

TEACHER GUIDE

Topic	The Science of Character
Time	Initial explanation 15 min, first day of the week following can be warm up activity (5-7 min)
Goal	<p>Goal for the teacher:</p> <ol style="list-style-type: none"> To help students develop strong character traits and guide them in being metacognitive about how they control different factors of the character that ultimately impact their lives. To continue to get to know your students and support their own learning. <p>Goal for students:</p> <ol style="list-style-type: none"> For students to work on positive character development and work towards becoming a more well-rounded individual.
Activities/ Procedures	<p>A team of experts searched through history and found a set of core values and virtues that expanded generation, civilizations, and continue today to be believed to lead to a more meaningful and happy life (Wisdom, Courage, Humanity, Justice, Temperance, Transcendence)</p> <p>Then, these experts arranged a set of character strengths, that when practiced and developed, would lead to these virtues.</p> <p style="text-align: center;">WATCH THE YOUTUBE VIDEO: The Science of Character: https://youtu.be/U3nT2KDAGOc</p> <p>After discussion, have students work in groups and discuss/write on chart paper (this is provided and titled already): How can we develop these character strengths in ourselves? Put chart paper on walls of the room and have students do a “Gallery walk”, reading the posters they created.</p> <p>Activity: Go through the chart and talk about each character strength. Next, have students pick one-character strength from the chart to improve upon this week. Advise them to be ready to share what they learned, succeeded at, failed at, want to learn, practice more, etc. Ask them to be ready to share strategies they have learned with their peers, and to remember, we can help others develop these strengths as well.</p> <p style="text-align: center;"><i>The real GAME CHANGERS to happiness are:</i> Gratitude, Curiosity, Perseverance, Optimism, Enthusiasm, Self-Control, Social-Intelligence</p> <p style="text-align: center;">Ongoing (Beginning of every week):</p> <p>Directions: Pick a character strength you want to improve on this week. Record in your “Who do I want to be chart” and answer the questions. You may choose to continue to work on this character strength for as long as you like and are encouraged to work on as many as you need, for as long as you need. You can always go back to character strengths you have already focused on, in fact, that is encouraged. These are LIFE-LONG practices and will not be perfected in days, months, or even years...more like decades. Every new experience will test your character. Let’s start to focus and develop these strengths as individuals, with our friends, as a school, and as a community.</p> <p>Once they have set their goal have them fill out the “color” they are.</p>
Follow up	Every week as part of the warm have students fill out their character goal and reflection (no more than a couple of minutes)