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**CELEBRATE  
COMMUNITY,  
FAMILY  
& FRIENDS™**

**IN DECEMBER**



**THE CARING HABIT ADVENTURE™**

*Caring Habit Adventurists are saying . . .  
"A friend is a gift you make yourself."*



IRE™



Welcome to December . . .

The month to **“CELEBRATE”**  
**COMMUNITY, FAMILY & FRIENDS**

The **GOAL** for December is to create a sense of belonging and community in your classroom or group and to celebrate the joy of sharing with others

**D**ecember is the month of celebrations . . . long awaited by young and old alike. The best gifts are healthy relationships with family, friends and co-workers. As the Holiday season arrives, relax and enjoy the time you spend together. Take the pressure off yourself, and think less about shopping this season and more about of relational gifts. Relationships are the building blocks of life — both spiritually and between people. Thomas Fuller said,

*“Tis the people, not the houses that make the city.”*

At this time of year, we might say, *“tis the people not the presents that are the gifts.”* It is the quality of our relationships that most often guide our daily outlook.

Bring up this point with your students. Discuss how relationships are both our weaknesses and our power. What is said and done in relationships can be kind, supportive, encouraging and hopeful. They can also be critical, negative, and hurtful.

Use this month’s theme to focus class discussions on relationships and how they affect our daily lives. If you’re comfortable, share with students some insights about how they affect you. As a teacher in the classroom, what makes you hopeful, caring and happy? What makes you feel discouraged, negative and disappointed?

The health focus for December is **HEALTHY HEART, MIND & BODY**. See the Health Focus section of this **IDEA BOOK** for some suggestions.



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**THE CARING HABIT OF THE MONTH ADVENTURE™**




*We're Turning Caring Actions into Habits... One Month at a Time™*

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### BE PATIENT AND LISTEN in October

*Caring Color:* Slow-Down Lavender

*Health Focus:* Safety



### SHOW A POSITIVE ATTITUDE in November

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*Health Focus:* Stress Reduction



### CELEBRATE COMMUNITY, FAMILY & FRIENDS in December

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### LEND A HAND in January

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*Health Focus:* First Aid & CPR



### YOU COUNT in February

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*Health Focus:* Be Drug-Free!



### RESOLVE CONFLICTS in March

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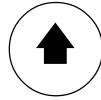
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## THE CARING HABIT OF THE MONTH ADVENTURE™

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



# “CELEBRATE” COMMUNITY, FAMILY & FRIENDS

## CLASSROOM ACTIVITIES

ACTIVITIES

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

# DECEMBER

*Caring Color: EVER-Green*

**CELEBRATE Community, Family & Friends®**

THE CARING HABIT ADVENTURE™

## 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



**Smiley says . . . In November SMILE**

*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

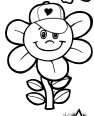
*Health Focus:* Anger Management



**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™**

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# “CELEBRATE” COMMUNITY, FAMILY & FRIENDS CLASSROOM ACTIVITIES

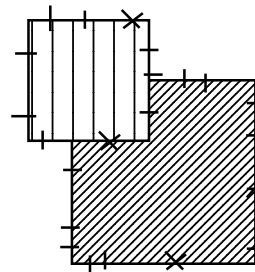
There are many ways to emphasize the Caring Habit to “CELEBRATE” in your classroom or group. The following materials are full of ideas you can use, and ideas that will inspire your own creativity. Take advantage of all the great discussion topics and activities this month. Have a fun day, every day of this month!

## Classroom Quilt

**Activity:** Celebrating our class as a community by creating a classroom “quilt”

**For:** A classroom or group

**You need:** 30-35 squares of paper measuring  $8\frac{1}{2}$ " x  $8\frac{1}{2}$ ", a large sheet of cardboard or poster board, non-toxic glue or glue stick, crayons, markers, paints, colored paper, fabric scraps, glitter, and anything else you can think of. (Photos optional)



Here is how to make your classroom quilt:

1. Each square of your quilt will depict a picture about each student. Have everyone sign their square upon completion.
2. Use a glue stick to attach the squares to the cardboard or poster board. If you can, have your quilt laminated and displayed in a special place so everyone can enjoy it.
3. Then display the finished product in the classroom for open house or Parent / Teacher night. Parents and other visitors will love it!

## Community Geography

**Activity:** Finding home, neighborhood, school and community on a map. (This activity also provides a good opportunity to learn how to use a map!)

**For:** Classrooms and individual students

**You will need:** Local maps, pencils or pens, 30 minutes

Pass out maps. Now discuss the meaning of **Community**. What does the word community mean to each student? Discuss what makes a community. Now use the maps to find each student's street and neighborhood. Locate the home of your best friend or your grandparents. Locate the grocery store, the post office, the bank, your place of worship or other favorite place in town.

We are citizens of our families, our schools and our communities, as well as of our country, the United States of America. Sometimes students forget that citizenship starts at home and in the classroom. Discuss what good citizenship means to each student.

Later in the month, you may want to discuss family and upcoming activities connected with the holidays. You can use the maps again, to look up the towns and streets of students' friends and relatives.

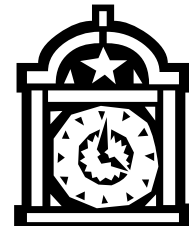
How important is it to live nearby someone to feel close to them?

## Time of Day Game

**Activity:** Learning more about each other

**For:** A classroom or family

**You need:** 15 to 20 minutes



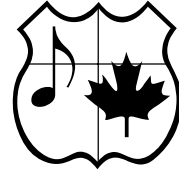
Take a few extra minutes and choose someone to start. They name a time of day today and someone else's name. That person has to tell what they were doing at that time. Then they name another time of day and another person in the room. They answer what they were doing, and then give another time and choose another person until everyone has had a turn.

## Classroom / Family Coat of Arms

**Activity:** Designing a classroom / family “coat of arms”

**For:** A classroom, family or group

**You will need:** Paper, pen or pencil, crayons, markers and / or paints, assorted trimmings, scissors, ruler, your time, and your imagination



Discuss the idea of family and perhaps the history of family coat of arms.

Begin by explaining to your students that a coat of arms is a special and unique picture that defines a family or family-like group. Most dictionaries and encyclopedias will show a sample coat of arms.

Discuss with your students some of the characteristics of your classroom. They are smart, creative, they have a sense of humor, etc. How would you create a coat of arms to define your classroom? Pass out supplies listed above and have the class begin their design. When the coat of arms is finished, display it proudly in the classroom. Invite other classes to participate and hold a competition for the best.

## Joyfulness Through Music

**Activity:** Involve music to increase our sense of JOY

**For:** A classroom, and individual students

**You will need:** December Music List from this Idea Book



Go over the list of popular songs about community, family and friendship. Have everyone pick one or two of the most joyful 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. (If available, share the record, cassette, or compact disc player, and picture book of the same title.)

Ask students to brainstorm things they celebrate. 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.

## Caring and Compassionate Choices

**Activity:** Deepen understanding of caring and compassion

**For:** A classroom or group

**You will need:** 15 minutes

This activity helps students understand caring and compassion as it exists in their own daily life. After completing the exercise here, have the class brainstorm other ways to show compassion in different situations. You may even want to do a small “caring” project that everyone can share together.

*How can I show compassion to a sick friend or relative?*

- Call them on the phone
- Send them a card
- Visit them
- All of these ideas and other ways too



*How can I show compassion for my family members?*

- Clean up the kitchen when my mom has a bad day
- Keep my own room straight
- Comfort a brother or sister with a problem
- All of these ideas and other ways too



*How can I show compassion for my teacher?*

- Listen in class
- Do what she asks me to do, the best I can
- Be respectful of others in the class
- Use my education to make a success of my life
- All of these ideas and other ways too



## The Strength of Cooperation

- Activity:** Learning more about each other and the power of TEAMWORK
- For:** A classroom, group, family and children of all ages
- You will need:** 15 to 20 minutes and two straws or toothpicks for every participant

Give each person one straw or one toothpick, whichever is most convenient for you to find. Ask each student if they think they can break the straw or toothpick. Then ask them to break them. Were they easy to break?

Now pass out another straw or toothpick to each person. Then ask two people to each collect all the straws or toothpicks from half the class. Take the bundles and put a string or rubber band around them. Then pass the bundles around the class and ask the students to try to break them.

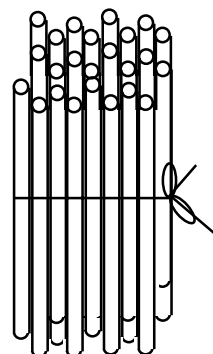
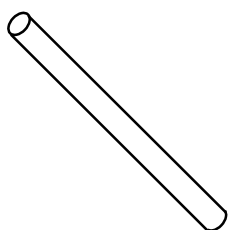
*What is the difference between trying to break one toothpick or a bundle of toothpicks?*

*How is a bundle of toothpicks like teamwork and cooperation?*

*Does working together make us stronger and more powerful?*

*What are other examples of teamwork and cooperation?*

*Why is this important in our daily lives, our relationships and our work?*



**FRIENDSHIP - Classroom Discussion**

**Activity:** Discovering the nature of friendship

**For:** Classrooms or groups

**You will need:** 15 to 30 minutes

Below are some quotations about FRIENDSHIP that can be used in a discussion about the nature of friendship. There are more in the Quotes Section of this Idea Book. Ask a different student to read each quote and discuss them one at a time.

- ♥ *A friend is a present you give to yourself.*
- ♥ *Many people will walk in and out of your life, but only true friends will leave footprints in your heart.*
- ♥ *To handle yourself, use your head, to handle others, use your heart.*
- ♥ *He who loses money, loses much; He who loses a friend, loses more; He who loses faith, loses all.*
- ♥ *The beauty of young people are acts of nature, but beautiful old people are works of art.*
- ♥ *Learn from the mistakes of others. You can't live long enough to make them all yourself.*
- ♥ *The tongue weighs practically nothing, but so few people can hold it.*
- ♥ *Friends, you and me . . . you brought another friend . . . and then there were 3 . . . we started our group . . . Our circle of friends . . . and like that circle . . . there is no beginning . . . there is no end.*

## “Bright Spot” Sharing & Classroom Discussion

**Activity:** Discovering what makes people happy

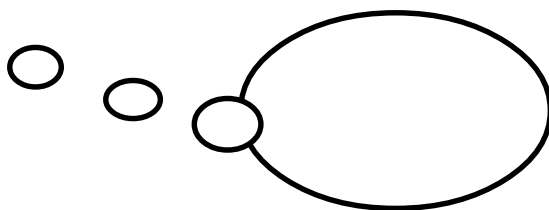
**For:** A classroom or group

**You will need:** 15 minutes

Take some class time to discover what it is that makes us happy. Go around the room and have each student briefly describe some “bright spot” in their day. Perhaps a compliment or encouraging word from a parent or teacher, an accomplishment or time with a friend.

Point out how real happiness usually involves other people more than material goods –like getting something new. Discuss the concept of community, and family, and friends. What do people do for one another? What does it mean to support one another?

Ask students to estimate about how many people they have interacted with today? Each one of us interacts in some way with an average of 20 people each day. Everyone is important because they affect the lives of others.



### **Discussion Topic: Citizenship Rights and Responsibilities**

Discuss the difference between RIGHTS and RESPONSIBILITIES. Ask the students to list all of the things they think Citizenship of the United States of America entitles them to. Make a list together of these Rights of Citizenship.

Now ask them to make a list of the Responsibilities of Citizenship. What do we need to do to earn the right of citizenship?\*

*\*Did you know that people in jail lose many of their rights of citizenship?*

**CLASSROOM DISCUSSION TOPICS**

- Purpose:** To understand and discuss important relationship topics
- For:** A classroom or group
- You will need:** 15 to 30 minutes for any discussion subject chosen, and card stock paper

**Activity 1**

To understand RANDOM ACTS OF KINDNESS

Discuss the meaning of **Random Acts of Kindness**. Have the students heard about it? What does it mean to them? Give examples you've witnessed in the classroom where students were kind and supportive of one another or of you.

Each day, have students make a list and write short descriptions of random acts of kindness they have performed. Use stickers to reward their actions.

**Activity 2**

To understand THANKFULNESS

Discuss thankfulness and what **Thanksgiving** meant to them this year. Remind them that it is healthy to think about the good things in their lives rather than dwell on the bad things. We all have some of both. Have the students list things they are thankful for.

**Activity 3**

To understand FAMILY

This is a discussion for the classroom, and also one that you can suggest students have at home with their families. The **Family** is a place to learn how to get along in life. It is where values are first established and acted upon. It is where children see examples of good behavior and hopefully learn from these good examples. List the values that are established in the families of students.

**Activity 4**

To understand LOVE

If you are going to have a discussion about **Love**, you will first have to calm down the snickers and nervousness that most early teens express when the subject of love is brought up. Take this opportunity to explain that love is an important aspect of many types of relationships —*not just the romantic kind*. Ask your students what love means to them. What other kinds of love are there besides romantic love? Have each student name:

- three people they love,
- three things they love and
- three places they love.



**CLASSROOM DISCUSSIONS (CONT.)****Activity 5**

To understand the importance of LOYALTY

Being **Loyal** to someone is a sign that you really care about them. When you are loyal to a person, you try not to do anything to hurt them. YOU WILL NOT lie to them, cheat on them, talk about them behind their back, or betray their trust. Discuss situations where students were betrayed by disloyal friends or relatives and how they felt.

*“When you find a friend, loyal, kind and true,  
Don’t trade the old one for a new.”*

*“Always be faithful and loyal, whether to your country or a friend.  
There may come a time you need one or the other . . .  
On that you can depend.”*

AUTHOR UNKNOWN



**“Peace on Earth, Goodwill to Men”  
– Another Great Classroom Discussion**

**Activity:** Understanding our power for peace

**For:** A classroom or group

**You will need:** 15 to 30 minutes, and card stock paper

Discuss the idea behind why we have “Ambassadors” who represent the United States in other countries. Relate that idea to the fact that we are each an “ambassador” who represents what we stand for and that we each have power and influence over others too.

*What do we represent with our actions in daily life?*

*Are we good ambassadors, representing good behavior and good character for our families and our school?*

*What would a Good-will Ambassador do?*

*What would a Bad-will Ambassador do?*

*Give everyone a card to make a sign for their desks with their own name and the words, “Goodwill Ambassador.”*

## Quote Jar

- Activity:** Inspiring students through others' wit and wisdom
- For:** Teacher, students or group
- 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 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

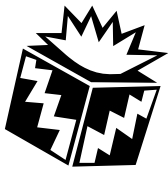
Take one quote out and read aloud each morning of the month. Discuss the meaning of the quote and reflect on it throughout the day.

### 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!



## Caring Links

- Activity:** To link everyone together in the 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 8½" x 11" sheet yields 11 - 8½" x 1" strips.)

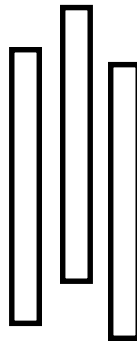
### IDEA ONE

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.



**Words That Denote GOOD Character**

**Activity:** Encouraging an understanding of good character

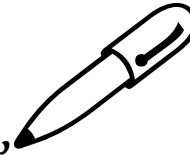
**For:** A classroom, group, family and children of all ages

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

Before starting this cooperative group activity, ask students to brain-storm synonyms for positive character traits such as kindness or cooperation. Chart the synonyms. Look at the Character Education Words-2-Learn 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.

*“Kinship” “Fellowship”*



*“Caring”*

*“Compassion”*

*“Thankfulness”*

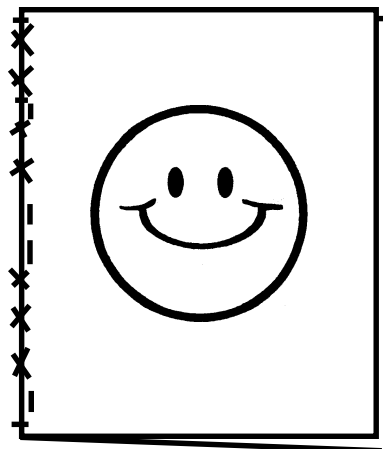
## Focusing on Caring Memories

- 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 special times they enjoy with their families. Suggest that everyone has good times and bad times. Explain that some people focus on good memories while others focus on the bad. Tell the class you want to have a year during which everyone focuses on caring experiences.

Invite each student to draw a picture of a caring memory or celebration (s)he has from 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.



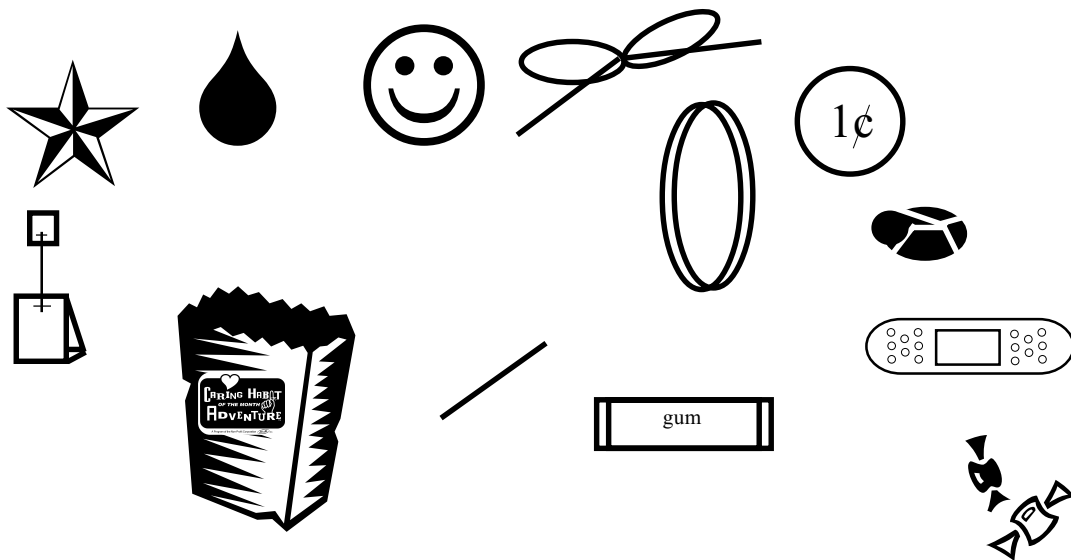


## Caring Habit Reminder Kit

- Activity:** To create a clever, visual reminder system for the Caring Habit Adventure
- For:** Teacher, students or group
- You will need:** Full year version: Ziplock bag, brown paper bag, envelope or small box, gold star, sunflower seed, smile sticker, gold thread (ribbon), rubber band, penny, bandage, small rock, a peppermint candy, a toothpick, piece of chewing gum and a tea bag.

Place the above "ingredients" in a ziplock bag, brown paper bag or be creative with your container! Copy the following Caring Habit Reminder Kit note and attach to the bag. You may roll up the note and place inside of the bag. Use the ingredients as a visual reminder of the Caring Habit of the Month Adventure.

Use this twelve month version as a Holiday gift or a New Year welcome bag! This is only a suggestion of symbols you can include for each month. Use your imagination to see what else you can come up with!





# REMINDER KIT



Dear Friend,

Welcome to a new year! Each item in this bag is a special reminder for you to practice the Caring Habits each day of the new year!

January - RUBBER BAND - Lend a Hand

*This Rubber Band is to remind you to stretch out your hand and lend a hand.*

February - PENNY - You Count

*This Penny is to remind you that you are a valuable part of this class, your family, your friends, your community, and this world! YOU COUNT!*

March - BANDAGE - Resolve Conflicts

*This Bandage is to remind you to heal hurt feelings-- yours or someone else's.*

April - SMALL ROCK - Take Care of Our Environment

*This Small Rock is to remind you to take care of the environment around you.*

May - PEPPERMINT CANDY - Be Appreciative

*THANKS a Mint for all that you do. Appreciate yourself and others too!*

June - PIECE of CHEWING GUM - Jump Out of a Rut

*This Chewing Gum is to remind you to stick with it and you can accomplish anything.*

July - TOOTHPICK - Become Involved

*This Toothpick is to remind you to pick out a few new things to become involved in.*

August - TEA BAG - Know Who You Are

*This Tea Bag is to remind you to sit back; relax, sip a glass of ice cold tea, and think about who you are.*

September - GOLD STAR - Do Your Best

*The Gold Star is to remind you that "You are a STAR" to your friends, family and class. So always "Do Your Best" and shine your brightest!*

October - SUNFLOWER SEED - Be Patient and Listen

*This Seed is to remind you that you must listen and patiently wait for something good to grow.*

November - SMILE STICKER - Show a Positive Attitude

*This Smile Sticker is to remind you that wearing a smile is not only good for your face -- it is good for others too!*

December - GOLD THREAD - Celebrate Community, Family and Friends

*This Gold Thread is to remind you that we are all tied together in this world.*

This is my gift to you. Use it daily to remind yourself to practice the Caring Habits every day of the year!

Enjoy!







WORDS  
WORDS - 2 - LEARN

**“CELEBRATE”**  
**COMMUNITY, FAMILY & FRIENDS**

**CHARACTER EDUCATION**  
**WORDS-2-LEARN**

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

DECEMBER

Caring Color: EVER-Green

**CELEBRATE Community, Family & Friends® 25**

THE CARING HABIT ADVENTURE™





# “CELEBRATE”

## COMMUNITY, FAMILY & FRIENDS

### WORDS - 2 - LEARN

**D**ecember is a great month to encourage the renewal of caring and compassion, and to focus on words that express these sentiments. In December, more than at any other time of year, your students are surrounded by good messages about people doing good things. Take advantage of this.

Encourage students to think about the Holidays and the meaning behind the tradition of giving gifts. Discuss the character words for December as a group. Bring the sense of these words alive by discussing actual experiences with your students. Are these character words about material gifts or are they more personal? We can make gifts of our time or ourselves.

The Caring Color for December is “EVER-GREEN.” This color suggests the continuity of family, and the fact that there is an enduring permanence to community, family, and friends. Included here are definitions of words and activities that help us “Celebrate Community, Family & Friends®.”

Use the following words as the basis for discussions each day or during classroom activities where vocabulary and spelling exercises can include them. How does the practice of these traits influence our own lives? What are examples of practicing these traits? Can your class think of any more words that encourage “Celebrate Community, Family & Friends®?”

**Altruism**

**Amity**

**Brotherhood**

**Camaraderie**

**Caring**

**Citizenship**

**Community**

**Companion**

**Compassion (\*5)**

**Cooperation (\*1)**

**Dependability (\*2)**

**Faith**

**Family**

**Fellowship**

**Friendship**

**Goodwill**

**Hope**

**Inspiration**

**Joyfulness**

**Kinship**

**Loyalty (\*3)**

**Patriotism**

**Peace**

**Thankfulness**

**Tolerance (\*4)**

\* used in planner with week #

## Altruism

**al•tru•ism** *n.* 1. Unselfish and kindly concern for the welfare of others; selflessness.

### 1. [n.] Kindly concern for others

-benevolence	-kindliness	-unkindness ( <i>antonym</i> )
-kindheartedness	-kindness	-ill will ( <i>antonym</i> )
-beneficence	-tenderness	-malevolence ( <i>antonym</i> )
-charitableness	-goodheartedness	-malignity ( <i>antonym</i> )
-good will	-humaneness	

## Amity

**am•i•ty** *n. pl. am•i•ties* 1. Peaceful relations, as between nations; friendship.

2. A pleasant association among people. 3. The condition of being friends.

### 1. [n.] A pleasant association among people

-fellowship	-fraternity	-unfriendliness ( <i>antonym</i> )
-brotherhood	-amicability	-unsociability ( <i>antonym</i> )
-camaraderie	-friendliness	-hostility ( <i>antonym</i> )
-companionship	-friendship	-antagonism ( <i>antonym</i> )
-comradeship		

### 2. [n.] The condition of being friends

-friendship	-comradeship	-animosity ( <i>antonym</i> )
-neighborliness	-fellowship	-enmity ( <i>antonym</i> )
-brotherhood	-fraternity	-hostility ( <i>antonym</i> )
-camaraderie	-kinship	
-companionship	-sisterhood	

## Brotherhood - (Sisterhood)

**broth•er•hood** *n.* 1. The state or relationship of being brothers (or sisters). 2. Fellowship.

3. An association of men (or women), such as a fraternity or union, united for common purposes.

4. All the members of a profession or trade. 5. [n.] A pleasant association among people. 6. [n.]

The condition of being friends.

### 1. [n.] A pleasant association among people

-fellowship	-fraternity	-unfriendliness ( <i>antonym</i> )
-amity	-amicability	-unsociability ( <i>antonym</i> )
-camaraderie	-friendliness	-hostility ( <i>antonym</i> )
-companionship	-friendship	-antagonism ( <i>antonym</i> )
-comradeship		

### 2. [n.] The condition of being friends

-friendship	-comradeship	-animosity ( <i>antonym</i> )
-neighborliness	-fellowship	-enmity ( <i>antonym</i> )
-amity	-fraternity	-hostility ( <i>antonym</i> )
-camaraderie	-kinship	
-companionship	-sisterhood	

## Camaraderie

**ca•ma•ra•der•ie** *n.* **1.** Goodwill and lighthearted rapport between or among friends; comradeship. **2.** A pleasant association among people **3.** The condition of being friends **4.** A relationship of mutual trust.

### 1. [n.] A pleasant association among people

-fellowship	-fraternity	-unfriendliness ( <i>antonym</i> )
-amity	-amicability	-unsociability ( <i>antonym</i> )
-brotherhood	-friendliness	-hostility ( <i>antonym</i> )
-companionship	-friendship	-antagonism ( <i>antonym</i> )
-comradeship		

### 2. [n.] The condition of being friends

-friendship	-comradeship	-animosity ( <i>antonym</i> )
-neighborliness	-fellowship	-enmity ( <i>antonym</i> )
-amity	-fraternity	-hostility ( <i>antonym</i> )
-brotherhood	-kinship	
-companionship	-sisterhood	

### 3. [n.] A relationship of mutual trust

-rapport	-fellowship	-sympathy
-like-mindedness	-comradeship	

## Caring

**car•ing** *adj.* **1.** Feeling and exhibiting concern and empathy for others. **1.** To be concerned or interested. **2.** To provide needed assistance or watchful supervision. **3.** To have a liking or attachment. **4.** To have a wish.

## Citizenship\*

**cit•i•zen•ship** *n.* **1.** The status of a citizen with its attendant duties, rights, and privileges. **2.** A person owing loyalty to and entitled by birth or naturalization to the protection of a state or nation. **3.** A resident of a city or town, especially one entitled to vote and enjoy other privileges there. **4.** A civilian. **5.** A native, inhabitant, or denizen of a particular place.

\* It is interesting that the dictionary meaning of citizenship does not provide for its interpretation as a value and as a name for behavior qualities pertaining to acting as a (good) citizen.

## Community

**com•mu•ni•ty** *n. pl. com•mu•ni•ties* **1. a.** A group of people living in the same locality and under the same government. **b.** The district or locality in which such a group lives. **2.** A group of people having common interests. **3. a.** Similarity or identity: *a community of interests.* **b.** Sharing, participation, and fellowship. **4.** Society as a whole; the public. **5.** A group of persons with a common culture.

### 1. [n.] A group of persons with a common culture

-society	-folk	-nation
-civilization	-populace	-population
-country		

## Companion

**com•pan•ion** *n.* 1. A comrade; an associate; one of the third rank in an order of knighthood; a raised cover to the cabin stair of a merchant vessel.

## Compassion

**com•pas•sion** *n.* 1. Deep awareness of the suffering of another coupled with the wish to relieve it. Sympathetic insight into others' feelings.

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

-sensitivity	-concern	-sorrow
-appreciation	-feeling	-pity
-empathy	-commiseration	-insensitivity ( <i>antonym</i> )
-identification	-tenderness	-pitilessness ( <i>antonym</i> )
-sympathy	-grief	-indifference ( <i>antonym</i> )

## Cooperation

**co•op•er•a•tion** *n.* 1. The act or practice of cooperating. 2. The association of persons or businesses for common, usually economic, benefit. 3. The agreement of opinions or interests 4. Joint work toward a common end. 5. The act of participating.

### 1. [n.] The agreement of opinions or interests

-concord	-conformity	-discord ( <i>antonym</i> )
-accord	-harmony	-conflict ( <i>antonym</i> )
-concert	-peace	-disagreement ( <i>antonym</i> )
-concurrence		-dissension ( <i>antonym</i> )

### 2. [n.] Joint work toward a common end

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

### 3. [n.] The act of participating

-participation	-partaking	-collaboration
-involvement	-sharing	-teamwork
-joining in		

## Dependability

**de•pend•a•ble** *n.* 1. Trustworthy. 1. Capable of being relied on; dependable: *a reliable assistant; a reliable car.* de•pend•a•bil•i•ty or de•pend•a•ble•ness de•pend•a•bly *adv.* Dependable Synonyms: reliable, dependable, responsible, trustworthy, trusty. The central meaning shared by these adjectives is "worthy of reliance or trust": *a reliable source of information; a dependable worker; a responsible used-car dealer; a trustworthy report; a trusty servant of the state.*

### 1. [n.] The quality of being constant in character

-permanence	-stability	-impermanence ( <i>antonym</i> )
-constancy	-durability	-inconstancy ( <i>antonym</i> )
-reliability	-instability ( <i>antonym</i> )	

## Faith

**faith** *n.* **1.** Confident belief in the truth, value, or trustworthiness of a person, an idea, or a thing. **2.** Belief that does not rest on logical proof or material evidence. **3.** Loyalty to a person or thing; allegiance: *keeping faith with one's supporters.* **4.** Often **Faith Theology** The theological virtue defined as secure belief in God and a trusting acceptance of God's will. **5.** The body of dogma of a religion: *the Moslem faith.* **6.** A set of principles or beliefs.

**1. [n.] A condition in which one is free from doubt**

- |              |               |                 |
|--------------|---------------|-----------------|
| -certainty   | -conviction   | -conclusiveness |
| -assurance   | -sureness     | -belief         |
| -assuredness | -surety       | -trust          |
| -certitude   | -positiveness | -presumption    |
| -confidence  |               |                 |

**2. [n.] Something one believes or accepts as true**

- |             |             |           |
|-------------|-------------|-----------|
| -conviction | -opinion    | -tenet    |
| -belief     | -persuasion | -creed    |
| -feeling    | -sentiment  | -doctrine |
| -mind       | -view       |           |

**3. [n.] Certainty in another's trustworthiness**

- |             |            |             |
|-------------|------------|-------------|
| -trust      | -reliance  | -conviction |
| -belief     | -credence  | -dependence |
| -confidence | -certitude |             |

**4. [n.] A religious belief or set of beliefs**

- |           |          |           |
|-----------|----------|-----------|
| -doctrine | -dogma   | -teaching |
| -credo    | -gospel  | -tenet    |
| -creed    | -precept | -theology |

**5. [n.] A system of belief, principles, or opinions**

- |           |             |         |
|-----------|-------------|---------|
| -creed    | -philosophy | -canons |
| -dogma    | -doctrine   | -gospel |
| -religion | -credo      |         |

**6. [n.] Acceptance as true or valid**

- |           |             |            |
|-----------|-------------|------------|
| -credence | -trust      | -reliance  |
| -belief   | -confidence | -certitude |
| -credit   | -assurance  |            |

## Family

**fam•i•ly** *n. pl. fam•i•lies* **1. a.** A fundamental social group in society typically consisting of a man and woman and their offspring. **b.** Two or more people who share goals and values, have long-term commitments to one another, and reside usually in the same dwelling place. **2.** All the members of a household under one roof. **3.** A group of persons sharing common ancestry **4.** A person's relatives collectively. **5.** A group of people sharing common ancestry.

**1. [n.] A person's relatives collectively**

-ancestry	-family tree	-kith and kin
-bloodline	-folks	-one's own flesh and blood
-blood-relations	-forbearers	-relations
-blood-relatives	-kin	-stock
-clan	-kinfolk	

**2. [n.] A group of people sharing common ancestry**

-clan	-house	-race
-ancestors	-kindred	-stock
-breed	-line	-strain
-descendants	-lineage	-tribe
-dynasty	-people	

**3. [n.] A group descended from the same parents or ancestors**

-progeny	-get	-offspring
-brood	-heirs	-seed
-children	-issue	-young
-descendants	-litter	

## Fellowship

**fel•low•ship** *n.* 1. Companionship; joint interest; an association.

## Friendship

**friend** *n.* 1. A person whom one knows, likes, and trusts. 2. A person whom one knows; an acquaintance. 3. A person with whom one is allied in a struggle or cause; a comrade. 4. One who supports, sympathizes with, or patronizes a group, cause, or movement 5. A person with whom one shares close ties of liking and trust 6. A person who is often in the company of another 7. A person whom one knows casually. 8. One to whom secrets are confided.

**1. [n.] A person with whom one shares close ties of liking and trust**

-amigo	-intimate	-chum
-cobber ( <i>chiefly Australian</i> )	-companion	-foe ( <i>antonym</i> )
-confidant	-mucker ( <i>British, slang</i> )	-enemy ( <i>antonym</i> )
-familiar	-comrade	

**2. [n.] A person who is often in the company of another**

-companion	-fellow	-comrade
-associate	-boon companion	-crony
-bloke ( <i>British</i> )	-buddy	-mate ( <i>chiefly British and Australian</i> )
-pal	-cohort	-chum
-chap	-compeer	

**3. [n.] A person whom one knows casually**

-acquaintance	-connection	-contact
---------------	-------------	----------

**4. [n.] One to whom secrets are confided**

-confidant	-confidante	-crony
-confessor	-intimate	-bosom buddy
-repository	-trusty companion	



## Goodwill

### good•will also good will

*n.* **1.** An attitude of kindness or friendliness; benevolence. **2.** Cheerful acquiescence or willingness. **3.** A good relationship, as of a business enterprise with its customers or a nation with other nations.

## Hope

**hope** *v.* **hoped, hop•ing, hopes** *v. intr.* **hop•er** *n.* **1.** To wish for something with expectation of its fulfillment. **2.** *Archaic* To have confidence; trust. *v. tr.* **1.** To look forward to with confidence or expectation: *We hope that our children will carry on our family traditions.* **2.** To expect and desire. *n.* **1.** A wish or desire accompanied by confident expectation of its fulfillment. **2.** Something that is hoped for or desired: *Success is our hope.* **3.** One that is a source of or reason for hope: *the team's only hope for victory.* **4.** Often **Hope** The theological virtue defined as the desire and search for a future good, difficult but not impossible to attain with God's help. **5.** *Archaic* Trust; confidence.

#### 1. [n.] The likelihood of a given event

-probability	-chance	-possibility
-certainty	-odds	-prospect

#### 2. [n.] A source of help or relief in a time of need

-recourse	-refuge	-resource
-expedient	-resort	

#### 3. [n.] The condition of looking forward to something

-anticipation	-hopefulness	-excitement
-expectancy	-eagerness	-suspense
-expectation		

#### 4. [n.] To desire (that which is another's)

-covet	-want	-wish
-crave	-long for	-seek
-lust after	-dream of	-pursue
-yearn for	-itch for	

## Inspiration

**in•spi•ra•tion** *n.* **1.** a. Stimulation of the mind or emotions to a high level of feeling or activity. b. The condition of being so stimulated. **2.** An agency, such as a person or work of art, that moves the intellect or emotions or prompts action or invention. **3.** Something, such as a sudden creative act or idea, that is inspired. **4.** The quality of inspiring or exalting. **5.** *Theology* Divine guidance or influence exerted directly on the mind and soul of humankind. **6.** High spirits **7.** One that is worthy of imitation or duplication. **8.** [n.] The act or process of breathing.

#### 1. [v.] To give support to

-encourage	-support	-hearten
-cheer	-urge on	-perk
-reassure	-nerve	-discourage ( <i>antonym</i> )
-pull for	-spur	-dishearten ( <i>antonym</i> )
-root	-spur on	

**2. [v.] To move to action**

-prompt	-egg on	-exhort
-stimulate	-rouse	-provoke
-motivate	-spark	-galvanize
-prod	-arouse	-kick-start
-stir	-excite	-light a fire under
-stir up	-push	-soothe ( <i>antonym</i> )
-urge	-drive	-calm ( <i>antonym</i> )
-urge on	-propel	-moderate ( <i>antonym</i> )
-spur	-impel	-pacify ( <i>antonym</i> )
-spur on	-goad	
-innervate	-incite	

**3. [v.] To excite to activity or heightened action, as by spurring or goading**

-stimulate	-egg	-move
-provoke	-galvanize	-spur
-rouse	-goad	-work up
-arouse	-impel	-prompt
-stir	-inflame	-quicken
-incite	-motivate	

**4. [v.] To raise the spirits of**

-encourage	-exhilarate	-spirit up
-gladden	-stimulate	-inspirit
-animate	-excite	-dispirit ( <i>antonym</i> )
-buoy up	-elevate	-dishearten ( <i>antonym</i> )
-elate	-exalt	-discourage ( <i>antonym</i> )
-lift	-flush	-depress ( <i>antonym</i> )
-uplift	-set up	

**5. [v.] To impart courage, inspiration, and resolution to**

-hearten	-fortify	-urge on
-buoy	-fuel	-discourage ( <i>antonym</i> )
-cheer	-motivate	-dispirit ( <i>antonym</i> )
-egg on	-pump up	-dishearten ( <i>antonym</i> )
-embolden	-rouse	-depress ( <i>antonym</i> )
-encourage	-spur	

**Joyfulness**

**joy•ful** *adj.* 1. Feeling, causing, or indicating joy. **joy•ful•ly** *adv.* **joy•ful•ness**

*n.* 1. A state of heightened contentment or pleasure. 2. A state of exuberance.

-enjoyment	-felicity	-exultation
-happiness	-elatedness	-bliss
-cheeriness	-elation	-blissfulness
-gladness	-joyousness	-beatitude
-delight	-jubilation	-ecstasy

**Joyful**

**2. [n.] A state of exuberance**

- |              |                   |                       |
|--------------|-------------------|-----------------------|
| -gaiety      | -lightheartedness | -high spirits         |
| -glee        | -jollity          | -gloom (antonym)      |
| -gleefulness | -joviality        | -sadness (antonym)    |
| -hilarity    | -joyousness       | -dejection (antonym)  |
| -jocularity  | -merriment        | -melancholy (antonym) |
| -jocundity   | -mirth            |                       |

**Kinship**

**kin•ship** *n.* 1. Connection by blood, marriage, or adoption; family relationship. 2. Relationship by nature or character; affinity. *Anthropology, Psychology, and Sociology* A relation between two or more persons that is based on common ancestry (descent) or marriage (affinity). 1. The condition of being friends 2. A logical or natural association between things 3. A connecting relation.

**1. [n.] The condition of being friends**

- |                 |                |                      |
|-----------------|----------------|----------------------|
| -friendship     | -companionship | -animosity (antonym) |
| -neighborliness | -comradeship   | -enmity (antonym)    |
| -amity          | -fellowship    | -hostility (antonym) |
| -brotherhood    | -fraternity    |                      |
| -camaraderie    | -sisterhood    |                      |

**2. [n.] A logical or natural association between things**

- |               |                    |                          |
|---------------|--------------------|--------------------------|
| -connection   | -correspondence    | -tie                     |
| -affiliation  | -interconnection   | -disconnection (antonym) |
| -affinity     | -interrelationship | -detachment (antonym)    |
| -appositeness | -link              | -dissociation (antonym)  |
| -correlation  | -relation          |                          |

**3. [n.] A connecting relation**

- |              |                    |                          |
|--------------|--------------------|--------------------------|
| -connection  | -interconnection   | -relationship            |
| -affiliation | -interdependence   | -dissociation (antonym)  |
| -association | -interrelationship | -disconnection (antonym) |
| -correlation | -link              | -detachment (antonym)    |

**Love**

**love** *n.* 1. A deep, tender, ineffable feeling of affection and solicitude toward a person, such as that arising from kinship, recognition of attractive qualities, or a sense of underlying oneness. 2. A feeling of intense desire and attraction toward a person with whom one is disposed to make a pair; the emotion of sex and romance. 3. An intense emotional attachment, as for a pet or treasured object. 4. A person who is the object of deep or intense affection or attraction; beloved. Often used as a term of endearment. 5. An expression of one's affection.

**1. [n.] The mutual affection and ardor of lovers**

- |              |          |               |
|--------------|----------|---------------|
| -passion     | -fervor  | -ecstasy      |
| -amorousness | -fire    | -intoxication |
| -amour       | -rapture | -heart        |
| -ardor       |          |               |

**2. [n.] A person who is much loved**

- |                        |                      |              |
|------------------------|----------------------|--------------|
| -darling               | -dearest             | -sweetheart  |
| -apple of one's eye    | -honey               | -sweetie-pie |
| -baby ( <i>slang</i> ) | -light of one's life | -treasure    |
| -beloved               | -pet                 | -truelove    |
| -dear                  | -precious            | -turtledove  |

**3. [n.] A strong feeling of attachment and solicitude**

- |                |                             |                                |
|----------------|-----------------------------|--------------------------------|
| -affection     | -penchant                   | -aversion ( <i>antonym</i> )   |
| -devotion      | -leaning                    | -repulsion ( <i>antonym</i> )  |
| -fondness      | -proclivity                 | -loathing ( <i>antonym</i> )   |
| -strong liking | -partiality                 | -repugnance ( <i>antonym</i> ) |
| -relish        | -hate ( <i>antonym</i> )    |                                |
| -taste         | -hatred ( <i>antonym</i> )  |                                |
| -predilection  | -dislike ( <i>antonym</i> ) |                                |

**4. [v.] To take great pleasure in**

- |             |                              |                             |
|-------------|------------------------------|-----------------------------|
| -revel      | -get a kick from             | -take delight in            |
| -adore      | -get a kick out of           | -dislike ( <i>antonym</i> ) |
| -delight in | -get off on ( <i>slang</i> ) |                             |

**5. [v.] To feel deep, devoted love for**

- |                    |            |                             |
|--------------------|------------|-----------------------------|
| -adore             | -dote on   | -hate ( <i>antonym</i> )    |
| -idolize           | -hold dear | -dislike ( <i>antonym</i> ) |
| -adulate           | -revere    | -loathe ( <i>antonym</i> )  |
| -carry a torch for | -reverence | -despise ( <i>antonym</i> ) |
| -cherish           | -treasure  |                             |

**Loyalty**

**loy·al·ty** *n.* 1. The state or quality of being loyal. See note at fidelity. Feelings of devoted attachment and affection: *My loyalties lie with my family.* 3. Faithfulness or devotion.

**1. [n.] Faithfulness or devotion**

- |             |             |                |
|-------------|-------------|----------------|
| -fidelity   | -dedication | -devotedness   |
| -allegiance | -fealty     | -steadfastness |
| -constancy  |             |                |

**Patriotism**

**pa·tri·ot·ism** *n.* 1. Love of and devotion to one's country.

**Peace**

**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 4. Public security and order: 5. Inner contentment; serenity: 6. Used as a greeting or farewell, and as a request for silence. 7. The agreement of opinions or interests 8. [n.] An absence of motion or disturbance.

**1. [n.] The agreement of opinions or interests**

-concord	-harmony	-disagreement ( <i>antonym</i> )
-accord	-cooperation	-dissension ( <i>antonym</i> )
-concert	-conformity	-discord ( <i>antonym</i> )
-concurrence		-conflict ( <i>antonym</i> )

**2. [n.] An absence of motion or disturbance**

-calm	-peaceableness	-serenity
-calmness	-placidity	-stillness
-inactivity	-quiescence	-tranquillity
-breathing spell	-quiet	-ease
-lull	-repose	-disturbance ( <i>antonym</i> )
-peacefulness	-rest	-agitation ( <i>antonym</i> )
-peace of mind		

**Thankfulness**

**thank•ful** *adj.* **thank•ful•ly** *adv.* **thank•ful•ness**

1. Aware and appreciative of a benefit; grateful. 2. Expressive of gratitude: *a thankful smile.*

**1. [n.] A feeling or expression of gratitude**

-appreciation	-recognition	-ingratitude ( <i>antonym</i> )
-acknowledgment	-thanks	-ungratefulness ( <i>antonym</i> )
-appreciativeness	-thanksgiving	-thanklessness ( <i>antonym</i> )
-gratefulness	-gratitude	

**Tolerance**

**tol•er•ance** *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.

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

-open-mindedness	-broad-mindedness
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**2. [n.] The quality or power of withstanding something**

-stamina	-robustness	-weakness ( <i>antonym</i> )
-endurance	-ruggedness	-frailness ( <i>antonym</i> )
-persistence	-toughness	-fragility ( <i>antonym</i> )
-fortitude	-sturdiness	
-hardiness	-perseverance	

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

-acceptance	-indulgence	-rejection ( <i>antonym</i> )
-acquiescence	-sufferance	-objection ( <i>antonym</i> )
-allowance	-resistance ( <i>antonym</i> )	

4. [n.] The capacity to withstand

-imperviousness

-endurance

-resistance

-immunity

-stamina

-durability

-strength

-weakness (*antonym*)



**“CELEBRATE”  
COMMUNITY, FAMILY & FRIENDS**

***HEALTH FOCUS:*  
HEALTHY HEART,  
MIND & BODY**

**HEALTHY HEART, MIND & BODY**  
**HEALTH FOCUS**

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

**DECEMBER**

*Caring Color: EVER Green*

**CELEBRATE Community, Family & Friends® 39**

**THE CARING HABIT ADVENTURE™**





# “CELEBRATE”

## COMMUNITY, FAMILY & FRIENDS

### HEALTH FOCUS

**T**he Health Focus for the month of December is *Healthy Heart, Mind & Body*, especially at home and in the classroom. John Dewey once said,

*“Anger blows out the lamp of the mind.”*

The linkage between healthy relationships and healthy bodies is a proven fact. On the average:

Married men live longer . . .

Babies who are held more often grow faster . . .

Touch reduces high blood pressure . . .

Smiles release healthy hormones.

The Health Tips in the Student Planners this month are about healthy hearts, mind and bodies. Take time to discuss them with your students.



WEEK 1

• • • • •

**Encourage your family to eat one meal together every day this week.**

Plan and prepare healthy meals together and clean up together too! Ask questions about each person’s activities that day. Discuss family activities and plans for the week.

• • • • •

2

**The temperature is dropping!**

It’s time to keep yourself warm. Layer your clothes for extra warmth. Wear a hat! Did you know that alcohol causes blood to lose warmth rapidly and smoking slows down circulation?

• • • • •

3

**Remember the importance of friendship!**

Talk over your problems with a friend or offer to be a “listening friend” to someone who needs your support and kindness.

• • • • •

4

**It’s the Holiday Season with lots of tempting goodies everywhere.**

Remind your family to tuck in some healthy snacks. Try “Ants on a Log” –take a stalk of celery, fill it with peanut butter and dot with raisins.

*Delicious and nutritious!*

• • • • •

5

**Start the NEW YEAR right –Give time to others!**

Volunteer to help a family member or neighbor. You’ll feel great about yourself.

• • • • •





**“CELEBRATE”**  
**COMMUNITY, FAMILY & FRIENDS**

**LITERACY ENRICHMENT**  
**WRITING/ESSAY PROMPTS**

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

DECEMBER





# “CELEBRATE COMMUNITY, FAMILY and FRIENDS” LITERACY ENRICHMENT TOPICS / PROMPTS / STARTERS



DECEMBER

In December **CELEBRATE COMMUNITY, FAMILY & FRIENDS** Caring Color: Ever-Green Health Focus: Healthy Heart, Mind & Body

What does “Celebrate Community, Family & Friends” truly mean to you?

How do you “Celebrate?” (your family? your friends? your community?)

List your “Top 5” Reasons to Celebrate.

(To fit your time allotment change 5 to a smaller or larger number.)

List the 3 most important people in your life. Explain why and how you show your appreciation. (To fit your time allotment change 3 to a smaller or larger number.)

Finish and explain this statement: “*I know I am a good friend because . . .*”

What does the word “community” mean to you?

What are examples of teamwork and cooperation?

List the values that are established in your family. Why are they important?

Have you recently read a book or watched a tv program about a celebration of community, family or friends? Explain the celebration?

Describe a special celebration in your community\*. (\*family, group of friends)

Explain this quote by Lyndon B. Johnson, 36th U.S. President,

*“The world must narrow to a neighborhood before it can broaden to a brotherhood.”*

Write your own Alphabet of Celebration\*!

A is for . . . ,etc. (\*Family, Friendship, Community)

Write a story\* (\*song, poem or rap) using as many of this month’s Character Education Words-2-Learn as possible. They are: Altruism, Amity, Brotherhood, Camaraderie, Caring, Citizenship, Community, Companion, Compassion, Cooperation, Dependability, Faith, Family, Fellowship, Friendship, Goodwill, Hope, Inspiration, Joyfulness, Kinship, Loyalty, Patriotism, Peace, Thankfulness, and Tolerance. (Definitions available in the “Character Education Words-2-Learn” Section of your Idea Book.)

Draw a picture showing you/your family “celebrating?”



# DECEMBER



For a special celebration, you want to design and wear a special costume. Describe what you are going to design.



Lined writing area for describing a costume design.



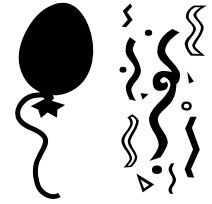


# DECEMBER



A Program of the Non-Profit Corporation  INC.

**What would a great birthday celebration for you be like? Write a paragraph to describe it.**



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**Choose three people in your family or three of your friends. Tell how they are alike and how they are different.**



Horizontal lines for writing.

**DECEMBER**



**In December CELEBRATE COMMUNITY, FAMILY & FRIENDS** Caring Color: Ever-Green Health Focus: Healthy Heart, Mind & Body





**“CELEBRATE”  
COMMUNITY, FAMILY & FRIENDS**

**LITERACY ENRICHMENT  
READING BOOK LISTS**

**Primary, Young Adult and Mature Readers**

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

DECEMBER

**CELEBRATE Community, Family & Friends® 51**



## ABBREVIATIONS KEY

*Review Sources and Awards*

A.L.A.	American Library Association
AP	Appraisal
BC	Bulletin: Center for Children's Books
BK	Book Links
BL	Book List
CH	Choice
CM	Caldecott Medal/Honor
CS	Child Study Children's Book Committee
EL	Emergency Librarian
ES	Elementary School Library Catalog
FO	Five Owls
HB	Horn Book
KL	Kliatt
KR	Kirkus Reviews
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
PW	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
WS	Wilson's Senior High
*	starred review

### OTHER ABBREVIATIONS

K	Kindergarten
IL	Interest Level
RL	Reading Level
YA	Young Adult



## “CELEBRATE”

### COMMUNITY, FAMILY & FRIENDS

#### Young Adult Reading Book List

(Grades 4 thru 8)

December Young Adult Reading Books

#### Special Plays for Holidays



Helen Louise Miller  
Plays, Inc., 1986  
187 p., IL 3-6, RL 4.5, Non-fiction (SL, BL)

A collection of one-act holiday plays for use throughout the school year.

#### Menorahs, Mezuzas and Other Jewish Symbols



Mirian Chaikin; Illustrated by Erika Weihs  
Clarion Books, 1990  
102 p., IL 5-8, RL 5.9, Non-fiction (WC, BL, KR)

Discusses Jewish holidays, their history, rituals and symbols.

#### It's Kwanzaa Time!



Linda and Clay Goss; Illustrations by Ashley Bryan and others  
G.P. Putnam's, 1995  
72 p., IL 3-6, RL 3.5  
Non-fiction (ES, SL\*, CS, PW, NY, BC, KR)

Includes stories, activities and recipes to explain the holiday, Kwanzaa, and how it is celebrated.

**The Elevator Family**

Douglas Evans  
Delacorte Press, 2000  
87 p., IL 3-6, RL 5.1, Fiction (BC, KR, LR)

All four members of the Wilson family decide to spend the Holidays in the elevator of a San Francisco Hotel.

**The Haunting at Stratton Falls**

Brenda Seabrooke  
Dutton Children's Books, 2000  
151 p., IL 5-8, RL 6.2, Fiction (SL, BL, BC, KR)

Because her father is fighting in World War II Europe, eleven-year-old Abby is sent to spend the Holidays with her unpleasant New York cousins in their old house that is haunted by the ghost of a girl from the Civil War.

**Have a Happy**

Mildred Pitts Walter; Illustrated by Carole Byard  
Avon, 1990  
85p., IL 3-6, RL 5.6, Fiction (ES, BK, BL, HB, BC)

Eleven-year-old Chris is upset that his birthday falls on Christmas and his father is out of work. Chris continues his carvings and the preparations for both Christmas and Kwanzaa.

**The Light at Tern Rock**

Julia L. Sauer; Illustrated by Georges Schreiber  
Puffin Books, 1994  
Series: Puffin Newbery Library  
62 p., IL 5-8, RL 5.4, Fiction (NM, BK)

Originally published as "*The Light at Christmas*," the Newbery Honor book is the story of Ronnie and his aunt who agree to care for the lighthouse on Tern Rock while the keeper takes a much needed vacation. When he fails to return in time for Christmas, Ronnie discovers that Tern Rock is the best place of all to spend Christmas.

**The Dollhouse Magic**

Yona Zeldis McDonough; Illustrated by Diane Palmisciano  
H. Holt, 2000  
83 p., IL 3-6, RL 5, Fiction (BL, BC, KR)

During the depression, Lila and Jane become fascinated by a beautiful dollhouse and befriend its elderly owner. The result is a very different Holiday.

## There's No Such Thing as a Chanukah Bush



Sandy Goldstein and Susan Sussman  
Illustrated by Charles Robinson  
Albert Whitman, 1983  
48 p., IL 3-6, RL 4.1, Fiction (PW, BL, BC)

Robin, a Jewish child, has trouble coping with Christmas when even her friend Sandy, who is also Jewish, is allowed to have a Christmas tree. It is her wise Grandfather who helps Robin.

## A Very Special Swansea



Deborah M. Newton chocolate  
Scholastic, 1996  
98 p., IL 3-6, RL 5.5, Fiction

When his fourth-grade class is asked to organize the school-wide Swansea celebration, Charlie, who is African-American, is embarrassed at first, but comes to understand the holiday.

## The Girls' Revenge



Phyllis Reynolds Naylor  
Delacorte Press, 1998  
150 p., IL 5-8, RL 6, Fiction (SL, BL, LA)

In this sequel to *Boys Against Girls*, Caroline continues the feud between her sisters and Wally's brothers when he becomes her partner for a special school project.

## Captain's Command



Anna Myers  
Walker, 1999  
134 p., IL 5-8, RL 5, Fiction (LS, PW, BL, BR)

During World War II, as the Holidays approach, sixth grader, Gail, wonders and worries about the fate of her soldier father and helps restore her handicapped uncle back to life.

## Angels and Other Strangers: Family Christmas Stories



Katherine Paterson  
Harper Trophy, 1988  
118 p, IL 5-8, RL 6.2, Fiction

A moving collection of nine short stories that show the meaning of Christmas in surprising ways.

## The Bells of Christmas



Virginia Hamilton; Illustrated by Lambert Davis  
Harcourt Brace Mavanovick, 1989  
59 p., IL 3-6, RL 5, Fiction (WC, A.L.A., BL, NT)

Twelve-year-old, Jason Bell, tells about the wonderful 1890 Christmas he and his family celebrated in their Springfield, Ohio home.

## The Best Christmas Pageant Ever



Barbara Robinson; Illustrated by Judith Gwyn Brown  
Harper Collins, 1972  
89 p., IL 3-6, RL 5.1, Fiction  
(WC, WM, CS, A.A.S.L., SQ, LJ, PW, BL, BC)

All six Herdman children who lie, cheat, steal and smoke cigars, claim parts in the Christmas pageant and come to understand the real meaning of Christmas.

## A Christmas Carol: In Prose, Being a Ghost Story of Christmas



Charles Dickens; Illustrated by Trina Schart Hyman  
Holiday House, 1983  
118 p., IL 5-8, RL 6, Fiction (WC, WM, ES, SL, BK, BL, HB, BC)

This illustrated edition of the classic is the story of a wealthy miser, Ebenezer Scrooge, who learns the true meaning of Christmas when three ghostly visitors remind him of his past and foretell a grim future.

## Christmas in the Big House, Christmas in the Quarters



Patricia C. McKissack and Fredrick L. McKissack; Illustrated by John Thompson  
Scholastic, 1994  
68 p., IL 5-8, RL 6.2, Non-fiction (WC, WM, ES, NM, SL\*, CS, HB\*, KI)

Winner of the Coretta Scott King Award and the Newbery Honor, this book describes and compares the Christmas celebration on the big plantation house and the slave quarters.

## Christmas with Ida Early



Robert Burch  
Puffin Books, 1985  
157 p., IL 3-6, RL 5.5, Fiction (SL, BL, HB, BC)

In this sequel to *Ida Early Comes Over the Mountain*, Ida, housekeeper for the Sutton family during the Depression, becomes the target of matchmaking schemes.



## The Gift of the Magi



O. Henry; Illustrated by Lisbeth Zwerger  
Aladdin Paperbacks, 1997  
26 p., IL 5-8, RL 7.5, Fiction (WC, BL, NY, BC)

A struggling husband and wife each sacrifice a treasured possession to purchase a Christmas gift for the other.

## Grandpa Jake and the Grand Christmas



Mildred Ames  
Scribner's, 1990  
98 p., IL 3-6, RL 5.5, Fiction (WM, SL\*, BL, BC)

When long-lost Grandpa Jake arrives on their doorstep, Lizzie's family experiences some much-needed changes during the Depression.

## A Little House Christmas: Holiday Stories from the Little House Books



Laura Ingalls Wilder; Illustrated by Garth Williams  
Harper Collins, 1994  
89 p., IL 3-6, RL 4.3, Fiction (WC)

Stories selected for the series describing the Christmas celebrations of the pioneer Ingalls family.

## Littlejim's Gift



Gloria Houston; Illustrated by Thomas B. Allen  
Philomel Books, 1994  
32 p., IL 3-6, RL 5.2, Fiction (SL, BL, HB, KR, LT)

While trying to convince his father that he is almost a man, ten-year-old Littlejim uses his savings for his sister's Christmas gift.

## Maria: A Christmas Story



Theodore Taylor  
Avon, 1993  
72 p., IL 5-8, RL 6.1, Fiction (SL, BK, PW, BL, HB, LA)

Eleven-year-old Maria and her family are the first Mexican Americans to enter a float in the Christmas parade.

**Noelle of The Nutcracker**

Pamela Jane; Illustrated by Jan Brett  
Houghton Mifflin, 1986  
60 p., IL 3-6, RL 4, Fiction (SL, KR)

At Christmas time, two little girls discover a beautiful ballerina doll. Ilyana wants to love her, but Mary Jane doesn't want Ilyana to get her.

**A Real Christmas This Year**

Karen Lynn Williams  
Clarion Books, 1995  
164 p., IL 5-8, RL 6.3, Fiction (HB, BC, BR, V.O.Y.A., VO, KR)

Twelve-year-old Megan attempts to provide a special Holiday for her Down Syndrome brother which causes trouble with her classmates.



# “CELEBRATE”

## COMMUNITY, FAMILY & FRIENDS

### Primary Reading Book List (Grades K thru 3)

Abbreviation Code Key at beginning of this chapter.

#### **A Certain Small Shepherd**



Rebecca Caudill; Illustrated by William Pene DuBois  
H. Holt, 1997  
48 p., IL K-3, RL 2.7, Fiction (ES, SL, LJ, BL, KR)

Jamie, who cannot talk, is excited to play the part of a shepherd in the school’s Christmas play. When a blizzard cancels the Christmas Eve performance, a Christmas morning miracle occurs.

#### **How Six Found Christmas**



Trina Schart Hyman  
Holiday House, 1991  
27 p., IL K-3, RL 5.2, Fiction (BL, HB)

A child who has never heard of Christmas, sets out to find one in the great snow forest with five companions: a dog, a cat, a hawk, a fox and a mockingbird.

## How the Grinch Stole Christmas



Dr. Seuss  
Random House, 1985  
55 p., IL K-3, RL 3-6, Easy (WC, ES, A.A.S.L., LJ, BL, BC)

The mean-spirited Grinch tries to find a way to prevent the Whos from celebrating Christmas and discovers that Christmas is much more than decorations, trees and presents.

## Kwanzaa



A.P. Porter; Pictures by Janice Lee Porter  
Carolrhoda Books, 1991  
Series: Carolrhoda On My Own Books  
56 p., IL K-3, RL 4.5, Non-fiction (SL, PW, KR)

This book describes the origins of Kwanzaa and how it is celebrated.

## Only a Star



Margery Facklam; Illustrated by Nancy Carpenter  
William B. Eerdmans, 1996  
32 p., IL K-3, RL 2.2, Poetry (SL\*, PW, CR)

A poem about the star that led the Wise Men to Bethlehem.

## The Polar Express



Chris Van Allsburg  
Houghton Mifflin, 1985  
32 p., IL K-3, RL 4.9, Easy (WC, ES, CM, A.L.A., NB, SL, BK, BL, CL)

This Caldecott award winner is the story of a magical train ride to the North Pole on Christmas Eve and a special gift from Santa.

## The Puppy Who Wanted a Boy



Jane Yayer; Illustrated by Lisa McCue  
Mulberry, 1988  
32 p., IL K-3, RL 2.7, Easy (WC, ES, SL, BL)

When puppy Petey's mother cannot find a boy for Christmas, Petey sets out on his own to find a boy.

## Silver Packages: An Appalachian Christmas Story



Cynthia Rylant; Paintings by Chris K. Soentpiet  
Orchard Books, 1997  
32 p., IL K-3, RL 3.5, Easy (WC, ES, SL, BK, NY, BC, LT, LA)

To repay his debt to the people of Appalachia, a rich man rides a train through the area and throws Christmas gifts to the poor children waiting for them.

## The Story of Holly and Ivy



Rumer Godden; Illustrated by Barbara Cooney  
Viking Kestrel, 1985  
31 p., IL K-3, RL 4.7 (WC, ES, SL, BL, HB)

A lonely couple and a special doll named Holly, help Ivy, an orphan, get her Christmas wish.





## “CELEBRATE”

# COMMUNITY, FAMILY & FRIENDS

## Mature Readers Book List

(Mature Readers, Teachers and Adults)

Abbreviation Code Key at beginning of this chapter.

December Mature Readers Book List

### **The Angel Doll: A Christmas Story**



Jerry Bleeds  
St. Martin's Press, 1997  
103 p., YA, Fiction (SL, BL, KR)

A man remembers the Christmas when he and Whitely, his best friend, searched the entire town for an angel doll to give White's little sister who has polio and the impact that Christmas has had on his entire life.

### **A Charlie Brown Christmas: The Making of a Tradition written by Charles M. Schulz**



Lee Mendelson and Reflections by Bill Melendez;  
Edited by Antonia Felix  
Designed by Timothy Shaner  
Harper Resource, 2000  
192 p., YA, Non-fiction

A tribute to the 1965 television special, "*A Charlie Brown Christmas*," with a behind-the-scenes look at how the cartoon was made; includes the complete script, photos of the children who provided the characters' voices and the scores for the music.

## The Christmas Box



Richard Paul Evans  
Simon & Schuster, 1993  
125 p., YA, Fiction (WF, BL, KR)

The story of a young father and his family who move into the home of an elderly widow. Together they rediscover the first gift of Christmas and its meaning.

## Christmas on Jane Street: A True Story



By Bill Romp with Wanda Urbanska; Illustrated by Robbin Gourley  
W. Morrow, 1998  
147 p., YA, Non-fiction (PW, KR)

Vermont farmer, Bill Romp, and his family spend the weeks between Thanksgiving and Christmas in New York selling Christmas trees. He tells about his daughter's wish to see the Nutcracker ballet and how it taught him the true meaning of the season and being a parent.

## Coping in an Interfaith Family



Gwen K. Packard  
Rosen Pub. Group, 1993  
183 p., YA, Non-fiction (WM, SL, V.O.Y.A., VO, MR)

This book discusses the effects of living in an interfaith family, emphasizing the acceptance of differences, strengthening spirituality and other positive aspects.

## A Gift of Angels



Jerry Bledsoe; Illustrated by Tim Rickard  
Down Home Press, 1999  
149 p., YA, Fiction (PW, KR)

In this sequel to *The Angel Doll*, the narrator learns what happened to his friend Whitey, who had sacrificed to buy his little sister a special doll for Christmas many years before.



## Join the Golden Rule Revolution



Elaine Parke; Illustrated by Darlene Patrick  
Caring Media International, 2000  
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 December –Celebrate Community, Family and Friends section for daily teacher / classroom / family reading. *WARNING!\* This book is habit-forming. \*May cause a happier life.*

## The Modern Magi: A Christmas Fable



Carol Lynn Pearson  
St. Martin's Press, 1998  
90 p., YA, Fiction (BL)

Waitress Annabelle Perkins, dreams of visiting the Holy Land and leaving a small bronze lamb as a gift for the newborn, but each time she saves the money, she discovers a need that seems much greater.

## Raphael and the Nobel Task



Catherine A. Salton; Illustrated by David Weitzman  
Harper Collins, 2000  
157 p., YA, Fiction (PW, KR)

Raphael, a fierce stone griffin sworn to guard the Cathedral, gladly takes charge of a child abandoned at the Cathedral door until the mother returns.

## Starry, Starry Night: Three Holiday Stories



Lurlene McDaniel  
Bantam Books, 1998  
255p., YA, Fiction (SL, V.O.Y.A.)

The teenagers in each of these stories face major decisions that will change their lives.

## **What Child is This? A Christmas Story**



Caroline Cooney

Delacorte Press, 1997

150 p., YA, Fiction (WS, WM, A.L.A., NB, SL, BC, V.Y.O.A., VO)

Seventeen-year-old Matt's attempts to find a family for an eight-year-old foster child leads to trouble for both of them, and the need for a Christmas miracle.



**“CELEBRATE”  
COMMUNITY, FAMILY & FRIENDS  
POPULAR MUSIC**

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

DECEMBER



# “CELEBRATE”

## COMMUNITY, FAMILY & FRIENDS

### With Music and Song



Dear Hearts and Gentle People	- Bing Crosby
Friends for Life	- Debby Boone
Friends	- Michael W. Smith
Friendship	
Sunrise, Sunset	- <u>Fiddler on the Roof</u>
Cat's in the Cradle	- Harry Chapin
You and Me Against the World	- Helen Reddy
You've Got a Friend	- James Taylor
Thanks for the Memories	- Bob Hope/Shirley Ross
Have Yourself a Merry Little Christmas	
I'll Be Home for Christmas	
Home for the Holidays	
Watching Scotty Grow	- Bobby Goldsboro
Grandpa, Tell Me 'Bout the Good Old Days	- The Judds
Together Wherever We Go	- <u>Gypsy</u>
Danny Boy	
Consider Yourself	- <u>Oliver!</u>
Wives and Lovers	- Jack Jones
My Rocking Horse Ran Away	- Betty Hutton
Bless This House	
Love Can Make You Happy	- Mercy
An Ordinary Couple	- <u>The Sound of Music</u>
That's What Friends Are For	- Dionne Warwick
Home Sweet Home	
Heart of My Heart	



- |   |                                     |
|---|-------------------------------------|
| Friends and Lovers                      | - Gloria Loring and Carl Anderson   |
| We Are Family                           | - Sister Sledge                     |
| Daddy Sang Bass                         |                                     |
| Cradle Song                             | - Sandi Patti                       |
| Love Will Be Our Home                   | - Sandi Patti                       |
| Household of Faith                      | - Steve and Marijean Green          |
| Heartlight                              | - Neil Diamond                      |
| Just Beyond the Moon                    | - Tex Ritter                        |
| Our House                               | - Crosby, Stills, Nash and Young    |
| For the Love of Him                     | - Bobbi Martin                      |
| Daddy's Little Girl                     |                                     |
| My Fiddle Playin' Mama                  | - Honeytree                         |
| Homeward Bound                          | - Simon and Garfunkel               |
| Dreams of the Everyday Housewife        | - Glen Campbell                     |
| Sisters                                 |                                     |
| When There's Love at Home (Mormon Hymn) |                                     |
| The <u>Brady Bunch</u> Theme            |                                     |
| Precious Memories                       |                                     |
| This Old House                          | - The Cathedrals                    |
| Christmas Eve in My Hometown            |                                     |
| I've Been on the Chain Gang Too Long    | - Jimmy Swaggart                    |
| Heirloom                                | - Amy Grant                         |
| Coal Miner's Daughter                   | - Loretta Lynn                      |
| Funny Little Butterflies                | - Patty Duke                        |
| A Shanty in Old Shanty Town             | - Mitch Miller                      |
| I Remember It Well                      | - <u>Gigi</u>                       |
| The Most Beautiful Girl in the World    | - <u>Carousel</u>                   |
| Faith of Our Fathers                    |                                     |
| My Mother's Bible                       |                                     |
| He's My Friend                          | - <u>The Unsinkable Molly Brown</u> |
| Daddy, Don't You Walk So Fast           | - John Davidson                     |
| Because It's Christmas                  | - Barry Manilow                     |





**“CELEBRATE”**  
**COMMUNITY, FAMILY & FRIENDS**  
**STORIES & POEMS**

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

STORIES AND POEMS

STORIES & POEMS

DECEMBER

THE CARING HABIT ADVENTURE™





# “CELEBRATE”

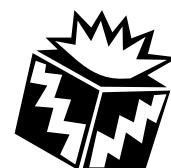
## COMMUNITY, FAMILY & FRIENDS

### Stories and Poems



#### THE BEST GIFT CAN BE A GENTLE SQUEEZE

*Unknown Internet Author*



One hectic morning, I ran a few errands for my mother and dropped by to make a delivery and to return her change. *“Thanks for everything,”* she said as I started to leave. *“And especially for that last gift.”*

*“What are you talking about?”* I asked. *“I didn’t give you anything.”*

*“This,”* Mother said as she cupped her hands over mine and gave them a gentle squeeze. *“You probably did it without even knowing it, but it was just like heaven reaching down to touch me.”*

I thought about that little incident on the way home. While it comforted me in some ways, it also disturbed me. Was our world so fast paced and impersonal that a little squeeze of the hand could mean that much? Later, during the noon rush hour at a fast-food drive thru window, the cashier looked especially harried. *“I said a large order of fries!”* a man barked into the intercom.

*“Give me a break,”* she muttered under her breath.

As I counted out the \$2.34 for my order, my thoughts drifted back to Mother. On impulse, I softly sandwiched the cashier’s hand in mine as I pressed the money into her palm. For an ever so brief moment, her brown eyes, framed in red tortoiseshell glasses, met mine. *“Thanks, I really need that,”* she said smiling.

What began as a spur-of-the-moment gesture, is now a tradition for me whenever I sense a need for it. It’s nothing dramatic, but that subtle squeeze rarely fails to bring on a smile.

Mother was right. In these life-in-the-fast-lane times, just about everyone can use an extra pair of hands.

## I'M GLAD TO HAVE A FAMILY

*Story, Song and Lyrics by ROBIN STEMPLER*

Well my friends, as the holidays roll around, we're hit with lots of advertising trying to convince us to buy that one more toy or that one more present that will make our holidays special. But it's not things that make a holiday special, my friends. And that's why the Caring Habit for all of us in December is "Community, Family, and Friends."

I'm glad to have a family  
I'm glad that I have friends  
I live in a community where love never ends.

I'm glad there are people  
Who get me through each day and I'm glad to have  
A family that's with me all the way.

Sometimes through the holidays  
I get to feeling sad  
I look at other people  
And all the things they have.

But then I remind myself of  
What's important to me  
It's my friends and my family  
And my community.

On the other side of the fence  
The grass looks really green  
Without the ones you love  
Tell me, what does that mean?

YES - I'm glad to have a family  
I'm glad that I have friends  
I live in a community  
Where love never ends

I'm glad there are people  
Who get me through each day  
And I'm glad to have a family  
That's with me all the way.



## THE STARCATCHER'S FRIEND

The star catcher grinned and whispered a plan, "I'll catch all the stars that I possibly can. Then give them to all of my friends so they will truly see how sparkling and special they are to me." \*

\* \* \* \*

\* \* \* \*

Like each individual star . . . Your friendship brightens my world. \*

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Friends are a very rare jewel, indeed.

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Friends make you smile and encourage you to succeed.

They lend an ear, they share a word of praise, and they always want to open their heart to us. Show your friends how much you care . . .

\*

\*

\*

Share this with everyone you consider a FRIEND.

\*

\*

\*

### "Count on me."

## THREE LITTLE WORDS FOR DECEMBER

*VICTOR M. PACHIN*

"A friend is one who walks in when others walk out," observed Walter Winchell. Loyalty is an essential ingredient for true friendship. Loyalty is the emotional glue which bonds people. Those who are rich in their relationships are steady and true friends. When troubles come, a good friend is there indicating, "You can count on me." If tragedy strikes, a loyal friend will provide whatever support and comfort is possible.

## The ABC's of FRIENDSHIP

### A FRIEND . . .

**A**ccepts you as you are

**B**elieves in "you"

**C**alls you just to say "Hi"

**D**oesn't give up on you

**E**nvisions the whole of you

*(even the unfinished parts)*

**F**orgives your mistakes

**G**ives unconditionally

**H**elps you

**I**nvites you over

**J**ust to "be" with you

**K**eeps you close at heart

**L**oves you for who you are

**M**akes a difference in your life

**N**ever judges

**O**ffers support

**P**icks you up

**Q**uiets your fears

**R**aises your spirits

**S**ays nice things about you

**T**ells you the truth when you need to hear it

**U**nderstands you

**V**alues you

**W**alks beside you

**X**-plains things you don't understand

**Y**ells when you won't listen and . . .

**Z**aps you back to reality



## DECEMBER TREASURES

*RALPH MOORE*

President of the Somerset, PA Chapter of Caring Habits, All of Us, Inc.



The month of December brings the year to an end. Together we can celebrate our hard work during the year at school. December is also the perfect time to celebrate with the people in our lives who help make our community a nicer place to live.

During December, our friends and relatives come home for the Holidays. We see old friends and catch up on the things that are happening in their lives. The house is already decorated and it may be cold outside, so it is nice to be inside where it is warm.

During December there will also be celebrations at work, in schools, and in

homes throughout the country. Be sure to take in some of the holiday spirit, and plan to have a little get-together in your home with the people you enjoy seeing. Everyone likes to receive a personal invitation to a special evening with friends. Invite someone new to your circle of friends.

Remember to celebrate December birthdays, especially those near Christmas that sometimes get overlooked. You can start a new tradition by celebrating the first day of winter, December 21, with some winter fun. Learn a new winter sport.

Places of worship and schools help the community celebrate with special musical programs for the religious holidays. Barber shop quartets and other home town musical groups help us celebrate by performing at local events. On a crisp snowy night, Holiday carolers may surprise us with the special gift of music and candlelight at our doorstep. Moms help us celebrate and warm us up by baking cookies and taking care of the important holiday details in a special way.

We hope you take advantage of the December Caring Habit to "Celebrate Community, Family, & Friends", and the good family values that the Caring Habits promote all year long. And remember that December is the height of the hug season! Make sure you take particular advantage of that! I am told that you need at least nine hugs a day just for maintenance. More if you want to get good at it. Have fun!





## MAKING MEMORIES IN THE SNOW

*DAILY GUIDEPOSTS*

One late winter evening, after the children and my wife were asleep, I turned the floodlights on in the backyard. It was snowing, and already a few inches had accumulated. I grabbed my coat, turned off the floodlights, quietly opened the back door and walked to the middle of the lawn. I stooped to the ground, gathered a handful of snow and licked it. Then I stooped again and rolled a snowball into my hands, pulled my arm back and let my missile fly at a tree.

In the silence, I looked to my left, then to my right, checking the empty street. Then I fell backward into the snow. I waved my arms up and down, spread my legs open and closed, and then stood up. A Snow Angel.

I began to feel the cold, but then I had a final idea. Once again, I gathered snow into a ball and began to roll it in front of me. Within a few minutes my ball was more than half my size. Then I rolled a second ball, not as large as the first. After I rolled the third ball, it was the labor of the next few minutes that revealed the sure shape of my snowman. Putting my cap on the snowman's head, I returned to the house. From the back window, with the lights on again, I could see him, frozen in midnight, a man with a green cap.

The next morning I woke up to the sounds of my three children hooting and laughing in the backyard. I opened the blinds and saw the children at work making their own snowman, three children snowmen standing beside the one I had built the night before. It was a singular moment linked to my moment the night before.



## KIND WORDS

*Contributed by  
TROY LYNN LARGENT*



*E*ach kind word that is spoken  
Is much like a drop of rain  
That refreshes a withering flower  
And helps it to live again.

*I*t's so easy to speak a kind word,  
To brighten another's day,  
A hand clasp or a smile  
Will spread sunshine along the way.



*K*ind words and smiles  
React like a sweet refrain,  
To nourish a heart that is lonely,  
Like the flowers refreshed by the rain.



**A MOM'S LIFE**

DELLA EPHRON



Take your plate into the kitchen please.

Is that yours?

Don't hit your brother.

I'm talking to you.

Just a minute, please, can't you see I'm talking.

I said, don't interrupt.

Did you brush your teeth?

What are you doing out of bed?

You can't watch TV in the afternoon.

What do you mean, there's nothing to do?

Go outside.

Read a book.

Get off the phone.

Tell your friend you'll call her back. Right now!

Hello. No, (s)he's not home.

She'll call you when she gets home.

Take a jacket. Take a sweater. Take one anyway.

Someone left his shoes in front of the TV.

Get the toys out of the hall. Get the toys out of the bathtub.

Do you realize that could hit someone?

Hurry up. Everyone's waiting.

I'll count to ten and then we're going without you.

Did you go to the bathroom? If you don't go, you're not going.

Why didn't you go before you left?

Can you hold it?

What's going on back there?

I said, stop it!

I don't want to hear about it.

Stop that, or I'm taking you home right now.

That's it. We're going home.

Give me a kiss. I need a hug. (cont. ⇨)







Make your bed.  
 Clean up your room.  
 I need you to set the table.  
 Don't tell me it's not your turn.  
 Please move your chair in to the table.  
 Sit up.



Just try a little. You don't have to eat the whole thing.  
 Stop playing and eat.  
 Would you watch what you're doing!  
 Move your glass, it's too close to the edge.  
 Watch it!

More, what?  
 More, *please*. That's better.  
 Just eat one bite of salad.

You don't always get what you want. That's life.  
 Don't argue with me. I'm not discussing this anymore.



Go to your room  
 No, ten minutes are not up.  
 One more minute.  
 How many times have I told you, don't do that?

Where did the cookies go?  
 They're not mushrooms. I took all the mushrooms out. See?  
 Is your homework done?



Stop yelling. If you want to ask me something, come here.  
 I'll think about it.  
 Not now. Ask your father.  
 We'll see.

Don't sit so close to the television, it's bad for your eyes.  
 Did everyone fasten their seat belt?  
 I'm sorry that's the rule. I'm sorry that's the rule.

## IF I KNEW

If I knew it would be the last time that I'd see you fall asleep,  
I would tuck you in more tightly and pray your soul to keep.

If I knew it would be the last time I'd see you walk out the door,  
I would give you a hug and kiss and call you back for more.

If I knew it would be the last time I'd hear your voice lift up in praise,  
I would tape each action and word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute or two,  
To stop and say "I love you," instead of assuming that you know I do.

If I knew it would be the last time, I would be there to share your day,  
Well, I'm sure you'll have so many more, so I can let this one slip away.

For surely there's always tomorrow to make up for an oversight,  
And we always get a second chance to make everything all right.

There will always be another day to say our "I love you,"  
and certainly there's another chance to say our "Anything I can do's."

But just in case I might be wrong, and today is all I get.  
I'd like to say how much I love you, and hope we won't forget.

Tomorrow is not promised to anyone, why not do it today?  
For if tomorrow never comes, you'll surely regret the day.

That you didn't take that extra time for a smile, a hug, a kiss.  
And you were too busy to grant someone,  
what turned out to be their one last wish.

So hold your loved ones close today,  
whisper in their ear,  
tell them how much you love them,  
and that you'll always hold them dear.

Take time to say, "I'm sorry" please forgive me," "thank you" or "it's ok"  
And if tomorrow never comes, you'll have no regrets about Today.

## THANK YOU FOR BEING MY FRIEND

I have a list of folks I know . . . all written in a book,  
And every now and then I go and take a look.

That is when I realize these names they are a part,  
not of the book they're written in, but taken from the heart.

For each name stands for someone, who has crossed my path sometime,  
and in that meeting they have become, the reason and the rhyme.

Although it sounds fantastic for me to make this claim,  
I really am composed of each remembered name.

Although you're not aware of any special link,  
just knowing you, has shaped my life more than you could think.

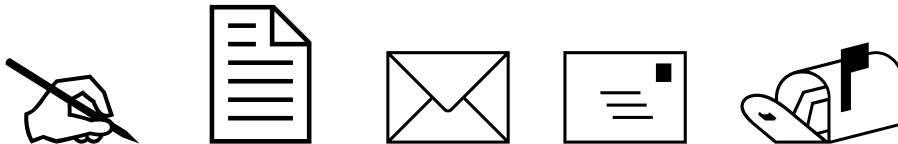
So please don't think my greeting . . . as just a mere routine,  
your name was not forgotten in between.

For when I send a greeting that is addressed to you,  
it is because you're on the list of folks I'm indebted to.

So whether I have known you for many days or few,  
in some ways you have a part, in shaping things I do.

I am but a total of many folks I've met,  
you are a friend I would prefer never to forget.

Thank you for being my friend!



## This was written by an 83 year old woman to her friend . . .

I'm reading more and dusting less. I'm sitting in the yard and admiring the view without fussing about the weeds in the garden . . . I'm spending more time with my family and friends and less time cutting the grass.

Whenever possible, life should be a pattern of experiences to savor, not to endure. I'm trying to recognize these moments now and cherish them . . . I'm not "saving" anything; we use our good china and crystal for every special event such as losing a pound, getting the sink unstopped, or the first Amaryllis blossom.

I wear my good blazer to the market. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries. I'm not saving my good perfume for special parties, but wearing it for clerks in the hardware store and tellers at the bank . . .

"Someday" and "one of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do it now . . .

I'm not sure what others would've done had they known that they wouldn't be here for the tomorrow that we all take for granted. I think they would have called family members and a few close friends. They might have called a few former friends to apologize and mend fences for past squabbles.

I like to think they would have gone out for a Chinese dinner, or for whatever their favorite food was. I'm guessing; I'll never know . . . It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write one of these days. Angry and sorry that I didn't tell my husband and parents often enough how much I truly love them. I'm trying very hard not to put off, hold back, or save anything that would add laughter and luster to our lives.

And every morning when I open my eyes, I tell myself that it is special. Every day, every minute, every breath truly is a gift . . .

"People say true friends must always hold hands, but true friends don't need to hold hands because they know the other hand will always be there."

I don't believe in miracles. I rely on them.

## "FRIENDSHIP"

*Carol Elaine Faivre-Scott*

Each of us has a hidden place  
Somewhere deep within ourselves;  
A place where we go to get away,  
To think things through,  
To be alone, to be ourselves.

This unique place, where we confront our deepest feelings,  
Becomes a storehouse of all our hopes,  
All our needs, all our dreams,  
And even our unspoken fears.  
It encompasses the essence of  
who we are and what we want to be.

But now and then, whether by chance or design,  
Someone discovers a way into that place  
We thought was ours alone.  
And we allow that person to see, to feel and to share  
All the reason, all the uncertainty  
And all the emotion we've stored up there.

That person adds new perspective to our hidden realm,  
Then quietly settles down  
In his own corner of our special place,  
Where a bit of himself will stay forever.

. . . And we call that person a friend.





**“CELEBRATE”**  
**COMMUNITY, FAMILY & FRIENDS**

**INSPIRING QUOTES**

*“ Together we brighten the world we all share.”*

-ELAINE PARKE

DECEMBER





# “CELEBRATE” COMMUNITY, FAMILY & FRIENDS

## 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.

A sense of belonging, the loving involvement of parents which creates a sense of worth, and a sense of purpose are what every child deserves to receive.

CYRIL J. BARBER

The best inheritance a parent can give his children is a few minutes of his time each day.

O.A. BATTISTA

An old friend can be a garden of true delight.

NICK BEILENSON

Other things may change us, but we start and end with the family.

ANTHONY BRANDT

Change, makes the world go round but love keeps it populated.

CHARLES H. BROWER

Blessed indeed is the man who hears many gentle voices call him father!

LYDIA M. CHILD



**Treat your friends as you do your pictures,  
and place them in the best possible light.**

JENNIE JEROME CHURCHILL, "FRIENDSHIP" TALK ON BIG SUBJECTS

Friendship adds a brighter radiance to prosperity  
and lightens the burden of adversity by dividing and sharing it.

CICERO

*Friendship is nothing else than an accord in all things, human and divine,  
enjoyed with mutual good will and affection, and I am inclined to think that,  
with the exception of wisdom, no better thing has been given to man.*

CICERO

**In prosperity, our friends know us; in adversity, we know our friends.**

JOHN CHURTON COLLINS

If the new American father feels bewildered and even defeated,  
let him take comfort from the fact that whatever he does in any  
fathering situation has a fifty percent chance of being right.

BILL COSBY, ACTOR-COMEDIAN

**Fate chooses our relatives, we choose our friends.**

JACQUES DELILLIE

*Friends are relatives you make for yourself.*

EUSTACHE DESCHAMPS

**My friends are my wealth.**

EMILY DICKINSON, POET

**Everybody talks about love, but the thing that  
keeps marriage together for me, is friendship.**

CLINT EASTWOOD, AMERICAN ACTOR



*To love others makes us happy.*

KENNY "BABYFACE" EDMONDS, AMERICAN SINGER AND COMPOSER

It is a pity that every citizen of every state cannot visit all the others, to see the differences, to learn what we have in common, and to come back with a richer, fuller understanding of America — in all its beauty, in all its dignity, in all its strength, in support of moral principle.

DWIGHT D. EISENHOWER, 34TH PRESIDENT OF THE UNITED STATES

Friendship is the only cement that will hold the world together.

DUKE ELLINGTON, AMERICAN MUSICIAN

A friend may well be reckoned the masterpiece of nature.

RALPH WALDO EMERSON, AMERICAN POET, AUTHOR AND ESSAYIST

Happy is the house that shelters a friend.

RALPH WALDO EMERSON

A friend in need is a friend indeed.

QUINTRAS ENNIUS

**The way to a man's heart is through his stomach.**

FANNY FERN, AMERICAN WRITER - 1811-1872

Mummy herself has told us that she looked upon us more as her friends than her daughters. Now that is all very fine, but still, a friend can't take a mother's place. I need my mother as an example which I can follow. I want to be able to respect her.

ANNE FRANK, THE DIARY OF A YOUNG GIRL

*I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example.*

SIGMUND FREUD, SWISS PSYCHOLOGIST



**I cannot think of any need in childhood as strong as the need for a father's protection.**

SIGMUND FREUD, SWISS PSYCHOLOGIST

*Home is the place where, when you have to go there, they have to take you in.*

ROBERT FROST, AMERICAN POET "DEATH OF THE HIRED MAN"

The first, the most fundamental right of childhood is the right to be loved. The child comes into the world alone, defenseless, without resource. Only love can stand between his infant helplessness and the savagery of a harsh world.

PAUL HANLY FURFEY, *THE CHURCH AND THE CHILD*

**Every child born into this world belongs to the whole human race.**

GREER GARSON, IRISH ACTRESS "BLOSSOMS IN THE DUST" (1941)

Everything runs smoothly when love oils the machinery.

WILLIAM H. GRIER

**If you can't hold children in your arms, please hold them in your heart.**

MOTHER CLARA HALE

The most important thing a father can do for his children is to love their mother.

REV. THEODORE M. HESBURGH, FORMER PRESIDENT, NOTRE DAME

**The greatest gift of life is friendship and I have received it.**

HUBERT H. HUMPHREY

**When you face a crisis, you know who your true friends are.**

EARVIN "MAGIC" JOHNSON, LOS ANGELES LAKERS

The world must narrow to a neighborhood before it can broaden to a brotherhood.

LYNDON B. JOHNSON, 36TH U.S. PRESIDENT





Plant a seed of friendship; reap a bouquet of happiness.

LOIS L. KAUFMAN

*The greatest natural resource that any country can have is its children.*

DANNY KAYE, ACTOR-COMEDIAN

The question for our time is not whether all men are brothers. The question is whether we have the strength and the will to make the brotherhood of man the guiding principle of our daily lives.

JOHN F. KENNEDY, 35TH PRESIDENT OF THE UNITED STATES

It is etiquette for a son or daughter to talk to the father in a gentle and polite tone, and the parent, except when reprimanding or correcting his children, is required by custom to reciprocate the compliment in the same way as his children extend it to him.

JOMO KENYATTA, ON GIKUYU CUSTOM

Winter, spring, summer or fall  
 All you have to do is call  
 And I'll be there  
 You've got a friend.

CAROLE KING, AMERICAN SINGER-COMPOSER, "YOU'VE GOT A FRIEND"

A child is a person who is going to carry on what you have started. He is going to sit where you are sitting, and when you are gone, attend to those things which you think are important . . . The fate of humanity is in their hands.

ABRAHAM LINCOLN, 16TH U.S. PRESIDENT OF THE UNITED STATES

**Fish and guests in three days are stale.**

JOHN LYLY 1579

Children are like puppies: you have to keep them near you and look after them if you want to have their affection.

ANNA MAGNANI, ITALIAN ACTRESS

If things go well with the family, life is worth living; when the family falters, life falls apart.

MICHAEL NOVAK



*The only wealth is our children, more than power or money.*

AL PACINO, ACTOR "THE GODFATHER - PART III"

A friend, I am told, is worth more than pure gold.

POPEYE, "THE POPEYE CARTOON SHOW"

To show a child what once delighted you, to find the child's delight added to your own — this is happiness.

JOSEPH B. PRIESTLEY, BRITISH SCIENTIST

Love is the glue that holds friendships together.

ANTONIO "L.A." REID, AMERICAN COMPOSER

**I never met a man (person) I didn't like.**

WILL ROGERS, AMERICAN HUMORIST

**How rare and wonderful is that flash of a moment when we realize we have discovered a friend.**

WILLIAM ROTSLER

The family is the building block for whatever solidarity there is in society.

JILL RUCKELSHAUS

*There is only one happiness in life, to love and be loved.*

GEORGE SAND, FRENCH AUTHOR "LETTER TO LINA CALAMATTA"

It is a wise father that knows his own child.

WILLIAM SHAKESPEARE, PLAYWRIGHT AND POET

**I am my kids' mom.**

DR. LAURA SCHLESSINGER, TALK-SHOW HOST



There's a time when you have to explain to your children why they're born, and it's a marvelous thing if you know the reason by then.

HAZEL SCOTT

*The only rose without thorns is friendship.*

MADELEINE DE SCUDERY

Children are the anchors that hold a mother to life.

SOPHOCLES, GREEK PHILOSOPHER AND PLAYWRIGHT

Being a father is something that lives in your heart and grows over a long period of time.

STARMAN, "STARMAN"

A friend is a present you give to yourself.

ROBERT LOUIS STEVENSON

You don't choose your family. They are a gift to you, as you are to them.

BISHOP DESMOND TUTU, SOUTH AFRICAN EPISCOPAL BISHOP

**Fair or foul weather,  
We must all stick together.**

UNDERDOG, "UNDERDOG"

*A true friend is someone who is there for you when he'd rather be anywhere else.*

LEN WEIN

**The best way to hold onto a man is in your arms.**

MAE WEST, AMERICAN ACTRESS

Loving relationships are a family's best protection against the challenges of the world.

BERNIE WIEBE



*Love is the fairest flower that blooms in your garden.*

VANESSA WILLIAMS, MISS AMERICA 1984

The unity that binds us all together, that makes  
this earth a family, and all men brothers, is love.

THOMAS WOLFE, AMERICAN AUTHOR

List “**Q**UOTES” that you have collected here:







**“CELEBRATE”  
COMMUNITY, FAMILY & FRIENDS**

**REPRODUCIBLE SECTION**

**REPRODUCIBLES**  
REPRODUCIBLES

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

Item # 012-de-m

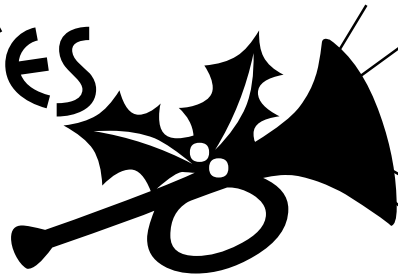
**DECEMBER**



This is your **DECEMBER**

“Celebrate **COMMUNITY, FAMILY & FRIENDS™**”

# FUN Activities SECTION



Here are some fun activities to enjoy at school or at home!

## WORD-2-LEARN Story

Try writing a story using all the WORDS-2-LEARN for the month of December.

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Caring      | <input type="checkbox"/> Inspire    |
| <input type="checkbox"/> Citizen     | <input type="checkbox"/> Joyful     |
| <input type="checkbox"/> Community   | <input type="checkbox"/> Kindness   |
| <input type="checkbox"/> Community   | <input type="checkbox"/> Love       |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Loyalty    |
| <input type="checkbox"/> Faith       | <input type="checkbox"/> Patriotism |
| <input type="checkbox"/> Family      | <input type="checkbox"/> Peace      |
| <input type="checkbox"/> Friendships | <input type="checkbox"/> Thankful   |
| <input type="checkbox"/> Hope        |                                     |



Here's our story:

What better time of year than the holidays to celebrate and be j\_\_\_\_\_. This is a time to strengthen our f\_\_\_\_\_ and to show to our f\_\_\_\_\_ our l\_\_\_\_ and l\_\_\_\_\_.

We should also be t\_\_\_\_\_ for our c\_\_\_\_\_. Be proud to be a c\_\_\_\_\_ and act with c\_\_\_\_\_ to make our c\_\_\_\_\_ and schools even better. This is the season to have f\_\_\_\_\_ and h\_\_\_\_\_ and to i\_\_\_\_\_ others to work together. This is the essence of p\_\_\_\_\_.

We all need k\_\_\_\_\_ and c\_\_\_\_\_ in our lives. We all need hope in our lives. We all need p\_\_\_\_\_ surrounding us.



In **December** and all year long “Celebrate **COMMUNITY, FAMILY & FRIENDS™**”



# Dic•tion•ary FUN

A dictionary entry shows each word divided into syllables. Leave a space or a dot to show where a word can be divided at the end of a line of writing. "CELEBRATE!"

Amity      Am - i - ty      Thankfulness \_\_\_\_\_  
Camaraderie \_\_\_\_\_      Friendship \_\_\_\_\_  
Compassion \_\_\_\_\_      Loyalty \_\_\_\_\_

## ABCDEFGHIJKLM Alphabet-izing Quiz NOPQRSTUVWXYZ

Arrange these December words in alphabetical order by number. "CELEBRATE!"

Love	_____	Goodwill	_____	Patriotism	_____
Altruism	<u>  1  </u>	Thankfulness	_____	Companion	_____
Camaraderie	_____	Hope	_____	Kinship	_____
Joyfulness	_____	Brotherhood	<u>  2  </u>	Cooperation	_____

## ODD WORD Out Exercise

Three of the four words in each row below belong together. Cross out the word that doesn't belong to the Caring Habit - "CELEBRATE!"

brotherhood	amity	unfriendliness	friendship
sensitivity	empathy	compassion	insensitivity
uncertainty	sureness	faith	certitude
grief	bliss	joyfulness	exultation

## GRAMMAR Stumpers

Words are sometimes easier to read if they are divided into parts called syllables. Some words have two consonants between two vowels. These words can be divided into syllables between the consonants, as in Caring car ing.

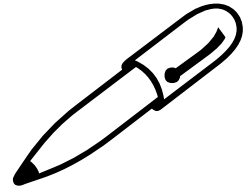
In each word below, draw a line to divide the word into syllables.

goodwill      \_\_\_\_\_  
joyful      \_\_\_\_\_  
tender      \_\_\_\_\_





# WORD-2-LEARN Story 2



The word c\_\_\_\_\_ has many meanings in the dictionary. I have selected the two verbs, to h\_\_\_\_\_ and to p\_\_\_\_\_. I personally feel they best describe the idea, to celebrate. You may want to look up the word celebrate yourself.

We all know how hectic the Holidays are and how hard it can be to shop for gifts for those you l\_\_\_\_. This is the season to put negative thoughts behind us and to have f\_\_\_\_\_ in ourselves and others. We need the f\_\_\_\_\_ of others, and their i\_\_\_\_\_ to share a wonderful holiday season.

We all have much to be t\_\_\_\_\_ for this time of year. We will celebrate among family, friends, and community, the j\_\_\_\_\_ of the holidays. We know that the holidays are a time to spread g\_\_\_\_\_ and to share in f\_\_\_\_\_ with others. C\_\_\_\_\_ between people is the basis of fellowship. We hope to enjoy p\_\_\_\_\_ on earth and in our hearts at this time of year. The holidays are a time to show c\_\_\_\_\_ for one another.

We all can be thankful for our families, friends, and neighbors. We want to wish each and every one of you a very happy holiday season from all of us at the Caring Habit of the Month Adventure. See you next month, next year!

- caring
- celebrate
- compassion
- faith
- fellowship
- friendship
- goodwill
- honor
- inspiration
- joyfulness
- love
- peace
- praise
- thankful



## FILL-IN the B\_\_\_\_\_s!

We all should show our l\_\_\_\_\_ to our families.

In December we celebrate community, f\_\_\_\_\_ and f\_\_\_\_\_.

This is the time of year to be t\_\_\_\_\_ and to show g\_\_\_\_\_ and l\_\_\_\_\_ to all our families and friends.







# HOLIDAYS in December.

There are many holidays in December - each one is a celebration of the spirit that brings us together in love and joy.

**CHRISTMAS** is a Christian holiday that commemorates the birth of Jesus Christ. Christmas is celebrated on the \_\_\_\_\_ day of December

Another holiday in December is **HANUKKAH**. Each year the dates for Hanukkah change. This holiday celebrates the Jewish miracle of the lamp oil.

**KWANZAA** is a holiday that originated from the traditions of Africa. Ceremonial candles are lit to represent the spiritual qualities of life.

What date in December is the **shortest** day of the entire year? \_\_\_\_\_  
Why? \_\_\_\_\_

Did you know that the 28th day of December is Hug Day? *What better way to "Celebrate Community, Family, and Friends®" than to give everyone a big, bunch of hugs.*

## 0 1 2 3 4 5 MATH Stumpers 6 7 8 9 0



Try these math stumpers on your family and friends. They will be fun for everyone.

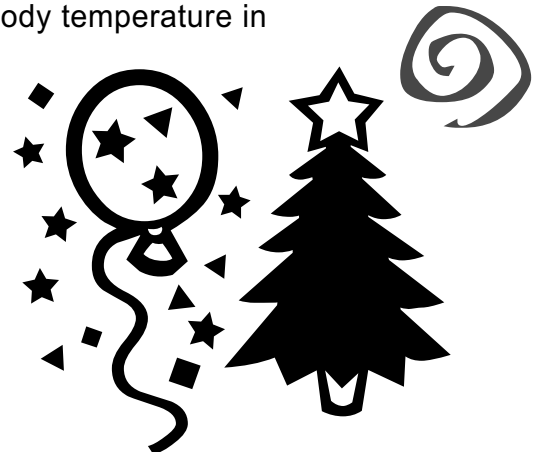
One way to measure temperature is by degrees Fahrenheit. 32 degrees Fahrenheit is the temperature at which water freezes. 212 degrees Fahrenheit is the temperature at which water boils. How many degrees Fahrenheit difference is there between freezing and boiling? \_\_\_\_\_ degrees

Do you know the normal body temperature? \_\_\_\_\_ degrees

Celsius is the metric way to measure temperature. On the Celsius scale water freezes at 0 and boils at 100 degrees. What is the normal body temperature in Celsius degrees? \_\_\_\_\_ degrees

We all know that: 1 foot = 12 inches  
1 yard = 3 feet  
1 mile = 5,280 feet or 1760 yards

The abbreviation for the units are: in. = inches  
ft. = feet  
yd. = yard  
mi. = mile



In our community there is a building 600 ft. high, the next highest building is 480 ft. high. How many yards difference is there between the two buildings? (*Ask a family member to help solve this problem.*) \_\_\_\_\_ yds. between them.

Write the distance in feet \_\_\_\_\_ ft. Now inches? \_\_\_\_\_ ins.





# "Celebrate COMMUNITY, FAMILY & FRIENDS™" Letter Puzzle

Below are numbers from 1 to 26, each matched with a letter of the alphabet. But the letters are not in the order as we know them. Match each number to its letter and you will find messages to help you "Celebrate Community, Family and Friends®."

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
K	O	Q	H	G	P	L	I	X	S	U	B	C	F	V	M
17	18	19	20	21	22	23	24	25	26	<b>Key</b>					
T	Y	E	Z	W	J	R	D	N	A						

26 14 23 8 19 25 24' 8 26 16 17 2 7 24'

8 10 21 2 23 17 4 16 2 23 19 17 4 26 25

6 11 23 19 5 2 7 24'

14 26 8 23 2 23 14 2 11 7

21 19 26 17 4 19 23' 21 19 16 11 10 17 26 7 7

10 17 8 13 1 17 2 5 19 17 4 19 23'

17 4 19 5 23 19 26 17 19 10 17

25 26 17 11 23 26 7 23 19 10 2 11 23 13 19

17 4 26 17 26 25 18 13 2 11 25 17 23 18

13 26 25 4 26 15 19 8 10 8 17 10

13 4 8 7 24 23 19 25'

21 4 19 25 18 2 11 14 26 13 19 26

13 23 8 10 8 10' 18 2 11 1 25 2 21 21 4 2

18 2 11 23 17 23 11 19 14 23 8 19 25 24 10

26 23 19'



In December and all year long "Celebrate COMMUNITY, FAMILY & FRIENDS™"



# An Adventurous TRIP to the MOON!



## THIS MONTH WE LIFTOFF!

We have good reason to celebrate –we are actually on our way.

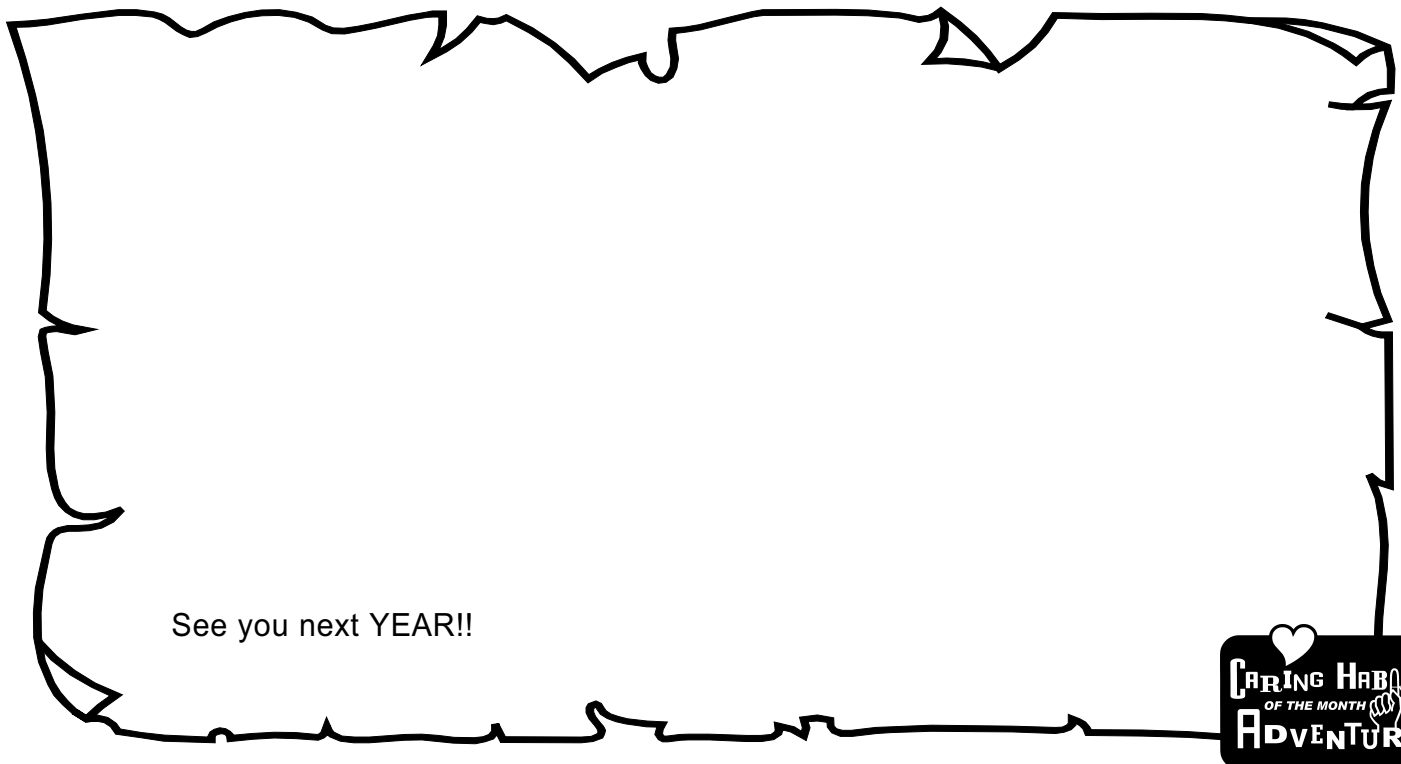
This trip to the moon is really something we can celebrate with our community, family and friends. It's almost as good as a Holiday. We are in our rocket and looking out the window. We can see everyone down on earth cheering us on, and wishing us a safe trip.

For the first few miles we will pass through the Troposphere. This is the lowest region of the atmosphere between the earth's surface and the tropopause. As we gain altitude the temperature is actually decreasing. The higher we go, the colder it gets.

The troposphere, where air is in constant motion, extends from the earth's surface to an altitude of 5 miles at the poles and 10 miles at the equator. Clouds and other weather phenomena occur here. The jet stream, a high-speed wind near the troposphere, generally moves from the westerly direction at speeds often higher than 250 miles per hour. All forms of the earth's animal and plant life exist in the troposphere or in the waters beneath it. Above the troposphere is the tropopause we will learn more about that atmospheric layer next month.

Well, we are 5 miles up, and the moon is 240,000 miles away. We still have quite a ways to go. We will be picking up speed, and heading for the next phase of the atmosphere.

Draw a picture below of what you think you will see.





# “Celebrate COMMUNITY, FAMILY & FRIENDS™” Word Search

Search for the words listed below throughout this puzzle. They can be found across, down, or diagonally, forwards and backwards.

C Z G F Y T R Y G B E L S T N  
 U S D R A C G N I T E E R G P  
 F R O S L M H I A C B R I O A  
 T O F M O L I R P T I F N O N  
 C B O Y Y R B L I D T O W D O  
 A H F D A E D I Y S D U Y L I  
 M G A N L P R S E V T R N U T  
 N I A E T U T U A L S M Z C A  
 G E C T Y O G A E H E R A K R  
 H N T R A V E L A P L Y W S I  
 S M I S G S T C E L D A E R P  
 F C A P W P A A R O N I N L S  
 R N T O P H R T S Z A Q X E N  
 I U N R I O B N A L C E I M I  
 E S F T R Y H A N U K K A H T  
 N W O S A L B S E F O P T I E  
 D S E C I A S A Z O U C L T U  
 S S E N L U F E C A E P E C Y

- |                                    |   |                                      |                                       |                                 |
|------------------------------------|---|--------------------------------------|---------------------------------------|---------------------------------|
| <input type="checkbox"/> CANDLES   | <input type="checkbox"/> FRIENDS        | <input type="checkbox"/> HANUKKAH    | <input type="checkbox"/> NEIGHBORS    | <input type="checkbox"/> SPORTS |
| <input type="checkbox"/> CELEBRATE | <input type="checkbox"/> FOOD           | <input type="checkbox"/> INSPIRATION | <input type="checkbox"/> PEACEFULNESS | <input type="checkbox"/> TRAVEL |
| <input type="checkbox"/> CHRISTMAS | <input type="checkbox"/> GIFTS          | <input type="checkbox"/> KWANZAA     | <input type="checkbox"/> SANTA CLAUS  |                                 |
| <input type="checkbox"/> COOKIES   | <input type="checkbox"/> GOOD LUCK      | <input type="checkbox"/> LOYALTY     | <input type="checkbox"/> SHOPPING     |                                 |
| <input type="checkbox"/> FAMILY    | <input type="checkbox"/> GREETING CARDS | <input type="checkbox"/> SNOW        |                                       |                                 |



In December and all year long “Celebrate COMMUNITY, FAMILY & FRIENDS™”





# CELEBRATE COMMUNITY, FAMILY & FRIENDS™ in DECEMBER

# PUZZLER

“Friendship is the cement that will hold the world together.”

“You don't choose your family. They are a gift to you, as you are a gift to them.”



Caring Color:  
**EVER GREEN**

Health Focus:  
**HEALTHY HEART,  
MIND & BODY**

**GOOD LUCK ON THIS LITERACY ENRICHMENT • CHARACTER EDUCATION • WORDS-TO-LEARN PUZZLER**

### ACROSS

- 2 faithfulness or devotion
- 6 an attitude of kindness or friendliness
- 7 feeling and exhibiting concern and empathy for others
- 8 prompts action or invention
- 9 capable of being relied on
- 11 a person whom one knows, likes, and trusts
- 13 a group of persons with a common culture
- 14 a resident of a city or town
- 15 a pleasant association among people
- 16 inner contentment
- 18 to wish for something with expectation of its fulfillment
- 19 unselfish and kindly concern for the welfare of others
- 22 state of exuberance
- 24 companionship

### DOWN

- 1 family relationship
- 3 an intense emotional attachment
- 4 to commemorate
- 5 to act with another nicely
- 7 a comrade or associate
- 10 fellowship
- 12 last month of the year
- 14 sympathetic insight into others' feelings
- 17 love of and devotion to one's county
- 20 grateful
- 21 a group of persons who share common ancestry
- 23 belief that does not rest on logical proof or material evidence

*For answers see the Answer page at the back of the December Idea Book or visit [www.caringhabits.org](http://www.caringhabits.org)*





**“CELEBRATE”  
COMMUNITY, FAMILY & FRIENDS**

**REPRODUCIBLE  
TEACHER TOOLS**

TEACHER TOOLS  
REPRODUCIBLE

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

DECEMBER



# 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.*



# COOPERATION

Working or acting together toward a common end or purpose. To acquiesce willingly; be compliant.



WEEK 1

**Encourage your family to eat one meal together every day this week.**

Plan and prepare healthy meals together and clean up together too! Ask questions about each person's activities that day. Discuss family activities and plans for the week!



WEEK 1





# DEPENDABILITY

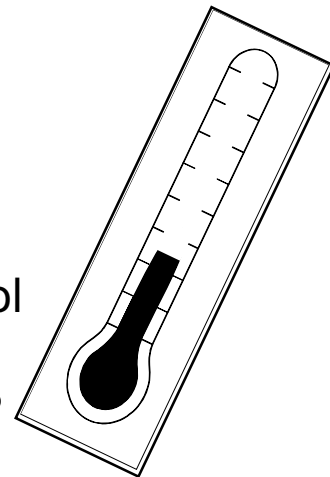
Worthy of reliance or trust.



WEEK 2

The temperatures are dropp<sup>pp</sup>ing!

It's time to keep yourself warm.  
Layer your clothes for extra warmth.  
Wear a hat! Did you know that alcohol  
causes blood to lose warmth rapidly  
and smoking slows down circulation?



WEEK 2



# LOYALTY

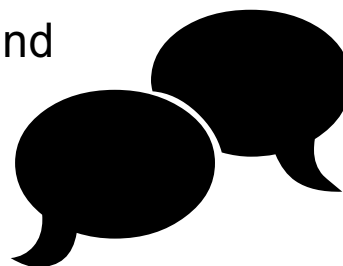
Faithful to a person, an ideal,  
a custom, a cause, or a duty.



WEEK 3

## Remember the importance of friendship!

Talk over your problems with a friend  
or offer to be a “listening friend” to  
someone who needs your support  
and kindness.



WEEK 3



# TOLERANCE

The capacity for or the practice of recognizing and respecting the beliefs and practices, and or the heritage of others.



WEEK 4

**It's the Holiday Season** *with lots of tempting goodies everywhere.*  
Remind your family to tuck in some healthy snacks. Try "Ants on a Log" –take a stalk of celery, fill it with peanut butter and dot with raisins. Delicious and nutritious!



WEEK 4



# COMPASSION

Deep awareness of the suffering of another coupled with the wish to relieve it.



WEEK 5

**Start the NEW YEAR right**  
**–Give time to others!**

Volunteer to help a family member or neighbor. You'll feel great about yourself.



WEEK 5







In December *and all year-round*

**Celebrate COMMUNITY, FAMILY & FRIENDS™**



In December *and all year-round*

**Celebrate COMMUNITY, FAMILY & FRIENDS™**





# MEMO

---

**TOGETHER**  
We Brighten The World  
We All Share

---

September  
**DO YOUR BEST**  
*Award Gold*

October  
**BE PATIENT AND LISTEN**  
*Slow-Down Lavender*

November  
**SHOW A  
POSITIVE ATTITUDE**  
*Sunny Yellow*

December  
**CELEBRATE COMMUNITY,  
FAMILY & FRIENDS**  
*Ever-Green*

January  
**LEND A HAND**  
*Gentle Aqua*

February  
**YOU COUNT**  
*WOW! Fuchsia*

March  
**RESOLVE CONFLICTS**  
*Dove White*

April  
**TAKE CARE OF  
OUR ENVIRONMENT**  
*Spring Green*

May  
**BE APPRECIATIVE**  
*Grateful Pink*

June  
**BE ADVENTUROUS**  
*JOLT! Orange*

July  
**BECOME INVOLVED**  
*Patriot Red*

August  
**KNOW WHO YOU ARE**  
*Thoughtful Blue*





# *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?





STUDENT REWARD CHECKS TEACHER - Photocopy and cut down (4 per page) checks at right and use to reward students for completing Caring Habit Activity Sheets, good behavior, openly practicing a Caring Habit, etc. Fill out check like a real one but they may be "CASHED" for "NO HOMEWORK," extra points on an upcoming test, excused from a class assignment, etc.



YOUR TEACHER

Expires on: \_\_\_\_\_

Pay to the  
Order of \_\_\_\_\_

Good for: \_\_\_\_\_



BANK of TRUST

Reason \_\_\_\_\_



YOUR TEACHER

Expires on: \_\_\_\_\_

Pay to the  
Order of \_\_\_\_\_

Good for: \_\_\_\_\_



BANK of TRUST

Reason \_\_\_\_\_



YOUR TEACHER

Expires on: \_\_\_\_\_

Pay to the  
Order of \_\_\_\_\_

Good for: \_\_\_\_\_



BANK of TRUST

Reason \_\_\_\_\_



YOUR TEACHER

Expires on: \_\_\_\_\_

Pay to the  
Order of \_\_\_\_\_

Good for: \_\_\_\_\_



BANK of TRUST

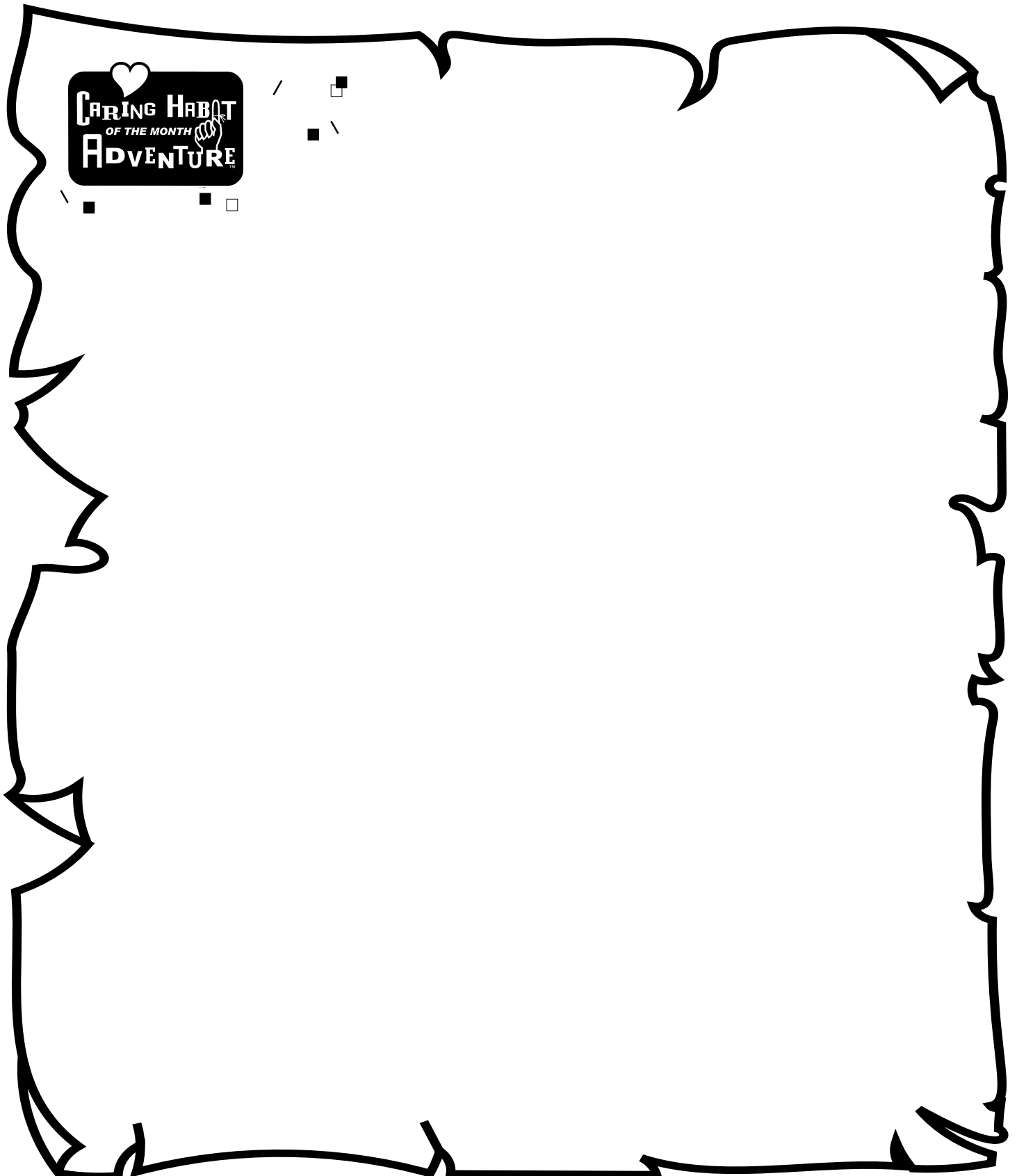
Reason \_\_\_\_\_





# Your December **Locker Sign**

Write your favorite quote on it. Maybe list your goals for the month. Design it anyway you like. Then trim and post in your locker or any place you'll notice it! Have a great month and always "CELEBRATE Community, Family and Friends®."





# DECEMBER - CELEBRATE Community, Family and Friends<sup>®</sup>

# ANSWERS

## TEACHER -

You may want to reward student participation by giving points for completed activity pages or write a reward check from the Teacher Tools.

### Words-2-Learn Story

joyful, friendships, family, love, loyalty, thankful, community, citizen, cooperation, community, faith, hope, inspire, patriotism, kindness, caring, peace

### Words-2-Learn Story2

celebrate, honor, praise, love, faith, friendship, inspiration, thankful, joyfulness, goodwill, fellowship, caring, peace, compassion

### Fill in the Blanks

loyalty, family, friends, thankful, goodwill, love

### HOLIDAYS in November

25th, Decemder 21st, Because the earth is tipped the furtherest away from the sun

### MATH Stumpers

180 degrees, 98.6 degrees, 37 degrees, 40 yards, 120 feet, 1440 inches

### Dictionary Fun

cam-ar-ad-er-ie, com-pas-sion, thank-ful-ness, friend-ship, loy-al-ty

### WORD SEARCH ANSWERS

### Alphabetizing Quiz

Altruism, Brotherhood, Camaraderie, Companion, Cooperation, Goodwill, Hope, Joyfulness, Kinship, Love, Patriotism, Thankfulness

### Odd Word Out Exercise

unfriendliness, insensitivity, uncertainty, grief

### Grammar Stumpers

good-will, joy-ful, ten-der

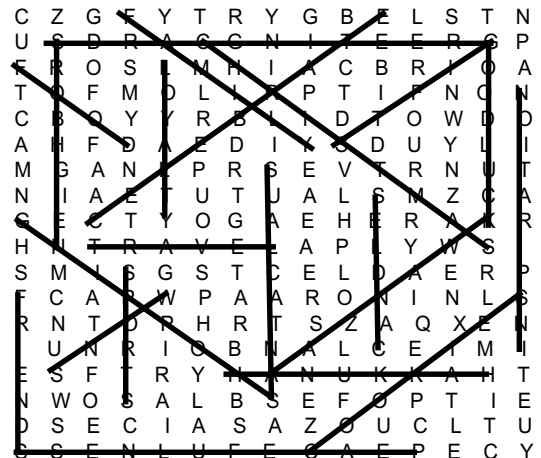
### Coded Letter Puzzle

A friend, I am told, is worth more than pure gold.

Fair or foul weather, we must all stick together.

The greatest natural resource that any country can have is its children.

When you face a crisis, you know who your true friends are.



### December Puzzler

**ACROSS** - 2. Loyalty, 6. Goodwill, 7. Care, 8. Inspire, 9. Dependable, 11. Friend, 13. Community, 14. Citizen, 15. Amity, 16. Peace, 18. Hope, 19. Altruism, 22. Joyful, 24. Fellowship

**DOWN** - 1. Kinship, 3. Love, 4. Celebrate, 5. Cooperate, 7. Companion, 10. Brotherhood, 12. December, 14. Compassion, 17. Patriotism, 20. Thankful, 21. Family, 23. Faith







**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*

**Everything in the household  
runs smoothly  
when LOVE oils the machinery.**

-William H. Grier



A friend, I am told,  
is worth more than pure gold.

-Popeye Cartoon Character

**F**amily faces are magic mirrors.

Looking at people who belong to us, we  
see the past, the present and the future.

-Gail Lumet Buckley

**INFORMATION about THE CARING HABIT ADVENTURE™ . . .**

(For research and other details visit [www.caringhabits.org](http://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 classroom 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](http://amazon.com) or local bookstores. If you have an idea to contribute or for more information, please contact Elaine Parke.

**THE CARING HABIT OF THE MONTH ADVENTURE™**

POB 298 Harmony, PA 16037

E:mail: [info@caringhabits.org](mailto:info@caringhabits.org)

Website: [www.caringhabits.org](http://www.caringhabits.org)

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



A Program of the Non-Profit Corporation inc.