables one to face fear with confidence.
- 21 the principle of moral rightness.
- 23 the quality or state of being courageous.
- 24 feeling and exhibiting concern and empathy for others.
- 25 a violent passion, excited by real or supposed injury.
- **26** inclined not to be harsh or strict.
- 27 honest.

For answers see the Answer page at the back of the March Idea Book or visit www.caringhabits.org



"RESOLVE CONFLICTS"

REPRODUCIBLE TEACHER TOOLS

Please make copies of these tools to use in your classroom this month. TEACHER TOOL

THE CARING HABIT ADVENTURE

Entry	Form
-------	-------------



Name of Nominee:
School:
Homeroom: Grade:Date:
Habit:
Submitted by:
Describe briefly how this person exhibited this month's Caring
Habit in a positive and meaningful way (use back of sheet if needed).

Catching
A CARING HABIT
IN Action

Entries may be submitted by teachers, staff, students, parents or community persons.

BRAVERY

Possessing or displaying courage;
To make a courageous show or
put up a stalwart front.



WEEK I

RESOLVE CONFLICTS in March

HEALTH FOCUS

Make a commitment to think peacefully this month.

When someone starts to make you angry - ask yourself, "Is what they have done to upset me really that terrible?"





COURAGE

The state or quality of mind or spirit that enables one to face fear and danger, with self-possession, confidence, and resolution; bravery.



WEEK 2

RESOLVE CONFLICTS in March

HEALTH FOCUS

When you feel upset, try to think about something you are grateful for.

Perhaps you recently received a small gift, or someone complimented you. Compare the upset feeling and the grateful feeling. Which one is the best?





SELF-CONTROL Control of one's emotions, desires, or actions by one's own will.



WEEK 3

RESOLVE CONFLICTS in March

HEALTH FOCUS

Count to ten at the first twinge of anger and then take three or four deep breaths.

Think about a time when you angered someone who was probably counting to ten to hold back their anger towards you. Remember there are times when we are all on both sides of the fence.





SPORTSMANSHIP Conduct and attitude considered as befitting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing.

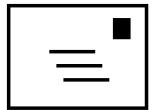
WEEK 4

RESOLVE CONFLICTS in March

HEALTH FOCUS

This is a challenge!!

Think of someone you are not getting along with very well. Now plan a way to contact them and improve your relationship with them. Apologize if no



relationship with them. Apologize if need be. Write a letter, invite them to do something with you, be creative . . . you'll be so glad you did.



FORGIVENESS Excusing a fault or offense; a pardon. Renouncing anger or resentment against another.



WEEK 5

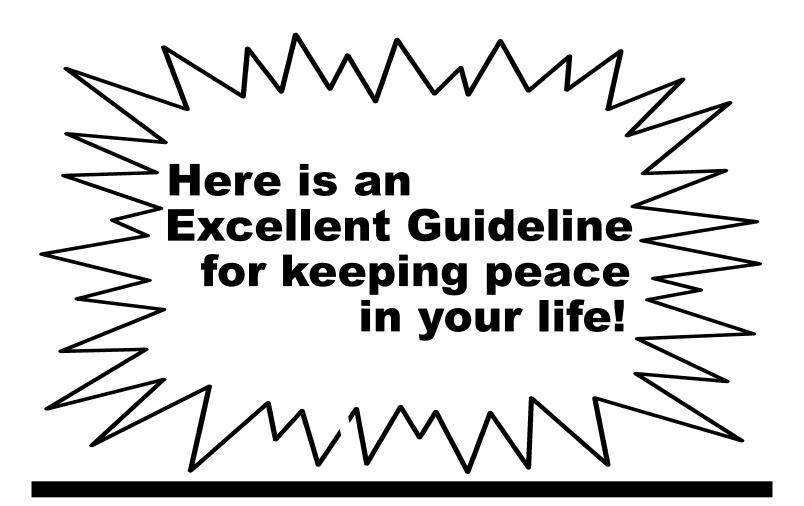
RESOLVE CONFLICTS in March

HEALTH FOCUS

If you start to feel an anger growing towards a friend or family member, take a short walk until you feel calmed down. When you return, take a moment to talk to the person. Maybe you've misunderstood something or a compromise can be reached.







When you forgive another, you should promise to do three things about the intended wrong-doing:

- 1. <u>not</u> to use it against the wrong-doer in the future,
- 2. not to talk about it to others,
- 3. not to dwell on it yourself.



Teacher Suggestion Form

At our publishing office, YOU COUNT is more than the Caring Habit for February! We welcome and would like to hear your very important suggestions and ideas. Please list them below.

Please list any NEW IDEAS you would like to contribute:

List any suggestions to improve our current ideas:

What do you feel should be changed or removed and why?



A VOLUE TELEVIE	Expires on:
YOUR TEACHER	
Pay to the	
Order of	
Good for:	
FINE HABOT BANK OF TRUST HOVENTURE Reason	
	Expires on:
YOUR TEACHER	
Pay to the	
Order of	
Good for:	
CARING HABAT BANK OF TRUST	
HOVENTURE Reason	
NOUR TEACHER	Expires on:
YOUR TEACHER	
Pay to the Order of	
Good for:	
BANK OF TRUST	
HDVENTURE Reason	
	Expires on:
YOUR TEACHER	
Pay to the	
Order of	
Good for:	
BANK OF TRUST	
Hoventure Reason	



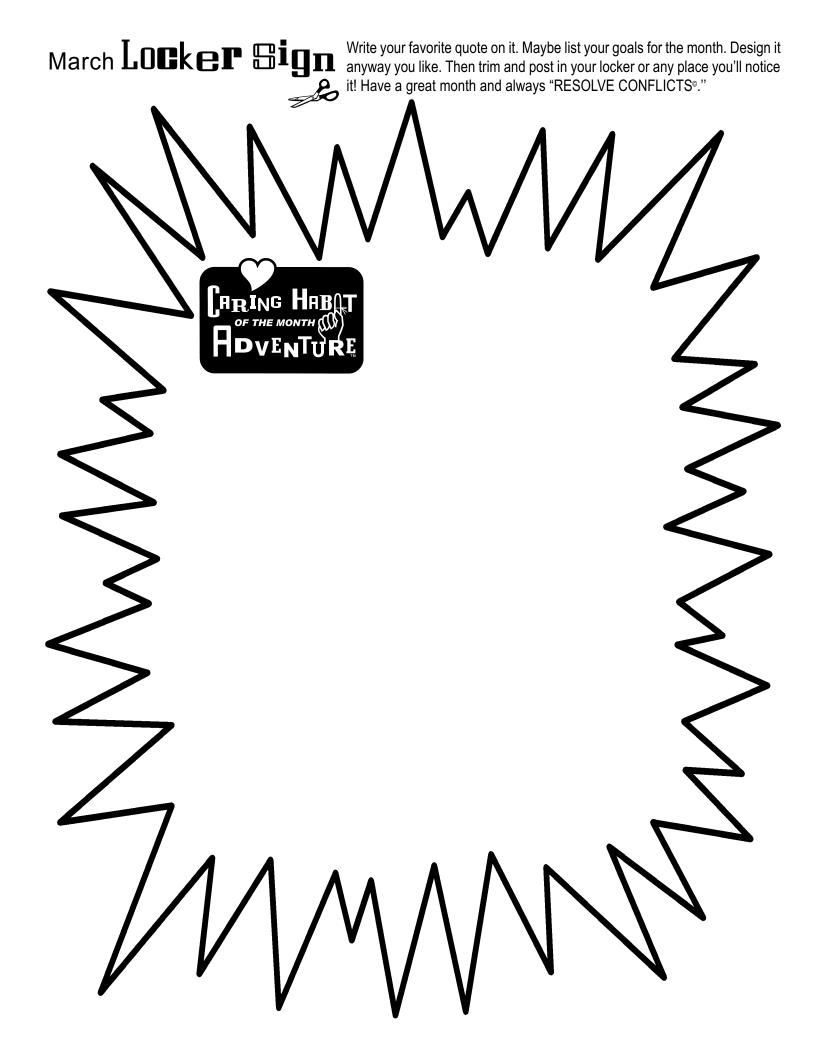


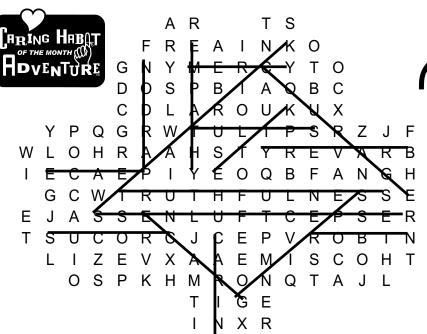
HEALTH FOCUS ANGER MANAGEMENT CARING DOVE WHITE





HEALTH FOCUS ANGER MANAGEMENT CARING DOVE WHITE





S

0

E

R H W W J R M N Z Ν D R Ε Η Н S Ν В Т J Н U K D Ν Ε S 0 Ρ G R Α Ν Ε Ε Α M В Α R Ε В R Ε Ε D 0 U Н 0 Ν D Т Χ Q D R K S W Ρ Ζ G W 0 Α Ν Ε 0 Ν 0 В Ν 0 0 W G D M G N K Ε Q

HealthBar Measure-up:

1 2 3 4 5

FUN ACTIVITIES SECTION ANSWERS

PROBLEM SOLVING:

M 7 friends, 5 each, 4 students, 4 students, p 8 students, 8 students. Read half at school and half at home.

Health Bar MeasureUp

- 1. 1/4 4. 1/2 7. 1/3
- 2. 1/10 5. 1/4 8. 1/2
- 3. 1/6 6. 1/2 9. 1/5

Hidden NAME Messages:

- 2. Forgiveness is free.
- 3. We must work for peace.
- 4. Forgive, forget, move on.
- 5. We need each other.
- 6. Start to mend fences.
- 7. The world needs love.
- 8. Love is patient and kind.

Hidden Messages:

Hot heads and cold hearts never solved anything. Life is an adventure in forgiveness.

Nothing was ever gained by exchanging words in anger.

Don't be a noble fighter, 'cause kindness is righter.

Words-2-Learn Story are in the order used in the story blanks:

conflict, fairness, justice, pardon, empathy, mercy, grace, peacefulness, violence, rage, self control, tolerance, forgiveness, accept, conflict, truthfulness, caring, patience, respectfulness, mediation.

Answers to Unscramble the words:

bRavery, conflicTs, cQurage, empaThy, fairneSs, fQrgiveness, gracE, leinenCy, mErcy, nonviolEnce, paRdon, Patience, peaceFulness, reSpectfulness, selfcontRol, trutHfulness

Secret Message: RESPECT FOR OTHERS

Answers to Puzzler: DOWN 2. Pardon, 5. Tolerance, 6. Grace, 9. Peace, 10. Responsible, 13. Mercy, 16. Cooperation, 18. Patience, 22. Empathy. ACROSS 1. Respect, 3. Forgiveness, 4. Conflict, 7. Self, 8. Fairness, 11. Rage, 12. Mediation, 14. Resolve, 15. Acceptance, 17. Violence,

19. March, 21. Justice, 23. Bravery, 24. Caring,

25. Anger, 26. Lenient, 27. Truthful

DO YOUR BEST

September Award Gold

BE PATIENT and LISTEN

October Slow-Down Lavender

SHOW a POSITIVE ATTITUDE

November Sunny Yellow

CELEBRATE COMMUNITY, FAMILY and FRIENDS

December Ever Green

LEND a HAND

January Gentle Aqua

YOU COUNT

February WOW! Fuchsia

RESOLVE CONFLICTS <

March Dove White

TAKE CARE of OUR ENVIRONMENT

April Spring Green

BE APPRECIATIVE

May Grateful Pink

Forgiveness is of high value, yet it costs nothing.

- BETTY SMITH, A Tree Grows in Brooklyn

If we see cruelty or wrong that we have the power to stop, and do nothing . . . we make ourselves sharers in the guilt.

- ANNA SEWELL, Black Beauty



gun
is
not
a
tool
for

PEACE.- CAINE "Kung Fu"

Experience enables you to recognize a mistake when you make it again.

- FRANKLYN P. JONES

NFORMATION about THE CARING HABIT ADVENTURE™...

(For research and other details visit www.caringhabits.org)

The Caring Habit of the Month Adventure is an award winning academic improvement and school performance system based on multi-media technologies. Independent 2001-2003 evaluation studies by the University of Pittsburgh Graduate School of Public Health have concluded "the number of honor role and high honor role students is increasing in Caring Habit Schools while indicators of disciplinary actions are declining."

Caring Habit youth, staff and families, are surrounded by a positive, monthly routine of multi-media messages that promote successful academics, mutual respect, and character development. Caring Habits media strategies lighten the teaching load on staff and reduce class-room disruptions. It's predictable routine and monthly focus organizes and increases the effectiveness of other curriculum. Together academics are improved, work force skills are reinforced and disciplinary problems and bullying are reduced.

Materials are available for K-8 and for alternative schools, after-schools, service groups, and the surrounding community. The prepared environment media materials include display items, student items and staff "idea" books, plus materials to involve and include families and communities. The supporting book, *Join The Golden Rule Revolution*, encourages family involvement and is available at amazon.com orlocal bookstores. If you have an idea to contribute or for more information, please contact Elaine Parke.



THE CARING HABIT OF THE MONTH ADVENTURE THE

POB 298 Harmony, PA 16037 E:mail: info@caringhabits.org Website: www.caringhabits.org

We're Turning Caring Actions Into Habits . . . One Month at a Time®