

CARING COLOR  
"WOW! FUCHSIA"

# IDEA BOOK

HEALTH FOCUS  
BE DRUG-FREE!

**BONUS!!** 14 Page  
**PERSONAL  
PROFILE  
Reproducibles**

*This Month ONLY!*

# YOU COUNT<sup>TM</sup> IN FEBRUARY



## THE CARING HABIT ADVENTURE<sup>TM</sup>

*Caring Habit Adventurists are saying . . .*

*"YOU are a promise. YOU are a possibility."*



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



Welcome to February . . .

The month where **“YOU COUNT<sup>®</sup>”**

**GOAL FOR THE MONTH:**

*To do or say something specific to each student in your class this month, that will uplift their self-esteem and sense of self-worth.*

This month is recognized as Black History Month - the month to honor the contributions of our African American citizens both past and present. This month, we also celebrate “Random Acts of Kindness” week. Both of these special events are a confirmation of the truth — that each and every one of us is important, every day of our lives. We all have 1440 POWER - we all have 1,440 minutes each day to make our corner of the world better.

“I can make a difference,” is not just an empty slogan. The idea that — anyone is unimportant — is just plain dumb. We all touch the lives of an average of twenty people each day. We are all important to success in the overwhelming task of improving life for ourselves and for everyone across our nation. That kind of success happens one person, one moment, and one word or act at a time. It will never happen any other way.

The Health Focus for February is BE DRUG FREE. See the Health Focus section of this IDEA BOOK for some suggestions.

**FEBRUARY**  
**WELCOME**




**YOU COUNT<sup>®</sup> 3**

Printed in the United States of America

© Copyright 2006 Caring Media International, LLC, ALL RIGHTS RESERVED.

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



A Program of the Non-Profit Corporation  Inc.

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

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

POB 298 Harmony, PA 16037

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

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

# TABLE OF CONTENTS FOR YOUR FEBRUARY IDEA BOOK

# CONTENTS

TABLE OF CONTENTS

Page Numbers

**ACTIVITIES** for Classrooms, Free-Periods and After School 7 - 22

**CHARACTER EDUCATION WORDS-2-LEARN** and their definitions 23 - 32

**HEALTH FOCUS** - This month it's BE DRUG-FREE! 33 - 36

**LITERACY ENRICHMENT WRITING/ESSAY ASSIGNMENTS** 37 - 42

Writing prompts to encourage students to "Lend A Hand."

**LITERACY ENRICHMENT BOOKS** *that make a point of "YOU!"* 43 - 56

YOUNG ADULT READING BOOK LIST - Grades 4 thru 8

PRIMARY READING BOOK LIST - Grades K thru 3

MATURE READERS, TEACHERS & PARENTS BOOK LIST

**POPULAR MUSIC** with "You Count" themes 57 - 61

*Can your class think of others?... Write new lyrics to other music, a rap?*

**STORIES and POEMS** Inspiring writings to read and share 62 - 80

**FAMOUS QUOTES** to use for announcements, class projects, and more 81 - 96

**BONUS!! YOU COUNT PERSONAL PROFILE REPRODUCIBLES - 14 PAGES!** 97 - 124

*Questions that help your students (and teachers) get to know themselves better!*

**CURRICULUM ENRICHMENT REPRODUCIBLES** *(numbers not shown)* 125 - 142

CHARACTER EDUCATION WORDS-2-LEARN STORY - A fill-in story.

ALPHABETIZING QUIZ - How well do you know your A B C 's?

DICTIONARY FUN - See how well you can do!

FILL-IN THE BLANKS - with Character Education Words from the month.

ODD WORD OUT - Test your dictionary skills.

GRAMMAR STUMPERS - Test your memory skills!

MATH STUMPERS - That reinforce math skills and monthly theme reminders too!

DO YOUR BEST PUZZLE - A coded- fun activity.

CROSSWORD PUZZLE - Perfect for when you have extra time to fill in.

TRIP TO THE MOON - An on-going adventure.

**REPRODUCIBLE TEACHER TOOLS** *(numbers not shown)* 143 - 171

CATCH A CARING HABIT IN ACTION FORM - to fill-in when you see a good deed.

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

HEALTH FOCUS POSTABLES - for each week of the month.

STUDENT REWARD CHECKS - to reward your students.

REPRODUCIBLE POSTER PAGES - for your classroom or students.

TEACHER SUGGESTION FORM - We would like to hear from you!

LOCKER SIGN - Perfect for lockers, classroom, or home decoration.

ANSWERS TO CURRICULUM ENRICHMENT REPRODUCIBLES



**YOU COUNT® 5**

THE CARING HABIT ADVENTURE™

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



### DO YOUR BEST in September

*Caring Color: Award Gold*

*Health Focus: Good Nutrition*



### BE PATIENT AND LISTEN in October

*Caring Color: Slow-Down Lavender*

*Health Focus: Safety*



### SHOW A POSITIVE ATTITUDE in November

*Caring Color: Sunny Yellow*

*Health Focus: Stress Reduction*



### CELEBRATE COMMUNITY, FAMILY & FRIENDS in December

*Caring Color: Ever Green*

*Health Focus: Healthy Heart, Mind & Body*



### LEND A HAND in January

*Caring Color: Gentle Aqua*

*Health Focus: First Aid & CPR*



### YOU COUNT in February

*Caring Color: WOW! Fuchsia*

*Health Focus: Be Drug-Free!*



### RESOLVE CONFLICTS in March

*Caring Color: Dove White*

*Health Focus: Anger Management*



### TAKE CARE OF OUR ENVIRONMENT in April

*Caring Color: Spring Green*

*Health Focus: Be Smoke-Free!*



### BE APPRECIATIVE in May

*Caring Color: Grateful Pink*

*Health Focus: Exercise!*



### BE ADVENTUROUS in June

*Caring Color: JOLT! Orange*

*Health Focus: Improve Your Health & Prevent Disease*



### BECOME INVOLVED in July

*Caring Color: Patriot Red*

*Health Focus: Hygiene & Cleanliness*



### KNOW WHO YOU ARE in August

*Caring Color: Thoughtful Blue*

*Health Focus: Health Education & Immunizations*



## THE CARING HABIT OF THE MONTH ADVENTURE™

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

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



# **“YOU COUNT”**

## **CLASSROOM ACTIVITIES**

ACTIVITIES

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

-ELAINE PARKE

# FEBRUARY

Caring Color: WOW! Fuchsia

**YOU COUNT®**

THE CARING HABIT ADVENTURE™

**7**

## 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*

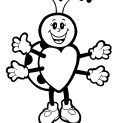
*Health Focus: Exercise!*



**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™**

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

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



# “YOU COUNT”

## CLASSROOM ACTIVITIES

### An Activity for Teachers . . .

Be alert, this month, to noticing the positive characteristics of each student in your class. Make a list of your students and keep it handy on your desk. Before the month is over, see if you can write a sentence or two next to each name. In this sentence, describe a moment when “they counted” in your class or an observation about a unique talent they have.

One of the following activities is a “Self-Portrait” handout for you to use with your students to help them look at themselves carefully and better understand their strengths and weaknesses. After completion, these self-portraits can be used for class discussions to help students better know one another and understand their differences.

GOOD LUCK this month and remember, “YOU COUNT.”

### Paper Clip Adventure



**Activity:** To increase students' perspective about what and who is important

**For:** A classroom or group

**You need:** Paperclips and 10 minutes of class time

Hand out the paper clips, one to each student. Begin the discussion by suggesting that there are so many people and so many things in the world that we forget sometimes, that in its own way, everything has a reason to be important. Now ask them to look at the paper clip they are holding. Ask the question, “Does a paper clip count?”  
(cont.>)



## Paper Clip Adventure (cont.)

Somebody made that paper clip! Someone invented it, and someone sold it and someone delivered it, and someone added up the income from the sale of that paper clip. They all used skills they learned in school to do these things.



All of these people and their actions are invisible to you. All you see in front of you is the end result of the contributions of all these people—you see a paper clip. But to the inventor of the paper clip, it was quite a project. And it makes a difference. The world would be a less organized place without paper clips!

### How many ways can you think of that we use paper clips?

*We have just proven to ourselves that small things count—even paper clips.*

### How do we count?

- *We count by obeying the law and following the rules.*
- *We count by showing respect for others.*
- *We count by helping others.*
- *We count by voting.*
- *We count by standing up for our rights and for the rights of others.*
- *We count because we are individuals with value, though we sometimes lose sight of this.*
- *We count by finding out what is needed, by providing a service, and by helping to solve problems.*
- *We count by setting a good example.*
- *We count by helping others to feel needed.*
- *We all have the ability to make life better for ourselves and for others by counting for something positive.*



### What other ways can we think of that we all count?

## Self Portrait

Take a good look at yourself. What do you see? After you complete this verbal self-portrait, you should have a more clear and complete view of the person you are at this point in time. Answer each question as honestly as you can. Add more paper if you run out of space.

1. What do I look like?
2. What do I like to think about?
3. What do I like about myself?
4. What are my best character traits?
5. What traits would I like to develop or strengthen?
6. What scares me the most?
7. What am I most interested in?
8. How well do I get along with others?
9. How do I learn best?
10. What are my best-developed talents?
11. What talents would I like to develop?
12. What is my secret dream or goal?
13. What do I wish/hope I'll be doing 10 years from now?
14. What steps do I need to take to get there?

## You Count Through Music

**Activity:** Involve music to increase our sense of self-worth

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

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



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

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

Ask students to brainstorm why each person counts. 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.

## Student Award Day

**Activity:** Recognizing each student's individual talents

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

**You will need:** 20 minutes, paper, pen or pencil, ribbon and your imagination



Is there something unique that each student can do that no other student can? Have a special "Award Day" and honor each student for something unique that they do well. Plan a special ceremony and award each person their own ribbon, hand-written certificate, or handmade trophy for that thing each does the best. Keep the ideas positive and creative!

## Here's My Card!

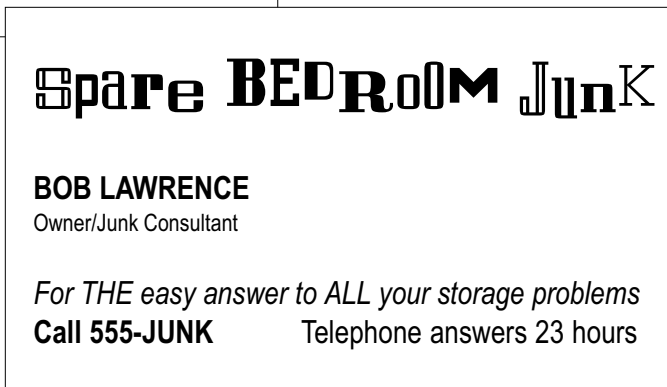
- Activity:** Creating "business cards" for your students
- For:** A classroom, group, or family
- You will need:** 20 minutes, paper, ruler, scissors, black or blue pen, typewriter, computer or printer (optional)

Hand out sheets of regular-size paper and have the students section it into the size of a standard business card (approximately 3 1/2" x 2"). Using a good black or blue pen, have the students design their own business cards, perhaps using ideas for their future that they wrote down on their Self-Portrait. Now they can proudly pass along the cards to family, friends, associates, potential "backers" and other "contacts." If you have a computer class at school, this would be a great activity to involve creative use of computer word processing.

Here are some sample formats:



*These are only samples...  
 Add a little humor, too!*



Even if the business card is supposed to promote a future endeavor that is a long way off, this activity brings the added bonuses of your students seeing their names in print and having something to call their very own.

## My Best Friend

**Activity:** Making a personalized greeting card for your best friend

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

**You will need:** 10 minutes, construction paper, crayons and/or markers, pen or pencil, glue or glue stick



Pass out the materials to the class. Now ask your students to think of and tell you what makes the friend they are making the card for truly special.

Do they enjoy the same types of food? Like the same books, television shows, video games, etc.? Look forward to the same holidays? The possibilities are endless. Next, have the students record what makes this friendship special on the card. Then, let them decorate the cards.

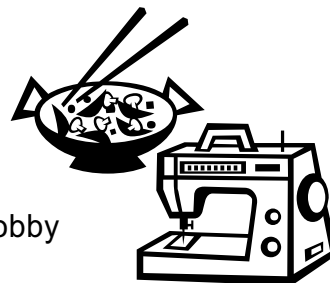
Lastly, the final (and the most fun) step is for your student to pass the love along by presenting the card to the lucky recipient!

## Teachers Join in the Fun

**Activity:** Sharing your personal interest or hobby with your students

**For:** Teachers and students

**You will need:** 15 minutes, our imagination



You are unique, and so are your interests. You can share these individual interests and hobbies with your entire class, and quietly help them see that you count, and that you are a person as well as a teacher.

## **Doorknob Hangers**

- Activity:** Making a “room doorknob hanger” with a message reflecting your personality
- For:** A classroom, group or family
- You will need:** White-colored cardboard, (the lightweight kind from shirt packaging will work best), scissors, crayons and or markers, pen or pencil, glitter (optional), pictures from magazines (optional), non-toxic glue or glue stick

The basic cardboard shape is simple: a rectangle with a round hole near the top. Make the hole large enough to hang over the outside knob, but not too small that you will have a hard time getting it over the knob. Or if the hole is a little too small, cut through the top of the hanger, and you will be able to slip the hanger on the door that way.

Decorate any way you wish — anything goes! And as for messages, anything (within reason and good taste) goes too!

Use your imagination, and here are a few examples for inspiration:

**WORK IN PROGRESS – FEED REGULARLY!**

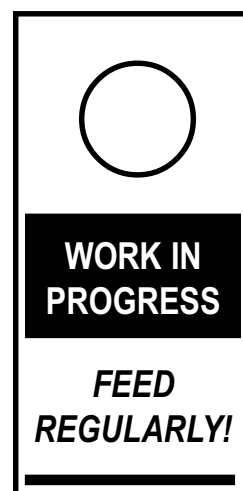
**THE HECK WITH THE DOG . . . BEWARE OF THE OWNER!**

**THIS ROOM PROTECTED BY KILLER DUST BUNNIES!**

**DISASTER AREA — AWAITING FEDERAL FUNDS.**

**YES! I REALLY AM DOING MY HOMEWORK!**

And if one message isn’t sufficient, make several and change them . . . whenever you feel like it!



## Where Do I Live?

**Activity:** Poetry about me

**For:** Individual students

**You will need:** 15 minutes



Help your students work on principles of rhyming and rhythm by creating a catchy little rhyme or ditty. Just about any address will work.

Here are some examples:

*My house is on Bellevue Avenue  
And the number on it is fifty-two.*

*The number my house has is one-twenty-three  
So Pine Tree Lane is the place for me.*

*Life on State Street is never a bore  
Because I live at two-sixty-four.*

*My dog Skipper and I live on Peachy Drive  
Where the number reads six-seventy-five.*

## What's Different About Me?



**Activity:** Testing your students' powers of observation and memory

**For:** Families and children of all ages Classroom or group

**You will need:** 10 minutes



Allow the students to study you for a few minutes, then leave the room to change something about your appearance. Then come back and ask them to guess what is different about you. For younger grades, make it obvious — take off your shoes and/or socks, put on a hat or necktie, wear your shirt or sweater inside out, etc. For older grades, make the changes more subtle — a piece of jewelry, a shirt/blouse with an opened/closed button, or adding some makeup.

For a group, try to put a time limit on how long you are to be seen in the "before" or "after" modes. Then start giving the students the chance to change, too. Who knows what you may discover. This is a game that can be played anytime, anywhere. You can vary this activity by having a student close his/her eyes or leave the room while you rearrange objects, and see what happens.



## Silhouettes Made Easy

- Activity:** Making silhouettes
- For:** Individuals, classrooms, families and children of all ages
- You will need:** 30 minutes (minimum), large sheet of paper, masking tape, lamp with the shade removed, chair, pen, pencil or marker, scissors



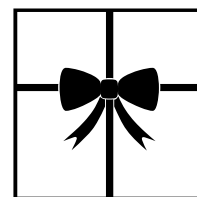
Affix a large sheet of paper to a wall with masking tape. Create a silhouette portrait area in your classroom. Find a time-frame long enough to do all of your students (or do half of them at a time) Have each student sit sideways next to the paper. Position the lamp so that their shadow is reflected onto the paper. You will get much less distortion if you position the light as far from the wall as possible. The farther the subject sits from the wall, the larger the shadow will be. Feel free to adjust the lighting to make the desired shadow size.

Trace the shadow, then remove the paper and cut out the image. On the back, write the student's name and age, and the date you made the silhouette. Each student may decorate his/her shadow image. A variation on this activity is to work the room in pairs and let each one draw the silhouette of the other.

When you have created images for all the students, be sure to display them in a special place in your classroom/family gallery.

*When you take a photograph, you freeze a moment and capture a likeness; when you use a video camera, you capture the moment with all the voices and action. But the old-fashioned silhouette does something that your still camera or camcorder does not — it captures a life-size portrait, although in profile, of the individuality of each person.*

**A GREAT  
GIFT Idea**



## Quote Jar

**Activity:** Inspiring students through others' wit and wisdom

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

**You will need:** Large jar, basket, colorful bag or box, and paper in the Caring Color of the month (See your Teacher In-Service manual for a list of papers.)



Use the quotes provided in the Quotations section of this Idea Book and photocopy 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

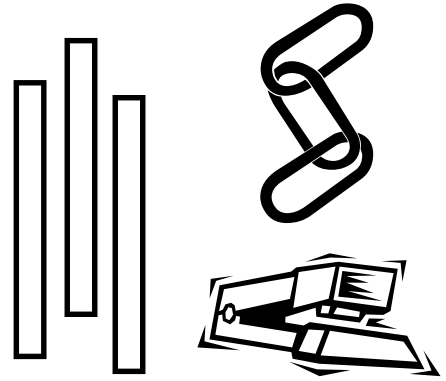
Cut card stock paper into strips with paper cutter.  
(A standard 8½" x 11" sheet yields 11 - 8½" x 1" strips.)

**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.*

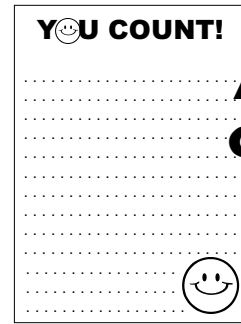
**IDEA TWO** - *On going*

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.



## Designer Memo Pads

- Activity:** Creating unique memo pads
- For:** Individuals, classrooms, families
- You will need:** 20 minutes, paper, black marker



**A GREAT  
GIFT Idea**

The best part of this activity is drawing. Give your students a black marker (it copies best) and have them make their designs on whatever size paper you desire. The only necessity is that there be plenty of blank space near the center for you to write your messages on. A headline is also recommended, and will make your pad unique: "Things I Simply Must Not Forget," "Here's A Note!" or simply "Messages". Your students may even come up with catchy ideas of his/her own.

*You couldn't ask for a better writing pad than a "Student Original!"*

## Name Poster and Book

**"RYAN"**

- Activity:** Creating posters and a book using the letters in your name
- For:** Individuals, families and school-age children  
Classroom or group
- You will need:** 15 minutes, paper or cardboard, magazines, scissors, non-toxic glue, glue stick, or tape, crayons and/or markers

On large pieces of paper or cardboard, have each student write the letters of his/her name — one letter per sheet. Then have them look through old magazines and find pictures that begin with the various letters. Cut them out and place them on the appropriate sheet. With their crayons and/or markers, they can decorate their name posters. When all the posters are completed, find a place in the classroom to display them. Or you can compile them in a book for the whole class to enjoy.

## Caring Habit Student's Sing



**Activity:** Recording your students' voices

**For:** Classrooms, groups or families

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

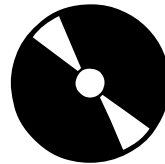
Select six or seven songs from the Caring Habit list in this IDEA book. If necessary, begin by working together to remember and try and write down the words. Even commercial jingles can work.

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

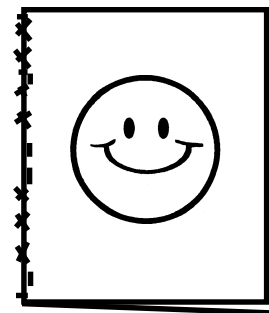
For a little more authenticity, include a little backup harmony with a few "doo-wop's" in the background. There is no need to worry if the "musicians" or "backup singers" are a little (or a lot) off-key. It's the thought that counts.

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

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



## Focusing on Caring Memories



- Activity:** Encouraging caring attitudes about life
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes and some paper

Invite students to share 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 that you want to have a year during which everyone focuses on caring experiences.

Invite each student to draw a picture of a caring memory about how they helped or supported someone in need 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.

## 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 character traits such as truthfulness and honesty. Chart the synonyms. Look at the Character Education Words-2-Learn included in this IDEA BOOK when preparing a list.

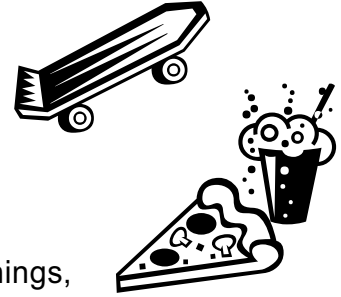
Tell students to demonstrate these words as they work with their group. Just before ending group work, ask students to choose a word from the list and use it in a sentence describing one of his or her group members.

## What Do I Like To Do?

**Activity:** Having your students draw a self-portrait doing something they like to do

**For:** Classrooms, groups or families

**You will need:** Paper, crayons, and/or markers



Each student can make a collage of him/her doing different things, so (s)he doesn't have to confine his picture to just one activity. The possibilities are endless — eating their favorite foods, playing their favorite game or sport, visiting a special place!

When the picture is complete, display the finished “masterpiece” in your classroom. You will then have a real self-esteem and morale builder for your students, some fresh new works for your classroom “art gallery”, along with wonderful and lasting memories for everyone!

## Making Placemats

**Activity:** Making student cafeteria placemats that will be uniquely theirs

**For:** Classrooms, groups and families

**You will need:** At least one hour, stiff cardboard or paper, non-toxic glue, glue stick or double-stick tape, scissors, crayons and/or markers, magazines, dried leaves and/or flowers (optional), clear contact paper, your imagination



Cut out a piece of stiff cardboard to approximately the size of a standard placemat. If you cannot find a color that is to your liking, then take a sheet of white (or any other color) paper and affix it to the cardboard with double sided tape or non-toxic glue. Decorate the paper with crayons, markers, pictures from magazines — the choices are yours! If you use dried leaves or flowers, be sure that they are completely dry before use.

When your artwork is complete, then cover the placemat with clear contact paper. Be sure that the top and bottom edges of the contact paper extend an inch or two beyond the edge. This will help it to form a good seal. Be sure also to get rid of any air bubbles that may form.



WORDS  
WORDS - 2 - LEARN

**“YOU COUNT”**

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

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

-ELAINE PARKE

**FEBRUARY**

Caring Color: WOW! Fuchsia

**YOU COUNT® 23**

THE CARING HABIT ADVENTURE™







# WORDS - 2 - LEARN

## that teach us “YOU COUNT”

This is the month to remember that you are important. We are all important because we affect other people every day. Everyone counts equally in the power we have to make life better or worse for people we meet each day. So . . . start now, by making every day count.

Goal for the Month: *Foster teamwork, understanding, communication and good relationships within your classroom.*

**Acceptance**

**Citizenship (\*1)**

**Collaboration**

**Confidence**

**Cooperation**

**Diversity Appreciation (\*5)**

**Equality**

**Health**

**Honesty (\*2)**

**Humility**

**Justice**

**Law-Abiding (\*3)**

**Personal Cleanliness**

**Responsibility**

**Self-Acceptance**

**Self-Esteem**

**Self-Reliance**

**Self-Worth**

**Teamwork**

**Tolerance**

**Truthfulness (\*4)**

\* used in planner with week #

## Acceptance

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

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

-acquiescence	-indulgence	-tolerance
-allowance	-sufferance	

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

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

## Citizenship

**ci•ti•zen•ship** *n.* 1. Denotes the quality of being upright in principle and action. The status of a citizen with its attendant duties, rights, and privileges.

## Collaboration

**col•lab•o•rate** *v. intr.* **col•lab•o•rat•ed** **col•lab•o•rat•ing** **col•lab•o•rates**

1. To work together, especially in a joint intellectual effort. 2. To cooperate reasonably, as with an enemy occupation force in one's country.

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

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

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

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

## Confidence

**con•fi•dence** *n.* 1. Trust or faith in a person or thing. 2. A trusting relationship: *I took them into my confidence.* 3. **a.** That which is confided; a secret: *A friend does not betray confidences.* **b.** A feeling of assurance that a confidant will keep a secret: *I am telling you this in strict confidence.* 4. A feeling of assurance, especially of self-assurance. 5. The state or quality of being certain: *I have every confidence in your ability to succeed.* *adj.* 1. Of, relating to, or involving a swindle or fraud: *a confidence scheme; a confidence trickster.*

Confidence is a firm belief in one's powers, abilities, or capacities: *"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face"* -ELEANOR ROOSEVELT. *Assurance* even more strongly stresses certainty and can suggest arrogance:

How can a nonscientist explain an abstruse theory with such assurance? *Aplomb* implies calm poise: "It is native personality, and that alone, that endows a man to stand before presidents or generals, or in any distinguished collection, with aplomb" -WALT WHITMAN. *Self-confidence* stresses trust in one's own self-sufficiency: "The most vital quality a soldier can possess is self-confidence, utter, complete and bumptious" -GEORGE S. PATTON. *Self-possession* implies composure arising from control over one's own reactions: "In life courtesy and self-possession . . . are the sensible impressions of the free mind, for both arise . . . from never being swept away, whatever the emotion, into confusion or dullness" -WILLIAM BUTLER YEATS. **trust**

**1. [n.] A tendency always to expect a favorable outcome**

-optimism	-sunniness	-hopeful outlook
-sanguineness	-hopefulness	-bright outlook
-cheerfulness		

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

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

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

-trust	-reliance	-conviction
-belief	-credence	-dependence
-faith	-certitude	

**4. [n.] A firm belief in one's own powers**

-self-confidence	-cockiness	-nerve
-aplomb	-coolness	-poise
-assurance	-gumption	-self-possession
-chutzpah	-guts	

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

-credence	-trust	-certitude
-belief	-assurance	-faith
-credit	-reliance	

## 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.

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

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

**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

**Diversity Appreciation****di•ver•sity** *n. pl. di•ver•si•ties* **1. a.** The fact or quality of being diverse; difference.**b.** A point or respect in which things differ. **c.** Respecting and appreciating the qualities which make us different.**1. [n.] The quality of being composed of many different elements**

-variety

-mixture

-variegation

-heterogeneity

-multifariousness

-variousness

-miscellany

-multiplicity

**Equality****e•qual•ity** *n. pl. e•qual•i•ties* **1.** The state or quality of being equal.**2. Mathematics** A statement, usually an equation, that one thing equals another.**1. [n.] The state of being equivalent**

-equivalence

-evenness

-uniformity

-par

-equivalency

-sameness

-parity

**Health****health** *n.* **1.** The overall condition of an organism at a given time. **2.** Soundness, especially of body or mind; freedom from disease or abnormality. **3.** A condition of optimal well-being: *concerned about the ecological health of the area.* **4.** A wish for someone's good health, often expressed as a toast.**1. [n.] A state of soundness and readiness for action**

-fitness

-form

-trim

-condition

-repair

-working order

-fettle

-shape

**2. [n.] The condition of being without pain, worry, or agitation**

-well-being

-comfort

-peacefulness

-docility

-contentment

-serenity

-calmness

-ease

-tranquillity

## Honesty

**hon•est•y** *n.* 1. Truthfulness and fairness in dealing with others, and refusal to engage in fraud or deceit; a principled uprightness of character and a worthy adherence to a strict moral or ethic code.

## Humility

**hu•mil•i•ty** *n.* 1. The quality or condition of being humble.

### 1. [n.] Lack of vanity or self-importance

- |                    |                  |                       |
|--------------------|------------------|-----------------------|
| -modesty           | -self-effacement | -constraint           |
| -humbleness        | -reserve         | -lack of boastfulness |
| -meekness          | -restraint       | -restrained behavior  |
| -unpretentiousness |                  |                       |

## Justice

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

*The overcharged customer was angry, and with justice.*

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

### 1. [n.] Freedom from bias or partiality

- |                 |                  |              |
|-----------------|------------------|--------------|
| -fairness       | -equity          | -objectivity |
| -evenhandedness | -fair-mindedness | -justness    |
| -equitableness  | -impartiality    |              |

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

- |        |         |             |
|--------|---------|-------------|
| -judge | -jurist | -magistrate |
|--------|---------|-------------|

## Law-abiding

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

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

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

## Personal Cleanliness

**clean•ly** *adj.* **clean•li•er** **clean•li•est** 1. Habitually and carefully neat and clean.

*adv* 1. In a clean manner. **clean•li•ness** *n.*

### 1. [n.] The condition of being clean

-cleanness

-immaculateness

-spotlessness

-purity

-tidiness

## Responsibility

**re•spon•si•bil•i•ty** *n. pl.* **re•spon•si•bil•i•ties** 1. The state, quality, or fact

of being responsible. See note at **obligation**. 2. Something for which one is responsible; a duty, an obligation, or a burden.

## Self-Acceptance

**self-ac•cep•tance** 1. The act or process of accepting one's self. 2. The state of being accepted or acceptable to oneself.

## Self-Esteem

**self-es•teem** *n.* 1. Pride in oneself; self-respect.

### 1. [n.] A sense of one's own dignity or worth

-pride

-ego

-dignity

-honor

-assertiveness

-self-respect

-amour-propre

-self-confidence

## Self-Reliance

**self-re•li•ance** *n.* 1. Reliance on one's own capabilities, judgment, or resources; independence.

### 1. [n.] The capacity to manage one's affairs and make decisions

-independence

-freedom

-self-determination

-autonomy

-liberty

-self-rule

## Self-Worth

**self-worth** *n.* 1. Self-esteem; self-respect.

## Teamwork

**team•work** *n.* 1. Cooperative effort by the members of a group or team to achieve a common goal.

## 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. 4. *Medicine* **a.** Physiological resistance to a poison.

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

-open-mindedness      -broad-mindedness

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

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

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

-acceptance	-allowance	-sufferance
-acquiescence	-indulgence	

### 4. [n.] The capacity to withstand

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

## Truthfulness

**truth•ful•ness** *n.* 1. Consistently telling the truth.







**“YOU COUNT”**

***HEALTH FOCUS:***  
**BE DRUG-FREE!**

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

-ELAINE PARKE

**HEALTH FOCUS**  
**BE DRUG-FREE!**

**FEBRUARY**

Caring Color: WOW! Fuchsia

**YOU COUNT® 33**

**THE CARING HABIT ADVENTURE™**



# “YOU COUNT” HEALTH FOCUS

**T**he health focus for the month of February is **BE DRUG FREE.**

The first and most important way to honor “You Count,” is by taking care of your own health. One of the best ways to be healthy is to avoid harmful drugs and alcohol. This month our Health Focus will help us all do that. What does it mean to BE DRUG FREE? Avoid peer pressure and think for yourself.

## #1. Avoid harmful substances like drugs and alcohol

ALSO:

2. Eat nutritious food
3. Exercise frequently
4. Get plenty of sleep
5. Keep a positive attitude
6. Be safety minded
7. Keep your immunizations current



Reinforce these messages with your students this month. Encourage each student to avoid drugs and alcohol and to pay attention to his/her own health habits. The health tips in the student planners this month are about being drug free. Take time to discuss them with your students.



WEEK 1

• • • • •

**It's cold outside.**

Did you know that consuming alcohol reduces your body's ability to generate heat to stay warm? Start off each day this month with a good warm breakfast, then stay away from alcohol. Remember, "You Count."

• • • • •

2

**You Count!**

Use your head and respect the fact that you are too young to drink. Believe the truth - that alcohol and drugs are dangerous and stupid. Don't let drivers drink - speak up for safety! Be smart and on the ball.

• • • • •

3

**You Count!**

Substance abuse steals your intelligence and your alert mind - it interferes with learning and can bring many other problems. ACT SMART, avoid problems by staying far far away from alcohol and drugs.

• • • • •

4

**You Count!**

Avoid peer pressure. Find yourself a good role model - someone who has high standards and doesn't drink or use drugs. Get to know them as people. Find out how they set standards for themselves and live up to them. Be smart.

• • • • •

5

**You Count!**

Think for yourself. Engage your friends in conversations about drugs and alcohol and their dangers. Counteract peer pressure with common sense. Be a leader with your friends and encourage them to avoid alcohol and to be drug-free.

• • • • •

# **“YOU COUNT” LITERACY ENRICHMENT WRITING/ESSAY PROMPTS**

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

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

-ELAINE PARKE

# FEBRUARY

Caring Color: WOW! FUCHSIA

**YOU COUNT® 37**





# **“YOU COUNT” LITERACY ENRICHMENT TOPICS / PROMPTS / STARTERS**



**FEBRUARY**

**In February YOU COUNT Caring Color: Wow! Fuchsia Health Focus: Be Drug-Free!**

What does “YOU Count” truly mean to you?

How do “YOU Count?” (at home? in school? in your community?)

List the “Top 5” Things YOU Like About Yourself. (To fit your time allotment change 5 to a smaller number.)

Explain in 3 or more paragraphs, how “Realizing YOU Count” resulted in something positive.

What is the most amazing thing that has ever happened to YOU?

List three words that best describe YOU? Explain why you choose these words.

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

Have YOU recently read a book or watched a tv program that emphasized individuality? Explain how.

Imagine YOU could live during a different time period in history. When would it be? Explain why.

What accomplishments are YOU most proud of? Why?

What is YOUR life philosophy? Explain how YOU practice it.

What makes YOU the happiest? Why?

What are some of YOUR Character traits?

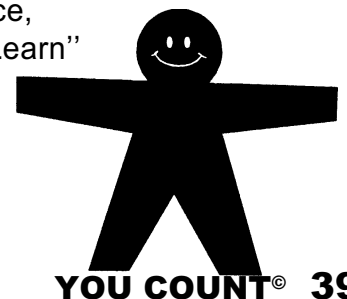
Draw a picture of what makes “YOU Count!”

Finish and explain this statement: *“It’s a good thing everyone is different because . . . ”*

Write your own Alphabet about YOU! A is for . . . , B is for . . . , etc.

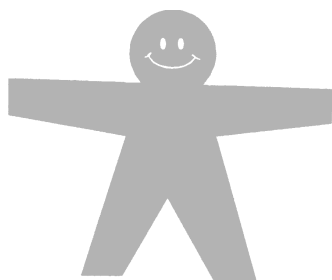
Draw a picture or write a story\* (\*song, poem or rap) using as many of this month’s Character Education Words-2-Learn as possible. They are: Acceptance, Citizenship, Collaboration, Confidence, Cooperation, Diversity Appreciation, Equality, Health, Honesty, Humility, Justice, Law-abiding, Personal Cleanliness, Responsibility, Self-Acceptance, Self-Esteem, Self-Reliance, Self-Worth, Teamwork, Tolerance, and Truthfulness. (Definitions available in the “Character Education Words-2-Learn” Section of your Idea Book.)

**See the “Reproducible Essay Prompts” Section of this Supplement or your Idea Book for more fun activities!**





**Write a short paragraph about a sport or other hobby you enjoy.**

[illegible]



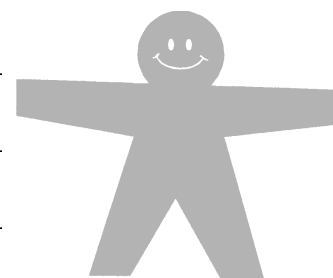


**Think about YOUR own talents. Write about three of the things you do especially well.**

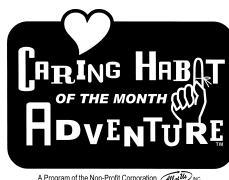


# FEBRUARY

***In February YOU COUNT***    ***Caring Color: Wow! Fuchsia***    ***Health Focus: Be Drug-Free!***

[illegible]





**“YOU COUNT”**

# **LITERACY ENRICHMENT READING BOOK LISTS**

**Primary, Young Adult and Mature Readers**

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

-ELAINE PARKE

**FEBRUARY**

Caring Color: WOW! Fuchsia

**YOU COUNT® 43**



## 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



# “YOU COUNT”

## Young Adult Reading Book List (Grades 4 thru 8)

### Bad Girls



Cynthia Voigt  
Scholastic, 1996  
277 p., RL 5.9, IL 5-8, Fiction  
(BL, BC, ES, HB\*, NYT, PW\*, SLJ, WC, WM)

When troublemakers, Margalo and Mikey meet on the first day of fifth grade, they know they are kindred spirits. Fun and friendship are the hallmarks of this memorable story by Newbery author, Cynthia Voigt.

### Benito and the White Dove: a Story of Jose Antonio Navarro



Marj Gurasich  
Eakin Press, 1989  
104 p., RL 5.6, IL 5-8, Biography  
Series: Stories for Young Americans

The achievements of Jose Navarro and his struggle for Texas' independence are seen through the eyes of a young boy.

### Building Self-confidence



Stuart Schwartz and Craig Conley  
Capstone High/Low Books, 1998  
32 p., RL 4.2, IL 5-8, Non-fiction  
Series: Life Skills

This book will help the reader identify their positive qualities and develop self-confidence, as well as gain an appreciation for these qualities in others.

## Creativity



John Steptoe; Illustrated by E. B. Lewis  
Clarion Books  
32 p. IL 5-7

Charles learns that the new boy in school, Hector, comes from Puerto Rico. Charles thinks Hector is a “pretty nice dude” and offers to teach his new friend some “good” English. But Charles’ father points out that while he and Hector may look and speak a little differently, they still share a common ancestry. Charles draws on his own creativity to help Hector adjust to his new school and life in America.

## Confidence Counts



Gary Patton with Greg Brown  
Taylor Publishing, 1999  
40 p., RL 5.0, IL 3-6, Autobiography  
Series: Positively for Kids

Basketball star, Gary Patton talks about his life and career with the Seattle Supersonics and his opportunity to play in the 1996 Olympics.

## Do You Know Me?



Nancy Farmer; Illustrated by Shelley Jackson  
Puffin Books, 1994  
105 p., RL 4.9, IL 3-6, Fiction (BL, BK, CS, ES, HB, PW\*, SLJ)

Trouble follows Uncle Zeke when he comes to live with Tapiwa’s family in Zimbabwe.

## Don’t Feed the Monster on Tuesdays! the Children’s Self-esteem Book



Adolph J. Moser; Illustrated by David Melton  
Landmark Editions, 1991  
55 p., RL 4.6, IL 3-6, Non-fiction

Bright, cartoon-like illustrations add to the fun in this lively book that discusses how to develop a positive attitude and feel good about yourself.

## First Children: Growing Up in the White House



Katherine Leiner; Portraits by Katie Keller  
Tamborine Books  
157 p., IL 5-8

What is it like to grow up in the White House? This book introduces readers to seventeen presidential families, from George Washington's step-children to a very recent first child, Chelsea Clinton. It describes the delights and dilemmas of growing up in the Executive Mansion. Also included through each story are events that allow readers a historical perspective of the United States and the world during each respective president's term.

## Girl Talk: Staying Strong, Feeling Good, Sticking Together



Judith Harlan; Illustrated by Debbie Palen  
Walker and Co., 1997  
118 p., RL 5.8, IL 5-8, Non-fiction (BL, KR, LA, V.O.Y.A.)

This cheerful, funny guide is an enjoyable read with lots of good advice for young girls.

## Jessi's Secret Language



Ann M. Martin  
Scholastic, 1988  
145 p., RL 4.9, IL 3-6, Fiction  
Series: Baby-sitters Club

When asked to sit for a special child, Jessie decides that she must learn sign language.

## The Rose-Colored Glasses: Melanie Adjusts to Poor Vision



Linda Rogers Leggert and Linda Gambie Andres  
Illustrated by Laura Hartman  
31 p., IL 4-7  
Human Sciences Press

A perceptive teacher recognizes that both Melanie and her classmates need to understand and accept her poor vision and the glasses she must wear because of it. Not only does Mrs. Davis encourage Melanie's self-acceptance and self-confidence, but she also helps the other students empathize with her situation by having them actually experience the effects of damaged eyesight. This aptly illustrated account is excellent for both visually impaired and visually normal children.

## **Sequoyah: Inventor of the Cherokee Written Language**



Diane Shaughnessy and Jack Carpenter  
PowerKids Press, 1997  
24 p., RL 4.8, IL 3-6, Biography  
Series: Famous Native Americans

The story of Sequoyah, the man who created an alphabet and written language for his Cherokee people.

## **Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-esteem**



Free Spirit Pub., 1999  
117 p., RL 7.0, IL 5-8  
Non-fiction (ES, V.O.Y.A.)

Many of the problems for our youth are discussed as well as ways they can develop self-confidence and the ability to stand up for themselves and their beliefs.

## **What If You Couldn't . . . ? A Book About Special Needs**



Janet Kamien, B/W Illustrations by Signe Hanson  
Charles Scribner's Sons  
83 p., IL 4-7

In this excellent, detailed overview of handicaps, the author (who frequently addresses the reader) presents information using diagrams, anecdotes, parenthetical remarks, and illustrations. She provides some of what is known about causes, daily living difficulties, physical aids and recent advancements. Equally important is the view of the handicapped person as a human being who, like everyone else, has unique differences, needs and tastes.





# "YOU COUNT"

## Primary Reading Book List

(Grades K thru 3)

See Abbreviation Code Key at the beginning of this chapter.

### The Affirmation Web: A Believe in Yourself Adventure



Lori Lite; Illustrated by Helder Botelho  
Specialty Press, Incorporated, 1997  
IL K-4

A little girl is sitting among the trees in the forest feeling sad and alone when she is visited by a great bird, who shows her just how special she is. The use of affirmations by all the animals of the forest teaches children to think in positive terms about themselves. The effect of this approach is an increase in self-confidence and self-esteem. The value of this book lies in the storyteller's ability to apply its teaching to the life of each child who hears it.

### I, Amber Brown



Paula Danziger; Illustrated by Tony Ross  
Scholastic, Inc., 2000  
144p., IL 2-5

Because her divorced parents share joint custody of her, nine-year-old Amber suffers from lack of self-esteem and feels that she is a piece of jointly-owned property. Then she decides to get her ears pierced!

### Arthur's Nose



Marc Brown  
Little, Brown, 1976  
32 p., RL 2.3, IL K-3, Easy (BL, ES, LJ, PW, SLJ, WC)

In this first story about Arthur the aardvark, Arthur is unhappy with his nose and visits a rhinologist to get a different one. Children love the ending with the "family portrait" of the family noses! Young readers will know the character from the popular TV show and books, but will be surprised at Arthur's looks.

**B-E-S-T Friends**

Patricia Reilly Giff; Illustrated by Blanch Sims  
Bantam Doubleday Books for Young Readers, 1988  
73 p., RL 2.9, IL K-3, Fiction  
Series: New Kids at Polk Street School

When a new girl joins the class, Stacy thinks she is horrible: she doesn't do *anything* the way the other kids do.

**Bear**

John Schoenherr  
Philomel Books, 1991  
32 p., RL 4.6, IL K-3, Easy (BL, HB, KR, PW, SLJ, SLJ\*)

Caldecott winning artist John Schoenherr has written and illustrated this beautiful and realistic story of a young bear's struggle for survival in the Alaskan wilderness after its mother disappears.

**Butterfly House**

Eve Bunting; Illustrated by Greg Shed  
Scholastic Press, 1999  
32 p., RL 5.1, IL k-3, Easy (AP, BL, BK, LA, LT\*, PW, SLJ)

When a young girl and her grandfather rescue a caterpillar from a hungry blue jay, they care for it until it finally becomes a painted-lady butterfly and it is released. As the girl grows, butterflies return to her home year after year.

**Creativity**

John Steptoe; Illustrated by E.B. Lewis  
Clarion Books, 1997  
32 p., RL 3.5, IL K-3, Fiction (BL, KR, HB, LA, PW\*, SLJ)

When Hector arrives from Puerto Rico, Charles becomes his friend and both boys learn about each other and their cultures.

**Do You Know What I'll Do?**

Charlotte Zolotow; Illustrated by Javaka Steptoe  
HarperCollins, 2000  
32 p., RL 2.4, IL K-3, Easy (BL, BK\*, BC, HB, LT, PW\*, SLJ)

This beautiful book is a newly illustrated version of Zolotow's original 1958 classic story of a young girl promising her brother all the things she will do to make him happy as they both grow up.

## I Know What You Do When I Go To School



Ann Edwards Cannon; Illustrated by Jennifer Mazzucco  
G. Smith, 1996  
32 p., RL 3.5, IL K-3, Easy (SLJ)

A small boy imagines all the marvelous things his mother and little brother do while he's away at school.

## It's Okay to Be Different



Todd Parr  
Little Brown Children's Books, 2001  
32 p., IL K-3

Celebrate individuality with the king of color, Todd Parr. Well known for his use of bold and primary colors and funky, freewheeling style, Parr offers kids a lesson in being happy with who you are. To all those kids who are self-conscious about missing teeth, or being small, or feeling embarrassed — it's okay. Supportive messages like "It's okay to come from a different place" and "It's okay to have an invisible friend" fill the pages of this awesome book. Each page fosters personality and the unique traits of everyone around us.

## The Littlest Susan



Ruth Ann Shay; Illustrated by Charles Mertes  
Guided Pen Press, 2001  
32 p., IL K-3

Littlest Susan is different from the other flowers, even her fellow Black-eyed Susans. Being different makes her unhappy because she wants to fit in with the other flowers and feel good about herself. When she meets Giant Susan, they work together to solve their problems while learning a valuable lesson about being different and feeling good about themselves.

## Oh, the Places You'll Go!



Dr. Seuss  
Random House, 1990  
48 p., RL 3.2, IL K-3, Easy (BL, BK\*, HB, KR, NYT, SLJ, WC)

Truly a book for all ages, in typical Dr. Seuss style complete with fantastical creatures and rhyming text, the author describes the difficulties and rewards along life's highway.

**People**

Peter Spier  
Bantam Doubleday Dell Pub. Group, 1980  
44 p., RL 3.1, IL K-3, Easy (BL, NYT, SLJ)

Caldecott illustrator Peter Spier's book points out the individuality of earth's four-billion people.

**Stick up for Yourself!: Every Kid's Guide to  
Personal Power and Positive Self-Esteem**


Gershen Kaufman, Pamela Espeland, and Lev Raphael  
Free Spirit Publishing, Inc., 1999  
128p., IL 2-5

This book discusses problems facing young people such as making choices, learning about and liking yourself, and solving problems.

**The Tiniest Acorn: A Story to Grow By**


Marsha Danzig  
Frederick Fell Publishers, 1999  
32 p., RL 5.3, IL 3-6, Easy

At first, a little acorn feels small and unimportant, but everything changes when the acorn is finally planted and begins to grow.

**Why Am I Different?**


Norma Simon; Illustrated by Dora Leder  
A. Whitman, 1976  
31 p., RL 2.7, IL K-3, Easy (BL, PW, SLJ)

The reader will see children who are different in many ways, and see that being different is all right.



# “YOU COUNT”

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

*See Abbreviation Code Key at the beginning of this chapter.*

### April and the Dragon Lady



Lensey Namioka  
Browndeer Press, 1994  
214 p., YA, Fiction  
(BL, BR, BL, BC, HB, KR, PW, SLJ, V.O.Y.A.)

April is content to be a typical American teenager, but she is not Chinese enough for her tough, traditional “dragon-lady” grandmother. Her grandmother doesn’t like April’s American assertiveness, her Caucasian boyfriend or her plans to attend a university. April is caught between the two cultures and her desire to succeed and be accepted in both.

### The Best Way Out



Karen Follis Cheatman  
Harcourt Brace Jovanovich, Inc.  
168 p., YA

Dislocated by the closing of his neighborhood school and his forced enrollment in an all-white school, angry and resentful Haywood is ready to give up on himself and his future. Then a special school counselor and a special school program help him recover his sense of worth and dignity. This well-written and fast-moving book captures Haywood’s conflicting emotions well.

**Chief**

Frank Bonham  
E. P. Dutton and Company, Inc.  
215 p., YA

Chief's story reveals some of the pride, aspirations, and disappointments of many Native Americans. Alcoholism, and other drug abuses, and apathy are mentioned. The contemporary dialogue and the suspense may attract those who don't usually like to read.

**The Disappearance**

Rosa Guy  
Bantam Doubleday Dell Books for Young Readers, 1992  
246 p., RL 6.6, YA, Fiction (WM, WS)  
Series: Laurel-leaf Books

Shortly after a Brooklyn family takes in new foster child from Harlem, their seven-year old daughter disappears and suspicion falls on him.

**Do I Know the "Me" Other's See?**

Shirley Schwarzrock and G. Gilbert Wrenn  
B/W Illustrations by Buescher and Associates  
American Guidance Service, Inc.  
55 p., YA

The authors offer practical suggestions to teen-agers who want to know themselves better. Vignettes in which a person is misinterpreted add interest. This book, one of 23 in the "Coping With Series," is designed to approach problems of young people in a contemporary, non-moralizing manner. A 288 page manual accompanies the series, outlining objective and content of each book. The manual also suggests how teachers and counselors might use the series more effectively.

**Feed Your Head: Some Excellent Stuff on Being Yourself**

Earl Hipp; illustrated by L.K. Hanson  
Hazelden, 1991  
137p., YA, Non-fiction

Including comments from real-life kids, this book contains advice on many of the day-to-day questions faced by today's youth.

## The Friends



Rose Guy  
Holt, Rinehart and Winston Inc.  
203 p., YA

This powerful story depicts intense feelings of false pride, friendship, love and hate. The conflicts and the complex relationships among the characters are vividly portrayed.

## 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 February —*You Count* section for daily teacher / classroom / family reading. *\*WARNING! This book is habit-forming. \*May cause a happier life.*

## L C is the Greatest



Phylis Krasilovsky  
Nelson  
129 p., YA,

Thirteen-year-old Louise wants to show the world that she is the greatest. Louise is Jewish, but secretly wishes she were a Christian like her girlfriend. Growing up in Brooklyn during the Depression, Louise comes to terms with herself and her parents – she is determined to try many things and not to be concerned about how she looks or what others think of her.

## No Language But A Cry



Richard D'Ambrosis  
Doubleday and Company, Inc.  
252 p., YA

Although the names have been changed, this compassionate and sometimes shocking book is based upon an actual case history. The description of Laura's abuse is handled with restraint, but it may greatly distress some readers. This is a poignant account of a defeated bit of humanity, who, through the love and perseverance of others, becomes a capable, worthwhile person.

## **Ophelia Speaks: Adolescent Girls Write About Their Search for Self**



Sara Shandler  
HarperPerennial, 1999  
285 p., YA, Non-fiction (LJ, PW, V.O.Y.A., WM)

Author Sara Shandler intended this to be a response to the 1994 bestseller *Reviving Ophelia* by Mary Piper. Shandler has collected writings from teenage girls all over the United States, revealing the depth and variety of the problems teens face.

## **Self-Acceptance: Building Confidence**



Robert Wandberg: Consultants Raberta Brack Kaufman and Millie Shepich  
LifeMatters, 2002  
64 p., YA, Non-fiction  
Series: Life Skills

A guide to developing the reader's own self-acceptance and the ability to help others.





# “YOU COUNT”

## POPULAR MUSIC

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

-ELAINE PARKE

FEBRUARY

Caring Color: WOW! Fuchsia

**YOU COUNT® 57**



# “YOU COUNT”

## With Music and Song



You Are Somebody	- <u>Cheryl Prewitt-Salem</u>
I Believe In You	
I'm A Brass Band	- <u>Sweet Charity</u>
My Personal Property	- <u>Sweet Charity</u>
I Will Survive	- <u>Gloria Gaynor</u>
Hit Me With Your Best Shot	- <u>Pat Benatar</u>
I Am Woman	- <u>Helen Reddy</u>
I Have Confidence	- <u>Julie Andrews</u>
Don't Rain On My Parade	- <u>Barbra Streisand</u>
Somebody Loves Me	
Somebody Up There Loves Me	- <u>Sandy Patti</u>
Hey, Look Me Over	- <u>Wildcat</u>
She Believes In Me	- <u>Kenny Rogers</u>
You Never Gave Up On Me	- <u>Crystal Gayle</u>
In Heaven's Eyes	- <u>Sandi Patti</u>
I Love You Just The Way You Are	- <u>Billy Joel</u>
"The Greatest American Hero"	- <u>Joey Scarbury</u>
You're Something Special	- <u>The Bill Gaither Trio</u>
I Am A Promise	- <u>The Bill Gaither Trio</u>
Take A Chance On Me	- <u>Abba</u>
Theme From "The Mary Tyler Moore Show"	
Count Me In	- <u>Gary Lewis and the Playboys</u>

I'm Every Woman	- Whitney Houston
See Me, Feel Me, Touch Me ( <u>Tommy</u> )	- The Who
One	- <u>A Chorus Line</u>
If My Friends Could See Me Now	- <u>Sweet Charity</u>
Eleanor Rigby	- The Beatles
Jesus Loves Me	
His Eye Is On The Sparrow	- Ethel Waters
Let Me Live	- Pat Boone
"Patty Duke Show" Theme	
Fam	- Irene Cara
Butterfly Kisses	- Bob Carlisle
All The Time	- Barry Manilow
Father's Eyes	- Amy Grant
Never Met A Man I Didn't Like	- <u>Will Rogers Follies</u>
Lullabye (Goodnight, My Angel)	- Billy Joel
Someone Who Believes In You	- Neil Diamond

List other songs that you know that fit the "You Count" theme here:



# “YOU COUNT” STORIES & POEMS

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

-ELAINE PARKE

STORIES AND POEMS

STORIES & POEMS

FEBRUARY

Caring Color: WOW! Fuchsia

**YOU COUNT® 61**

THE CARING HABIT ADVENTURE™



# “YOU COUNT”

## Stories and Poems and Jounh !

### Whose Job Was It?

There is a story about four people. Their names were  
*“Everybody, Somebody, Anybody and Nobody.”*

There was an important job to be done and  
*Everybody* was sure that *Somebody* would do it.

*Anybody* could have done it, but *Nobody* did it.

*Somebody* got angry about it  
because it was *Everybody's* job.

*Everybody* thought *Anybody* could do it,  
but *Nobody* realized that *Everybody* wouldn't do it.

It ended up that *Everybody* blamed *Somebody*,  
when *Nobody* did what *Anybody* could have done.



## You are Priceless!!!!

Harry Clark



A well known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, *"Who would like this \$20 bill?"* all hands went up immediately. He said, *"I am going to give this \$20 to one of you but first, let me do this."* He proceeded to crumple the dollar bill up. He then asked, *"Who still wants it?"* Still the hands were up in the air. *"Well,"* he replied, *"What if I do this?"* And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now all crumpled and dirty. *"Now who still wants it?"* Still the hands went into the air.

*"My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or smoothly crisp - remember always that you count."*

“

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be?'

You are a child of God. Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

”

*from the 1994 inaugural speech of Nelson Mandela*



## Your Timely Bank Account

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out ALL OF IT, of course!!!!

Each of us has such a bank. Its name is TIME. Every morning, it credits your account with 86,400 seconds. Every night it writes off, as lost, whatever part of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day.

If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success!

The clock is running. Make the most of today.

To realize the value of ONE YEAR,  
*ask a student who failed a grade.*

To realize the value of ONE MONTH,  
*ask a mother who gave birth to a premature baby.*

To realize the value of ONE WEEK,  
*ask the editor of a weekly newspaper.*

To realize the value of ONE HOUR,  
*ask the lovers who are waiting to meet.*

To realize the value of ONE MINUTE,  
*ask a person who missed the train.*

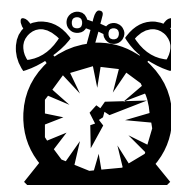
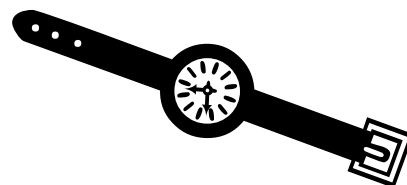
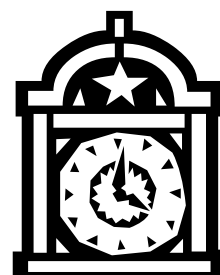
To realize the value of ONE-SECOND,  
*ask a person who just avoided an accident.*

To realize the value of ONE MILLISECOND,  
*ask the person who won a silver medal in the Olympics.*

Treasure every moment that you have! And treasure it more because you shared it with someone special who also values time.

*And remember that time waits for no one.*

Yesterday is history. Tomorrow is a mystery. Today is a gift.  
*That's why it's called the present!!!*



## Black History Month Story

The Caring Habit Message of the month is "You Count".  
*You can make a difference.*

This is a story of a little boy named Theo who woke up one morning and asked his mother, "Mom, what if there were no Black people in the world?"

Well his mother thought about that for a moment, and then said son, follow me around today and let's just see what it would be like if there were no Black people in the world. Mom said, "Now go get dressed and we will get started."

Theo ran to his room to put on his clothes and shoes. His mother took one look at him and said Theo, where are your shoes, and those clothes are all wrinkled son, I must iron them. But when she reached for the ironing board it was no longer there. You see, Sarah Boone, a black woman, invented the ironing board and Jan E. Matzelinger, a black man, invented the shoe lasting machine. Oh well, she said, please go and do something to your hair. Theo ran in his room to comb his hair, but the comb was not there. You see, Walter Sammons, a black man, invented the comb. Theo decided to just brush his hair, but the brush was gone. You see Lydia O. Newman, a black woman, invented the brush. Well this was a sight, no shoes, wrinkled clothes, hair a mess, even Mom's hair, without the hair care inventions of Madam C. J. Walker, well you get the picture.

Mom told Theo, "Let's do our chores around the house and then take a trip to the grocery store." Theo's job was to sweep the floor. He swept and swept and swept. When he reached for the dust-pan, it was not there. You see, Lloyd P. Ray, a black man, invented the dust-pan. So he swept his pile of dirt over in the corner and left it there. He then decided to mop the floor, but the mop was gone. You see, Thomas W. Stewart, a black man, invented the mop.

Theo yelled to his Mom, "Mom, I'm not having any luck." Well son, she said, let me finish washing these clothes and we will prepare a list for the grocery store. When the wash finished, she went to place the clothes in the dryer, but it was not there. You see, George T. Samon, a black man, invented the clothes dryer. Mom asked Theo to go get a pencil and some paper to prepare their list for the market. So Theo ran for the paper and pencil but noticed the pencil lead was broken. Well he was out of luck because John Love, a black man, invented the pencil sharpener. Mom reached for a pen, but it was not there because William Purvis, a black man, invented the fountain pen. As a matter of fact, Lee Burridge invented the typewriting machine, and W. A. Lovette, the advanced printing press.

Theo and his mother decided to head out to the market. Well when Theo opened the door he noticed the grass was as high as he was tall. You see, the lawn mower was invented by John Burr, a black man. They made their way over to the car, and found that it just wouldn't go. You see, Richard Spikes, a black man, invented the automatic gear shift and Joseph Gammel invented the supercharge system for internal combustion engines.

They noticed that the few cars that were moving were running into each other and having wrecks because there were no traffic signals. You see, Garrett A. Morgan, a black man invented the traffic light. Well, it was getting late, so they walked to the market, got their groceries and returned home.

Just when they were about to put away the milk, eggs and butter, they noticed the refrigerator was gone. You see John Standard, a black man, invented the refrigerator. So they just left the food on the counter. By this time, Theo noticed he was getting mighty cold. Mom went to turn up the heat, and what do you know. Alice Parker, a black woman, invented the heating furnace. Even in the summer time they would have been out of luck because Frederick Jones, a black man, invented the air conditioner.

It was almost time for Theo's father to arrive home. He usually takes the bus. But there was no bus, because it's precursor, the electric trolley, invented by another black man, Elbert R. Robinson. He usually takes the elevator from his office on the 10th floor, but there was no elevator because Alexander Miles, a black man, invented the elevator. He also usually dropped off the office mail at a near by mailbox, but it was no longer there because Philip Downing, a black man, invented the letter drop mailbox and William Barry invented the postmarking and canceling machine.

Theo and his mother sat at the kitchen table with their heads in their hands. When the father arrived he asked, "Why are you sitting in the dark?" Why? Because Lewis Howard Latimer, a black man, invented the filament within the light bulb.

Theo quickly learned what it would be like if there were no black people in the world. "What if I were sick and needed blood?" Theo thought. Charles Drew, a black scientist, found a way to preserve and store blood, which led to the start of the world's first blood bank. And what if a family member had to have heart surgery? This would not have been possible without Dr. Daniel Hale Williams, a black doctor, who performed the first open-heart surgery. So if you ever wonder, like Theo, where would we be without US? Well, it's pretty plain to see. We would still be in the DARK!!!!

## A "Scrape" That Multiplies

I am a registered nurse at a small local hospital in northern New Hampshire. I recently relocated here and the adjustment has been tough. But I am a firm believer that kindness breeds kindness, and well, it has!!!!!! We have been having a lot of snow and freezing rain here this winter, and when I am able to be the first one off my shift at the hospital, I go to the parking lot and scrape off my car and then start on my co-workers cars ... the goal is to be done and gone by the time they get to their cars. I have been able to do this a couple of times, be gone that is, and when I haven't finished soon enough, it has brought everyone helping everyone.

It is wonderful to see people helping each other and supporting one another. In our profession, it is often stressful and challenging and easy to let emotions take over. But in the early morning after a long night shift, to see my co-workers all smiling and helping each other, renews my inspiration about what I am doing.

I had just finished a really stressful night and was the last one off the night shift leaving the hospital and thinking about the snow and cleaning my car and how tired I was. Suddenly, to MY surprise, I saw that my car was all cleaned off and no one was around to thank. I got in my car with a smile on my face and knew that kindness really does breed kindness. Spread the kindness ... it will come back to you.

– Leslie Smith, Whitefield, NH, USA, March 25, 1998



## Learning Kindness Can Be Fun

"The National Honor Society at the high school in Ogden, Iowa will be participating in the Random Acts of Kindness Week. One of the activities we will do is visit shut-ins around our town and help them in any way we can. We will continue this for the rest of the year. Another activity we will be doing is pairing up with teachers for secret pals. We are doing this because teachers don't usually get shown appreciation by students. A final thing our group will do is a can drive for the local food pantry. We are attempting to get enough food to fill up our principal's office."

– Ogden, IA, February 7, 1997

## Friends are one of the greatest gifts in life. Thanks!!

*Author unknown*

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd." I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on.

As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes. My heart went out to him. So, I jogged over to him and as he crawled around looking for his glasses, and I saw a tear in his eye.

As I handed him his glasses, I said, "Those guys are jerks. They really should get lives." He looked at me and said, "Hey thanks!" There was a big smile on his face. It was one of those smiles that showed real gratitude. I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before. We talked all the way home, and I carried his books. He turned out to be a pretty cool kid. I asked him if he wanted to play football on Saturday with me and my friends. He said yes.

We hung out together all weekend and the more I got to know Kyle, the more I liked him. And my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again. I stopped him and said, "Boy, you are gonna really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor, and I was going for business on a football scholarship. Kyle was valedictorian of our class. I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak.

Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than me and all the girls loved him! Boy, sometimes I was jealous. Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one) and smiled. "Thanks," he said. As he started his speech, he cleared his throat, and began. (cont.>)

**Friends are one of the greatest gifts in life. (cont.)**

"Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach . . . but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the unspeakable."

I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his Mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth. Never underestimate the power of your actions.

With one small gesture, you can change a person's life. For better or for worse. We have all come into each other's lives to impact one another in some way. Look for what is good and valuable in others.

"Friends are angels who lift us to our feet when our wings have trouble remembering how to fly."

**10 Beauty Tips**

- For attractive lips, speak words of kindness.
- For lovely eyes, seek out the good in people.
- For a slim figure, share your food with the hungry.
- For beautiful hair, let a child run his or her fingers through it once a day.
- For poise, walk with the knowledge you'll never walk alone.
- People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed.
- Never throw out anybody.
- Remember, If you ever need a helping hand, you'll find one at the end of your arm.
- As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.
- The beauty of a person is not in the clothes they wear, the figure that they carry, or the way they comb their hair. The beauty of a person must be seen from within their eyes, because that is the doorway to their heart—the place where love resides.

## You Count From the Heart

*In the spirit of ALL of US*

*Elaine Parke*

So much of today's technology world is driven by the mind and a reverence for intelligence, that sometimes the "heart" gets lost in the shuffle. Computers or not however, even human intelligence becomes "artificial" without a base rooted in matters of the heart.

As an example, the headlines of USA Today recently reported that 48% of all American Workers admitted to unethical or illegal acts in the past year. The survey was conducted among a broad spectrum of 1,324 workers by the Ethics Officers Association. Think about what happens when one person transgresses against the honest and fair treatment of others; co-workers, company, family, friends or strangers. What is missing when these actions occur?

Turning our Country around to once again stand for what is good and right isn't a subject for rocket scientists. Perhaps the answer is simple – too simple — and has been shown to us before. The answer as we each move through each day, at work, shopping at a store, or caring for our children, is to look into one another's heart.

Think about others as well as yourself. Realize that no one ever really gets away with a transgression against others because deep inside, we know what's right and wrong and our own heart has the final say.

## The Blossoms of Life

*Lauren Northern*

Do you remember learning about how a flower grows from a tiny little seed, only to become a beautiful blossom, full of color and life? Well, that's a simple, yet efficient way of describing our own development. As young children, we start out as just the seed. We are nourished and cared for, while we take in the influences of our surroundings. As we grow older, we start to establish our roots - going somewhat beyond the comfort of our environment and looking for new, exciting things. We expand upward, establishing an identity for ourselves, becoming our own special person. Each day we are exposed to both the sunshine and the rain, and the joys and trials that life throws our way. Yet, we persevere, striving to become that fully blossomed flower, beautiful and fragrant, as one day we all shall be!



## No Small Thing

"A few years ago my wife and I spent two wonderful weeks traveling through Europe. We obviously ran into frequent language barriers along the way. On one such occasion we were on a train heading for Venice when the conductor asked us a question in Italian. He didn't speak English and we don't speak Italian, so things began to get a little frustrating.

Though other Italians were sitting closer to us, a distinguished elder gentleman got up and came over and translated for us. He then sat down across from us and told us that he was Venetian, and proceeded to tell us the best things to see in Venice and how best to get around while we were there.

It may seem like a small thing, but if you ever find yourself in those situations, you'll know just how significant it really is. Sometimes it can be nothing more than somebody pointing out your correct bus stop. We both learned a valuable lesson. Whenever we see somebody visiting from another country who seems to be in obvious distress, we'll take a moment to offer assistance."



## Return Gift

"My roommate and I were out doing some Christmas shopping (a gift for his girlfriend), and we had taken a bus a pretty long distance from home. We had stayed in the store longer than we should have and missed the last bus at the nearby stop, so we started walking back to, hopefully, what was going to be the closest bus stop. After a while, we realized that there were no more bus stops in the area.

As we continued walking back, a bus with that was done with its route for the day stopped, and the driver asked us if we needed a ride to get us closer to where we were headed. We accepted and as we were talking to the bus driver, he used his radio to call to the nearest bus and arranged for us to be dropped off right at our house. What started out as us shopping for a gift for someone we cared about, turned into someone who cares about others giving us a gift." – *Madison, WI, November 3, 1996*





## Toll Giver

"A few weeks ago, when I was driving to San Francisco, I was so upset and frustrated and overwhelmed by life (law school, kids, work, husband, bills (and no money, deadlines, etc.)), that I thought I would really lose my mind. I didn't know if I would cry or scream to the top of my lungs. The traffic was horrible as usual, and people on the freeway were not very nice to each other.

As I approached the toll booth and handed the attendant my dollar bill, she told me that I did not need to pay because the person in the white car ahead of me had paid the toll for me. I was shocked and overjoyed by it all. Tears rolled down my face as the tension I was feeling just moments before dissolved into a smile. I don't know who that person in the white car was, but his or her random act of kindness "saved" me that day." — *Author Unknown, 30 years old, Richmond, CA, November 26, 1996*



## New York City Angels

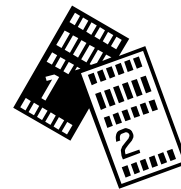
"I was 19 and stuck in the middle of New York City's Port Authority at midnight. I was a tall blond college coed with a basic trust of people, but with memories of horror stories about the New York subway system, no sense of direction and a complete unfamiliarity with the subways. Thanks to a lovely Port Authority worker, I was guided onto the right train to start with.

The problem now became knowing when to change trains and when to get off. I asked a couple sitting on the train if they would read the directions I had been sent by the friend whom I was headed to visit. They directed me when to change trains as they were going to change to the same next train. They told me what the stop was called, as their stop was a few before the one I was to take. We chatted a little and before I knew it, they said it was time for me to get off. I asked them about the fact that they had said their stop was before mine. They said that they had a daughter about my age and they stayed on the train to make sure I was all right.

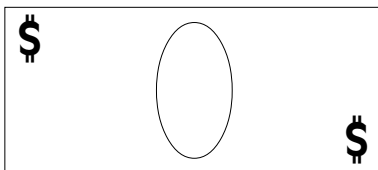
That act of kindness has always made me defend New York City whenever someone puts it down as dangerous and unfriendly. As a matter of fact, when I left a week later, and had to walk about 8 blocks between bus terminals to get to a different airport, a construction worker walked the last 4 blocks with me and carried my heavy suitcase, as he said I looked worn out. I, in fact, had the flu and was leaving early and I sure appreciated his kindness that day."

— *Author Unknown, Chico, CA, November 19, 1996*

## Family Fun Giver



"When we go to the State Fair, I buy extra ride tickets. I then seek out a family of 4 or more children and then hand the tickets over to them. The excitement on the children's faces is worth the few extra dollars." — *Raleigh, NC, October 29, 1996*



## Random Money

"Last year, at the beginning of winter quarter, I began to feel a little low. I decided that the best way to cheer myself up was to do something for others. I went to the bank and got twenty one dollar bills. I inscribed 'Practice random acts of kindness and senseless beauty' on all of them. I put them in envelopes and slipped them under the doors of my floor mates. No one ever found out it was me, but I know I brightened my floor mates' lives from the conversations on the floor for the next few days. Also, this started a movement. My floor, later that quarter, chose another floor and created signs for their doors with encouraging words and 'practice random...' written on them." — *University of Minnesota, Morris, MN, Oct. 17, 1996*



## Giving Hope

"... and just when you're ready to pack your bags, move under a bridge and become a troll, someone does something nice for you! We had our office Holiday party this afternoon. Wouldn't you know, the person who I happen to clash with got my name in the Secret Santa gift grab. I received a beautiful Christmas angel for my tree. Later that day, someone from another department came by with a gift for me, Christmas potpourri, for helping them all year long. And here I've been losing hope in mankind!" — *Author Unknown, Georgetown, MD, December 18, 1996*

## A "Perfect" Stranger



"One night I had to go to The Haverford School in Philadelphia to hear a representative speak about Davidson College. I had been given wrong directions to the college and found myself 15 or so miles away from the school. I began to run with my heavy school bag. However, I was tired after a long day at school and a strenuous cross country workout.

I had passed a jogger during my run, and had briefly stopped to chat with her. I continued my pace until I was exhausted, and I felt like giving up. Pretty soon, I saw a car approaching. It was the jogger! She gave me a ride to the college and, after 10 minutes or so in the car we arrived at the school. After I got out of the car, we never saw each other ever again. This perfect stranger got me to the session on time to hear about Davidson, the school which I now attend."

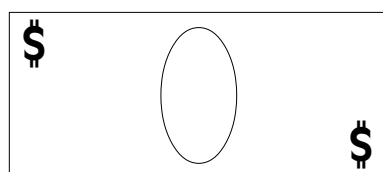
—  
*Davidson, NC, September 25, 1996*

## A Big Tip

"Last summer while on a road trip from San Francisco to the Grand Canyon, I stopped in a family-style burger place to get some lunch (about 45 minutes from Kingman, AZ). It was smoking hot out and the place was empty (I couldn't imagine it ever being crowded; it was off the beaten track quite a bit). The waitress was about 19 and very friendly.

The food was good and as she was taking the plates away, I asked her how long she'd been there. She said she'd been there about 2 years and was saving her money so she could go to the University in Phoenix. We talked for a few minutes, and I could imagine that it was going to take her quite a while to save up college money working as a waitress, so I left a \$100 bill under the \$6 payment for the meal (I'm not rich). I left right away and headed for the Grand Canyon with a good feeling that just maybe I'd made a difference in a nice person's life."

— *Mountain View, CA, September 23, 1996*



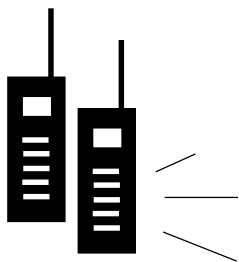


## Life Saving Neighborliness

"One day last Fall, my husband and I were relaxing after work by telling each other how our day went. All of a sudden, we heard a loud noise like someone spinning their tires in our front yard. We jumped up to see what was happening, and we saw our neighbor's car (she is an 80-year-old woman) in our yard and she was slumped over the steering wheel.

We rushed to help and turned off the ignition key, and then looked to see if she was O.K. She became alert but was a little disoriented, so I told her we ought to take her to the hospital to get checked out. We put her in our car, drove to the emergency room where she was looked at right away. She apparently had had a heart attack while backing out of her driveway. We stayed with her until we knew she was out of danger. She has no family. Now at least once a month, she knocks on our door and says 'thank you for saving my life.' I just smile and tell her that we're happy she is O.K. "

– Flora, IL, September 7, 1996



## Father Gives Best

"My father has been retired for 3 years and enjoys spending his days around the house. One morning, he was doing some yard work when two girls from the neighborhood came by and wanted to know if they could wash his car for \$2.

Unfortunately, he had just washed the car earlier, but asked the girls what they were saving up for. They explained that they wanted to buy walkie talkies so that they could communicate with each other from their houses. Dad told them to wait outside and went into the garage to retrieve a pair of old walkie talkies that my brothers and sister and I used to use. They were well loved but still in good condition, and when Dad popped in a couple of new batteries, they worked terrifically.

He then brought them out to the girls who were delighted to have them and went down the street talking on their "new" walkie talkies. A couple of days later, there was a knock at the door, and when Dad answered it, it was the girls who had come back to give him a handwritten thank-you note and hand drawn "coupons" for 2 free car washes!! I know it made Dad feel good to give the walkie talkies to someone who would enjoy them, and also to receive that cute thank-you note complete with Smiley faces and hearts!"

– Raleigh, NC, August 14, 1996

## Neighbors That Care

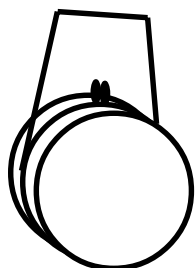


"During the Blizzard of '96, I was home with my nearly 3 year old son and feeling slightly stir crazy. I made a large batch of cookies and shared them with my neighbors after helping them shovel out their driveways. In turn, one neighbor, baked a cake and shared it with my family, and she even shoveled out my driveway before I could get out there myself.

Since then, my husband and I as well as the two neighbors from across the street keep an eye on the other neighbors. If we see that an older couple leaves their garage door open, which is unusual, we will go over to check if everything is all right. The couple on the other side will also keep an eye on our house, and if they see something unusual, they will check on us.

I know that this is not unusual for rural towns (I lived in one), but for suburban Washington, D.C, it is, and I feel much safer knowing that I have neighbors who care."

– Waldorf, MD, July 23, 1996

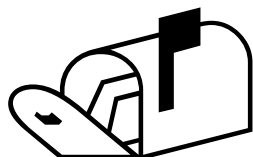
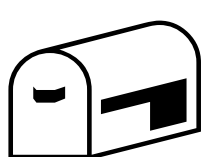


## Purse Finder

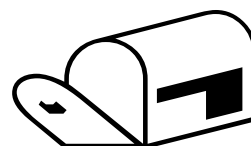
"One night, I was walking along the sidewalk in downtown Chicago and I saw an elderly lady get up and leave her purse on a bench. I picked up the purse and went to return her purse to her. As I was just about to catch up with her, a bus hit her. I waited with her until an ambulance came to get her. They found her medic-alert bracelet in her purse and because of that, they were able to save her life."

– Iowa City, IA, June 19, 1996





## Mail Relief



"A few years ago, I lived on the outskirts of San Antonio, Texas. Our mailman (yes, he was a man) drove his little postal vehicle up to our old fashioned mailbox on a post at the entrance to our driveway. He was very courteous, and yet was not able to chat often because of the amount of mail that he was assigned to deliver.

Sometimes I would see him parked down the road at lunch time, reading a magazine and relaxing while he finished off his sandwich before getting back to the business of delivering the mail to our neighbors. I took some small brown paper bags and double bagged them together. In this bag, I placed a small 'blue ice' block ... you know .... the ones that you freeze and then place in a cooler for a picnic.

Along with this, I placed a small bottle of orange juice and then added a chocolate cookie with a note that thanked him for delivering our mail which said I hoped he'd enjoy this little sweet treat. Later, the mailman left a small note, saying, "Many thanks for the snacks," signed simply, Mailman! Hey, it really wasn't a big deal, but I had fun doing it, especially with the added challenge of a hot South Texas Summer day and the mailman seemed happy with the little gesture.

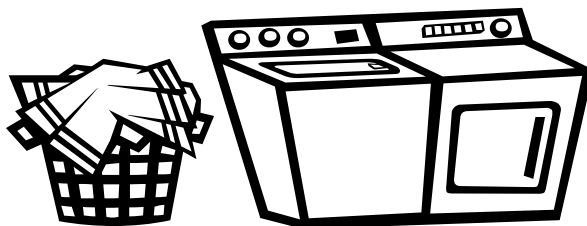
– San Antonio, TX, June 12, 1996

## Turn-A-Bout Is Good Play

"One Thursday night while doing laundry, I went down to the laundry room to find my wet clothes pulled from the washer and placed on top of the dryer, and someone else's wash in the washer. At first I was furious, but then I remembered a book I had once read called, "Random Acts of Kindness."

I dried my clothes, waiting for my neighbor's wash to finish. Placing my neighbor's wash in the dryer, I plunked in the necessary change as well as a fabric softener, and went back to my apartment. Instead of fuming over my laundry, I imagined the surprise on her face when she went down and found her laundry already drying. Turning the other cheek never felt so good."

– Indianapolis, IN, June 3, 1996



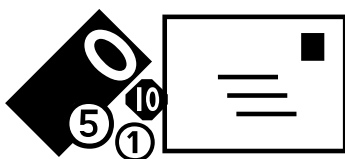
## Pumping Kindness

"It happened yesterday. I was pumping gas at a station on University Ave. when a man on a bicycle rode up to me asking for money. He had a hard luck story like so many I've seen before. But he was different. I asked him questions to ascertain the authenticity of his story and out of genuine concern as well.

As he spoke, I realized this truly was someone down on his luck and felt compelled to help. I dug a five dollar bill from my pocket and placed it in his fingerless hand. 'God bless you', he said appreciatively. As he positioned himself on his bike to ride away, I dropped the pump in my hand and walked over to him and introduced myself.

I asked him for his address and explained that I might like to write him to see how he's doing. Startled, he looked up at me, and with excitement in his voice, he said 'Really? You'll contact me.' I promised to try and write when I could. I don't feel good about myself giving you just money—I'll only feel good when I know you have a job and are back on your feet."

— *Richmond, CA, April 7, 1996*



## Mystery Money

I have been keeping this a secret. But, it has been so FUN and has made me so happy that I can hardly stand it. Here's the story. There is a girl that works for me. She's in her early 20's and struggling to start a life as a self-sufficient adult. She's extremely talented and wonderfully intelligent. We've had several conflicts lately. I know she's trying very hard to save enough money for her upcoming wedding (in May), and her husband-to-be is a struggling artist . . . just starting out.

She's also preparing to move—for the first time—out of the home she grew up in. Her stress level has been high and I have tried to be understanding.

I wanted to help her so I came up with a way to send her a little money. I took several sheets of paper, cut out letters from the newspaper and spelled out "wedding money" on the inner sheet by pasting on the letters. Then I inserted \$100 in cash. I cut out more letters and pasted them to spell "a friend" as the return address on the envelope. I drove far out of my way one day after work to take it to a post office far from our office or my home. A couple of days later, she brought this into the office and it has been a wonderful mystery ever since. I have promised myself never to tell. This has been fun!!"

— *Lakewood, CO, February 1, 1997*



## The Friendship Movement

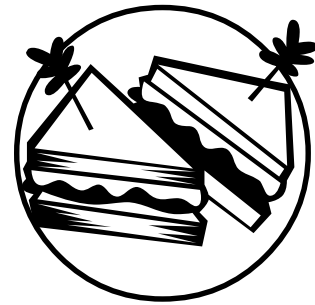
When I was in my first year at the university, I had an idea which I called "The Friendship Movement". The idea was that suburban shopping centers do not seem to be very safe these days.

I believed that if everyone actively paid attention for at least one opportunity per outing to help other people, even if it was just comforting words, or to explain the idea to others (without any force!), then very soon there would be a high probability that there would be someone around they knew.

Then if you or that other person needed assistance, someone would be there. When someone is seen going to someone else's assistance, it helps break the ice. When someone needs help and further assistance comes, they might return the favor in time of need. Further, if someone needed your help, then someone else who knew you may also assist you, and if someone they knew was then around, they may also assist.

Very soon, having no one to count on turns to having many to count on. This would lead to a reduction in the feeling of fear, and a reduction in the feeling that being afraid and powerless is the norm. Caring and being able to help others, even a few seconds a day, can make a big difference and it feels wonderful to be a part of this.

– Mt. Eliza, Victoria, Australia, February 9, 1996



## Sharing Our Tuna

"Recently, I was running between meetings and stopped in a local mall for a quick deli sandwich. Debating over whether to take a whole sandwich or a one half tuna fish sandwich, I decided on a full one. As I overheard the lady next in line request a tuna fish sandwich, the server replied that they just ran out of tuna.

Knowing that mine was the last being made (and that I hardly needed a full sandwich ... what with winter weight gains and all), I told the server that she could split mine to share with the next customer. In a country so abundantly blessed with natural resources and ample food supplies, sharing our wealth begins with each one of us."

– April 12, 1996





# **“YOU COUNT” INSPIRING QUOTES**

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

-ELAINE PARKE

FEBRUARY

Caring Color: WOW! Fuchsia

**YOU COUNT® 81**



# “YOU COUNT” 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.

You can count on others but it’s better to use your own fingers and toes.

JOE BAZOOKA

*Nobody made a greater mistake than he who did nothing because he could only do a little.*

EDMUND BURKE

America is not a melting pot but a mosaic.

PAT DERIAN

## A HEALTHIER WORLD

HEATHER DIXON GRADE 4 BETHEL PARK, PA

- H elp other people
- E xercise regularly
- A void guns and violence
- L earn safety rules
- T ake time to rest
- H and washing often
- I llegal drugs and alcohol are bad
- E at healthy foods
- R espect nature

Our flag is red, white, and blue, but our nation is a rainbow  
— red, yellow, brown, black and white.

JESSE JACKSON

When we turn to each other, and not on each other, that’s victory.

JESSE JACKSON

When we build each other and not destroy each other, that’s victory.

JESSE JACKSON



*Everybody is somebody.*

JESSE JACKSON

**We must be our own before we can be another's.**

RALPH WALDO EMERSON, AMERICAN AUTHOR, POET AND ESSAYIST

**Even a small star shines in the darkness.**

FINNISH PROVERB

**Everybody has to be somebody to somebody to be anybody.**

MALCOLM S. FORBES, AMERICAN BUSINESSMAN

**There is not enough darkness in all the world to put out the light of even one small candle.**

ROBERT ALDER

**You never find yourself until you face the truth.**

PEARL BAILEY, AMERICAN SINGER-ACTRESS

**No one can figure out your worth but you.**

PEARL BAILEY, AMERICAN SINGER-ACTRESS

*Every one of us is the child of somebody.*

PIERRE-AUGUSTIN CARON DE BEAUMARCHAIS

*It matters more what's in a woman's face than what's on it.*

CLAUDETTE COLBERT, FRENCH ACTRESS

**There never has been one like me before, and there never will be one like me again.**

HOWARD COSELL, AMERICAN SPORTSCASTER

*Songbird  
Make your tune  
For none may sing it  
Just as you do.*

NEIL DIAMOND, "SKYBIRD", JONATHAN LIVINGSTON SEAGULL



Self-trust is the essence of heroism.

RALPH WALDO EMERSON, AMERICAN AUTHOR, POET AND ESSAYIST

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

ROBERT FULGHUM, AMERICAN CLERGYMAN AND AUTHOR,  
"ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN"

*Be a friend to yourself, and others will be so, too.*

THOMAS FULLER

I am a promise. I am a possibility.

GLORIA AND WILLIAM GAITHER, AMERICAN CONTEMPORARY CHRISTIAN SINGERS

Be yourself. Who else is better qualified?

FRANK J. GIBLIN II

Make your life a mission - not an intermission.

ARNOLD GLASGOW

Trust yourself, then you will know how to live.

JOHANNES WOLFGANG VON GOETHE, GERMAN AUTHOR AND PLAYWRIGHT

You are unique, and if that is not fulfilled, then something has been lost.

MARTHA GRAHAM, AMERICAN DANCER

Commandment Number One of any truly civilized society is this:  
*Let people be Different !*

DAVID GRAYSON, "THE COUNTRYMAN'S YEAR"

You never get a second chance to make a first impression.

"HEAD AND SHOULDERS" COMMERCIAL





*The supreme happiness of life is knowing we are loved.*

VICTOR HUGO, FRENCH AUTHOR, *LES MISERABLES*

Beauty is in the eye of the beholder.

MARGARET WOLFE HUNGERFORD, "MOLLY BAUN"

The central value, upon which other values in love depend, is the value of the human person.

POPE JOHN PAUL II, "FRUITFUL AND RESPONSIBLE LOVE", 1979

*Only a person can love and only a person can be loved.*

POPE JOHN PAUL II, "MULIERIS DIGNITATEM", 29

**Common-looking people are the best in the world;  
that is the reason the Lord makes so many of them.**

ABRAHAM LINCOLN, 16TH PRESIDENT OF THE UNITED STATES

It's not the dress — it's what is inside the dress.

CHARLOTTE LOPEZ, MISS TEEN U.S.A. 1993

To put yourself in another's place requires real imagination, but by so doing,  
each Girl Scout will be able to live among others happily.

JULIETTE LOW, FOUNDER, GIRL SCOUTS

It is far more impressive when others discover your good qualities without your help.

JUDITH S. MARTIN

Each of us is the accumulation of our memories.

ALAN LOY MCGINNIS, "THE ROMANCE FACTOR"

Lack of something to feel important about is the greatest loss a person may have.

ARTHUR E. MORGAN



There is only one success — to be able to spend your life in your own way.

CHRISTOPHER MORLEY, *WHERE THE BLUE BEGINS*

*How glorious it is — and how painful also — to be an exception.*

ALFRED DE MUSSET

We're all in this leaky boat together.

ROBERT OLDENSKI

It's alright to drink like a fish if you drink what a fish drinks.

MARY PETTIBONE POOLE

All children wear the sign: "I Want To Be Important Now."  
Many of our juvenile-delinquency problems arise because nobody read the sign.

DAN PURSUIT

*The most gratifying reward in life is to feel one is needed.*

THE REVEREND MOTHER, "THE FLYING NUN"

Be yourself and don't judge people from the outside.

LAKEISHA RANKIN, GRADE 5, OAKLAND, PA

Men are created different; then they lose their freedom  
and their individuality by seeking to become like each other.

DAVID RIESMAN

Nobody can make you feel inferior without your consent.

ELEANOR ROOSEVELT, FORMER FIRST LADY

Give a little love to a child and you get a great deal back.

JOHN RUSKIN



**When it's dark enough, you can see the stars.**

ROBERT SCHULLER

*The only false hope is no hope.*

ROBERT SCHULLER

I'm a "Hope-a-holic."

ROBERT SCHULLER

Turn hurt into a halo, turn scars into stars.

ROBERT SCHULLER

*You need only claim the events of your life to make yourself yours.*

FLORIDA SCOTT-MAXWELL, "THE MEASURE OF MY DAYS"

There is a history in all men's (peoples') lives.

WILLIAM SHAKESPEARE, BRITISH PLAYWRIGHT AND POET, KING HENRY IV

**The worst sin toward each other is not to hate them;  
but to be indifferent to them; that's the essence of inhumanity.**

GEORGE BERNARD SHAW, BRITISH PLAYWRIGHT, "THE DEVIL'S DISCIPLE"

This is the true joy in life, the being used  
for a purpose recognized and valued by yourself.

GEORGE BERNARD SHAW, BRITISH PLAYWRIGHT

It is the greatest of all mistakes to do nothing  
because you can only do a little. Do what you can.

SYDNEY SMITH

Children don't learn from people who don't love them.

GENERAL JOHN STAFFORD, SUPERINTENDENT - SEATTLE PUBLIC SCHOOLS



*What lies before us and what lies behind us are small matters compared to what lies within us.*

*And when we bring what is within out into the world, miracles happen.*

HENRY DAVID THOREAU

If a man does not keep pace with his companions,  
it is perhaps because he hears a different drummer.  
Let him step to the music that he hears, however measured or far away.

HENRY DAVID THOREAU, AMERICAN AUTHOR

A man cannot be comfortable without his own approval.

MARK TWAIN, AMERICAN AUTHOR AND ESSAYIST

*Taking care of ourselves is very important.*

LOUISE VRANESEVIC, GRADE 2, PORT VUE, PA

You've got to put your own bucket down where you are.

BOOKER T. WASHINGTON

*Our true nationality is mankind.*

H.G. WELLS, BRITISH AUTHOR, "THE OUTLINE OF HISTORY"

For some people, small beautiful events are what life is all about.

DOCTOR WHO, "DOCTOR WHO"

*List Your Quotes that reflect the YOU COUNT theme:*







**“YOU COUNT”**

**BONUS**

**REPRODUCIBLE  
SECTION**

**BONUS SECTION**  
**YOU COUNT PERSONAL PROFILE**

***Please make copies of these  
YOU COUNT® PERSONAL PROFILE  
worksheets for each of your  
students this month.***

**FEBRUARY**



Caring Color: WOW! Fuchsia

**YOU COUNT®**

**THE CARING HABIT ADVENTURE™**



My Name .....

## Character Traits Inventory

Read each pair of numbered sentences from the two following lists. Check the one from each pair that best describes you. Or check BOTH sentences if you believe that you already have a particular trait or quality but would like to develop it further. After completion, prioritize your list with the trait you want to improve the most as #1. Then develop a plan to improve yourself using this list as a guide.

1. I have positive attitudes.
2. I'm kind and I care about helping others.
3. I accept responsibility for the choices I make.
4. I'm a good citizen and an involved member of my community.
5. I keep my body clean.
6. I have clean habits and a clean mind.
7. I communicate well with others.
8. I work to conserve things and resources, and I'm thrifty.
9. I have the courage to do and become what I want to be.
10. I have empathy (deep understanding) for others.
11. I have endurance and patience, even in tough times.
12. I'm able to forgive others and myself.
13. I'm physically, mentally, and emotionally healthy.
14. I'm honest and trustworthy.
15. I'm a risk taker, and I have good imagination skills.
16. I have integrity. I "walk as I talk."
17. I'm tolerant and fair with others.
18. I'm a good leader.
19. I'm a good follower.
20. I know when to be loyal and/or obedient.
21. I'm a calm and peaceful person.
22. I'm a good problem solver.
23. I have direction and purpose in my life.
24. I'm friendly and have healthy, positive relationships with others.
25. I treat others with respect and courtesy.
26. I'm responsible and hard-working.
27. I practice safety measures in my life.
28. I'm self-disciplined.
29. I have wisdom.





## Antithesis of first 29 traits

1. I'd like to have better attitudes.
2. I need to be kinder and more caring.
3. I want to learn how to accept responsibility for my choices.
4. I want to be a better citizen and more involved in my community.
5. I need to work on my personal hygiene.
6. I'd like to have more positive habits, thoughts, and influences.
7. I'd like to be a better communicator.
8. I need to conserve and save better than I do.
9. I'd like to be more courageous.
10. I need to be more empathetic.
11. I need more endurance and patience.
12. I want to learn how to forgive more easily.
13. I want to be more physically, mentally, and emotionally healthy.
14. I need to be more honest and trustworthy.
15. I'd like to take positive risks more easily or improve my imagination skills.
16. I want to develop my integrity. I need to be more tolerant and fair.
17. I'd like to be a better leader. I need to be a better follower.
18. I'd like to be more loyal and/or obedient.
19. I need to become more calm and/or peaceful.
20. I want to be a better problem solver.
21. I'd like to have more direction or purpose in my life.
22. I'd like to be more friendly and to have better relationships with others.
23. I need to be more respectful and courteous.
24. I want to develop my sense of responsibility and my work ethic.
25. I'd like to be more cautious and safety-conscious.
26. I want to be more self-disciplined.
27. I want to develop my wisdom.





My Name .....

## Relationships Inventory

For each statement in this inventory, check the box that comes closest to describing how you feel about your relationships.

MOST of the Time	SOME of the Time	Seldom or Never	
			1. Most of my friends seem to like me.
			2. My parents respect my opinions.
			3. My friends seem to have a good time with me.
			4. My brother(s), sister(s) or parents seem to enjoy my company.
			5. My peers admire me or look up to me.
			6. I enjoy hanging out with my friends.
			7. I like my teachers.
			8. I feel accepted by my parents.
			9. My family doesn't get on my nerves.
			10. I'm able to talk with my parent(s) or guardian(s).
			11. I don't feel left out of activities with friends.
			12. I'm satisfied with the friend(s) I have.
			13. My family and I share responsibilities.
			14. I'm confident when I am around people my own age.
			15. I can share my opinions with my peers.
			16. I don't look down on others.
			17. I like to talk with older people.
			18. I can talk easily with younger children.
			19. My parent(s) or guardian(s) seem to understand me.
			20. I'm on friendly terms with most people I know in my neighborhood and community.

SCORING: Give yourself 1 point for every check mark in the "Most of the time" column, 2 points for every check mark in the "Some of the time" column, and 3 points for every check mark in the "Seldom or never" column.

Number of "Most of the time" responses: \_\_\_\_\_ x 1 = \_\_\_\_\_

Number of "Some of the time" responses: \_\_\_\_\_ x 2 = \_\_\_\_\_

Number of "Seldom or never" responses: \_\_\_\_\_ x 3 = \_\_\_\_\_

+ TOTAL \_\_\_\_\_





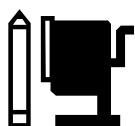


My Name .....

## Fears Inventory

Read through the list of things people fear. Put a check mark in the column that best describes how you feel about each one. Use the blank lines at the end to write any fears you have that aren't listed here.

	Not Afraid	A little Afraid	Afraid	Terrified
insects / spiders				
animals ( <i>mice, rats, dogs, etc.</i> )				
snakes / reptiles				
doctors / dentists				
sickness				
choking / suffocating				
injury				
blood				
death				
violence				
automobile accidents				
flying in planes				
water				
heights				
the dark				
being in a small area				
being alone				
being in groups				
nightmares / ghosts				
amusement park rides ( <i>ex: the roller coaster</i> )				
severe weather / disasters ( <i>storms, fires, floods, earthquakes, tornadoes, hurricanes, etc.</i> )				
your teachers / principal / boss				
your parent(s) / guardian(s)				
girls ( <i>if you're a boy</i> ) boys ( <i>if you're a girl</i> )				
bullies				
disagreements				
making mistakes / failing				
talking to other people				
being criticized / teased / embarrassed				
your own talents / abilities				
responsibility / being in charge				
performing ( <i>speaking, singing, etc.</i> )				
growing up				





My Name .....

## Interests Inventory

For each "Would you rather..." question, put a 1 by the thing you like to do most, a 2 by your second choice, a 3 by your third choice, and a 4 by your fourth choice.

### I. Would you rather . . .

- ☐ a. paint a landscape?
- ☐ b. write in your journal?
- ☐ c. be in a play?
- ☐ d. surf the Internet?
- ☐ e. take care of your neighbor's dog?
- ☐ f. bandage someone's cut?
- ☐ g. make math flash cards for a younger kid?
- ☐ h. rock a baby?
- ☐ i. plant flowers?
- ☐ j. repair a light switch?
- ☐ k. bake cookies?
- ☐ l. organize your friends in a walk-a-thon?
- ☐ m. patrol your school halls to stop kids from running?
- ☐ n. play catch?
- ☐ o. help put a roof on a house?

### II. Would you rather . . .

- ☐ a. hear a symphony?
- ☐ b. tell a story?
- ☐ c. demonstrate how to do a new dance?
- ☐ d. work on a computer?
- ☐ e. go to the zoo?
- ☐ f. listen to someone's heartbeat?
- ☐ g. give a report on the weather?
- ☐ h. teach a younger kid how to play ball?
- ☐ i. learn how to raise chickens?
- ☐ j. put a new wheel on a bike?
- ☐ k. make a cake for a friend?
- ☐ l. make bumper stickers and sell them?
- ☐ m. help with a neighborhood watch?
- ☐ n. go swimming?
- ☐ o. build a playhouse for the kids in your neighborhood?

### III. Would you rather . . .

- ☐ a. decorate a mural?
- ☐ b. read a book?
- ☐ c. be on the program for a school assembly?
- ☐ d. take apart a telephone?
- ☐ e. find homes for abandoned animals?
- ☐ f. help people find jobs?





## Interests Inventory

III. (cont.) Would you rather . . .

- ☐ g. give an inspiring speech?
- ☐ h. comfort a sick child?
- ☐ i. be a guide for hikers?
- ☐ j. work with hand tools (squares, saws, rules, plumb lines)?
- ☐ k. plan a menu?
- ☐ l. start a landscaping business with your friends?
- ☐ m. start a Youth Crime Watch at your school?
- ☐ n. compete in sports?
- ☐ o. paint, plaster, or hang wallpaper?

IV. Would you rather . . .

- ☐ a. play a musical instrument?
- ☐ b. write a poem or limerick?
- ☐ c. make people laugh with your jokes?
- ☐ d. put together a kid's toy wagon?
- ☐ e. watch a video on the habits of gorillas?
- ☐ f. counsel people who are troubled?
- ☐ g. research a topic you'd like to learn more about?
- ☐ h. play games with children?
- ☐ i. landscape a barren hill?
- ☐ j. follow directions to put a machine together?
- ☐ k. learn about how to season foods?
- ☐ l. start a recycling program at your school?
- ☐ m. patrol a neighborhood to keep it safe?
- ☐ n. watch football on TV
- ☐ o. build cupboards?

SCORING: List the letters A to O on a separate piece of paper. Put a check mark next to the letter you numbered in each of the above questions. Make note of the letters where you have the most check marks. Can you see what interest each of these answers have in common? Will these answers help you look ahead to your future.

If your answers are mostly in the a. category, you may be interested in a future that includes music.

- |                    |                          |                      |
|--------------------|--------------------------|----------------------|
| b. journalism      | g. education             | l. entrepreneur      |
| c. performing arts | h. working with children | m. police and safety |
| d. computer        | i. agriculture           | n. sports            |
| e. animals         | j. mechanics             | o. construction      |
| f. social services | k. food                  |                      |





My Name .....

## Human Relations Department Test

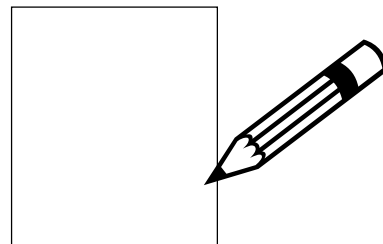
*Forwarded by Eleanor Schilling/Paralegal/STBLAW org*

This is a real test given by the Human Relations Department at many of the major corporations today. It helps them have more understanding about their employees and prospective employees.

It's only 10 simple questions, so... Grab a pencil and paper, keeping track of your letter answers.

Ready?? *Begin* . . .

1. When do you feel your best?
  - (a) in the morning
  - (b) during the afternoon & early evening
  - (c) late at night
2. You usually walk
  - (a) fairly fast, with long steps
  - (b) fairly fast, with short, quick steps
  - (c) less fast head up, looking the world in the face
  - (d) less fast, head down
  - (e) very slowly
3. When talking to people you
  - (a) stand with your arms folded
  - (b) have your hands clasped
  - (c) have one or both your hands on your hips
  - (d) touch or push the person to whom you are talking
  - (e) play with your ear, touch your chin, or smooth your hair
4. When relaxing, you sit with
  - (a) your knees bent with your legs neatly side by side
  - (b) your legs crossed
  - (c) your legs stretched out or straight
  - (d) one leg curled under you
5. When something really amuses you, you react with
  - (a) a big, appreciative laugh
  - (b) a laugh, but not a loud one
  - (c) a quiet chuckle
  - (d) a sheepish smile
6. When you go to a party or social gathering you . . .
  - (a) make a loud entrance so everyone notices you
  - (b) make a quiet entrance, looking around for someone you know
  - (c) make the quietest entrance, trying to stay unnoticed







7. You're working very hard, concentrating hard, and you're interrupted.  
Do you . . .

- (a) welcome the break
- (b) feel extremely irritated
- (c) vary between these two extremes

8. Which of the following colors do you like most?

- (a) red or orange
- (b) black
- (c) yellow or light blue
- (d) green
- (e) dark blue or purple
- (f) white
- (g) brown or gray

9. When you are in bed at night, in those last few moments before going to sleep, you lie

- (a) stretched out on your back
- (b) stretched out face down on your stomach
- (c) on your side, slightly curled
- (d) with your head on one arm
- (e) with your head under the covers

10. You often dream that you are

- (a) falling
- (b) fighting or struggling
- (c) searching for something or somebody
- (d) flying or floating
- (e) you usually have dreamless sleep
- (f) your dreams are always pleasant

POINTS:

- 1. (a) 2 (b) 4 (c) 6
- 2. (a) 6 (b) 4 (c) 7 (d) 2 (e) 1
- 3. (a) 4 (b) 2 (c) 5 (d) 7 (e) 6
- 4. (a) 4 (b) 6 (c) 2 (d) 1
- 5. (a) 6 (b) 4 (c) 3 (d) 5 (e) 2
- 6. (a) 6 (b) 4 (c) 2
- 7. (a) 6 (b) 2 (c) 4
- 8. (a) 6 (b) 7 (c) 5 (d) 4 (e) 3 (f) 2 (g) 1
- 9. (a) 7 (b) 6 (c) 4 (d) 2 (e) 1
- 10. (a) 4 (b) 2 (c) 3 (d) 5 (e) 6 (f) 1

Now add up the total number of points and turn the page. >





## OVER 60 POINTS:

Others see you as someone they should “handle with care.” You’re seen as vain, self-centered, and as someone who is extremely dominant. Others may hesitate to become too deeply involved with you.

## 51 TO 60 POINTS:

Others see you as an exciting, highly volatile, rather impulsive personality; a natural leader, who’s quick to make decisions, though not always the right ones. They see you as bold and adventuresome, someone who will try anything once; someone who takes chances and enjoys an adventure. They enjoy being in your company because of the excitement you radiate.

## 41 TO 50 POINTS:

Others see you as fresh, lively, charming, amusing, practical, and always interesting; someone who’s constantly in the center of attention, but sufficiently well-balanced not to let it go to their head. They also see you as kind, considerate, and understanding; someone who’ll always cheer them up and help them out.

## 31 TO 40 POINTS:

Others see you as sensible, cautious, careful & practical. They see you as clever, gifted, or talented, but modest... Not a person who makes friends too quickly or easily, but someone who’s extremely loyal to friends you do make and who expect the same loyalty in return. Those who really get to know you realize it takes a lot to shake your trust in your friends, but equally that it takes you a long time to get over it if that trust is ever broken.

## 21 TO 30 POINTS:

Your friends see you as painstaking and fussy. They see you as very cautious, extremely careful, a slow and steady plodder. It would really surprise them if you ever did something impulsively or on the spur of the moment. They would expect you to examine everything carefully from every angle and then, usually decide against it. They think this reaction is caused partly by your careful nature.

## UNDER 21 POINTS:

People think you are shy, nervous, and indecisive, someone who needs looking after, who always wants someone else to make the decisions & who doesn’t want to get involved with anyone or anything. They see you as a worrier who always sees problems that don’t exist. Some people think you’re boring. Only those who know you well know that you aren’t.

Does this match with how you think about yourself? *Hmmmmmm.*





My Name .....

## Learning Styles Inventory

Read the following descriptions. Check the ONE that sounds most like you.

- \_\_\_\_\_ 1. I like to know why things happen. I like to consider many different ideas. I have a good imagination, and I usually come up with good ideas. I like to find solutions to problems and issues. I like practical solutions. I don't like to set schedules; I'm very flexible.
- \_\_\_\_\_ 2. I like to think about concepts. I enjoy listening to guest speakers. I love theories about what makes things work. I like to work hard and prefer following definite steps to find solutions. I enjoy studying principles and details, and I like columns and figures.
- \_\_\_\_\_ 3. I like to know how things work. I enjoy lectures and abstract ideas. I like to experiment, solve problems, and make decisions. I enjoy technical tasks more than "people problems." I like to tinker, and I like schedules.
- \_\_\_\_\_ 4. I like to talk about "what if" situations. I enjoy real, concrete experiences. I like to apply what I learn. I rely on my gut feelings more than on logic. I love taking risks, and I enjoy helping other people to be creative. I bring action to ideas.

What Do You Stand For? copyright © 1998 by Barbara A. Lewis. Free Spirit Publishing Inc.





My Name .....

## Self Portrait

Take a good look at yourself. What do you see? After you complete this verbal self-portrait, you should have a more clear and complete view of the person you are at this point in time. Answer each question as honestly as you can. Add more paper if you run out of space.

1. What do I look like?
2. What do I like to think about?
3. What do I like about myself?
4. What are my best character traits?  
(Look back at the Character Traits Inventory)
5. What traits would I like to develop or strengthen?
6. What scares me the most?  
(Look back at the Fears Inventory)
7. What am I most interested in?  
(Look back at the Interests Inventory)
8. How well do I get along with others?  
(Look back at the Relationships Inventory)
9. How do I learn best?  
(Look back at Learning Styles Inventory)
10. What are my best-developed talents?
11. What talents would I like to develop?
12. What is my secret dream or goal?
13. What do I wish/hope I'll be doing 10 years from now?
14. What steps do I need to take to get there?







My Name .....

## Where Am I Going?

### 1. Become aware of yourself.

Ultimately, this includes not just being aware of your physical and mental self, but your emotions as well. This also includes being aware of your unconscious drives and motivations. Ask yourself these questions: "What am I doing? Is it getting me what I want? If not, what is it getting me?"

### 2. Take responsibility for your situation.

This means that you must be willing to accept responsibility for the results of your behavior. In other words, if you are not getting what you want, it is probably your fault, and only through your own action (by experimenting with different behaviors) are you likely to bring about different results.

### 3. Look at the possible alternatives.

What other choices of behavior are open to you? What models are more consistent with your values? What are the likely consequences of being more like this or that or of trying on a certain new behavior? What is the best thing that could happen? What is the worst thing that could happen?

### 4. Choose among the alternatives.

What general things do you really want to work on? What qualities do you want to manifest in your life? What specific behaviors do you want to try for the next week or month? (Note the use of the word *want* rather than *should*. True personal growth happens when we follow an immediate striving for a greater ideal, not when we feel driven by shoulds.)

### 5. Affirm your decision.

Using the power of fantasy and belief, imagine yourself practicing this new behavior in a variety of situations. Place a poster of a motto reinforcing your chosen quality or behavior in a permanent place where you will see it a lot (for example, on the refrigerator, next to the bathroom mirror or over your desk). Develop and meditate upon a seed thought which reinforces your new attitude or behavior. (Examples of seed thoughts: - "I can become whatever I want to"; "I don't have to please everyone all the time"; "I can stand up for what I believe in rather than going along with the crowd.")





6. Develop a plan of action.

Map out in detail the specific steps of your plan in the order you will need to take them.

7. Act now!

At some point you must actually take the risk of trying on the new behavior.

8. Evaluate the outcome.

Evaluate the results of your attempts. What happened? How did you feel during and afterward? Were the results worth the risk? If you are willing to add this new behavior or attitude to your repertoire, you have expanded. There is now a greater range of existence available to you. You have grown.







**“YOU COUNT”**

## **REPRODUCIBLE SECTION**

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

**REPRODUCIBLES**

**FEBRUARY**

Caring Color: WOW! Fuchsia

**YOU COUNT® 125**

**THE CARING HABIT ADVENTURE™**



# This is your February FUN Activities SECTION



Here are some  
fun activities  
to enjoy with  
your family!

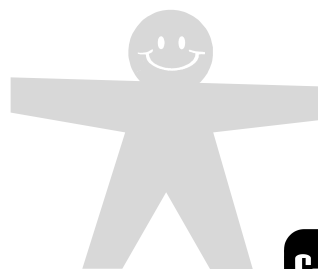
## February **YOU COUNT™** Puzzle

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



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

- ☐ Acceptance
- ☐ Black History Month
- ☐ Confidence
- ☐ Decency
- ☐ Equality
- ☐ Health
- ☐ Humble
- ☐ Justice
- ☐ Lent
- ☐ Lincoln
- ☐ Love
- ☐ Responsibility
- ☐ Romance
- ☐ Self-Esteem
- ☐ Self-Worth
- ☐ Teamwork
- ☐ Valentines
- ☐ Washington



Please see your teacher for answers to this puzzle!

In **February** and all year-round remember that **“YOU COUNT™”**







# YOU COUNT™ Messages

Below you will find numbers corresponding to the letters of the alphabet. But the letters are not in the order as you know them. Match the letters to the numbers, and you will uncover some very special “You Count” messages!

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



Puzzle KEY

6 13 4 21 23 26 23 2 17 23 8 19 5 23 15 13 21 12

15 14 19 21 15 23 8 13 10 19 18 23 19 7 20 2 5 8

20 10 3 2 23 5 5 20 13 21

21 13 13 21 23 15 19 21 7 20 17 4 2 23 13 4 8

6 13 4 2 1 13 2 8 14 9 4 8 6 13 4

8 14 23 10 13 5 8 17 2 19 8 20 7 6 20 21 17

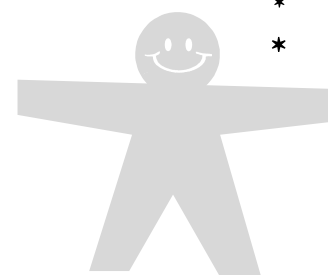
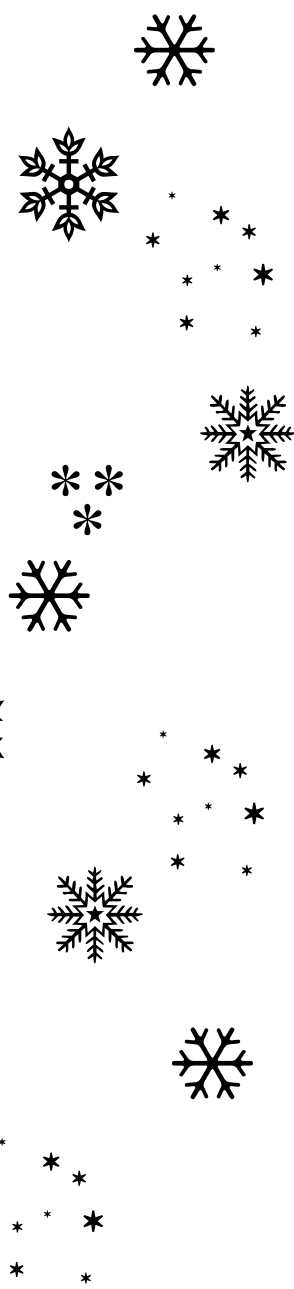
2 23 1 19 2 12 20 21 22 20 7 23 20 5 8 13

7 23 23 22 13 21 23 20 5 21 23 23 12 23 12

23 26 23 21 19 5 10 19 22 22 5 8 19 2

5 14 20 21 23 5 20 21 8 14 23

12 19 2 18 21 23 5 5



In **February** and all year-round remember that “YOU COUNT™”



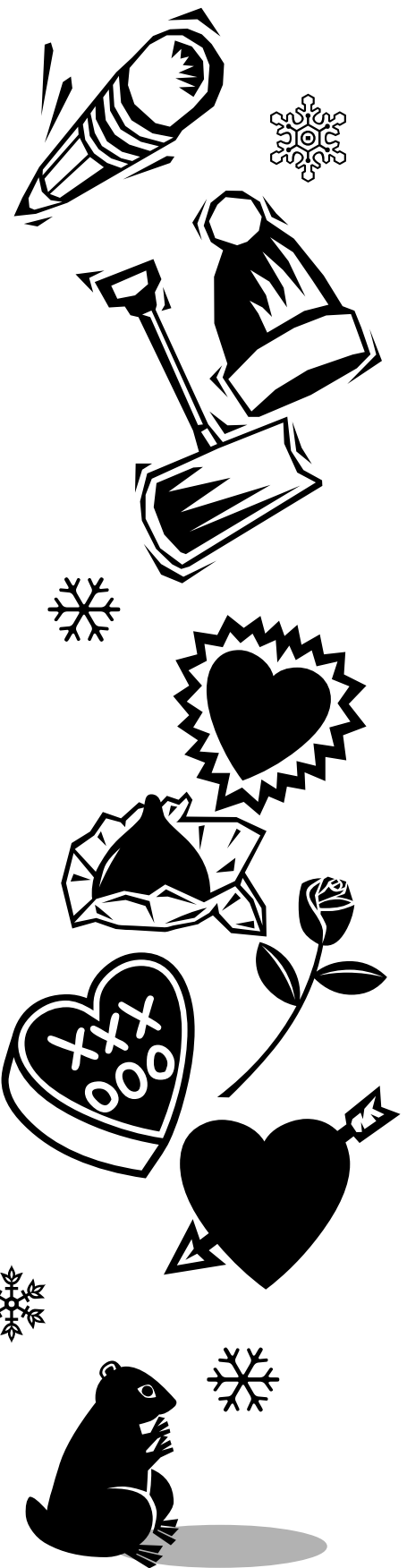
# February **YOU COUNT™** **WORDS -2- LEARN** PUZZLE 2

Look for the hidden words from the list below. They can be found across, up and down, diagonally, forward and backward.

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

- ☐ Acceptance
- ☐ Cleanliness
- ☐ Confidence
- ☐ Cooperation
- ☐ Diversity
- ☐ Equality
- ☐ Health
- ☐ Humility

- ☐ Justice
- ☐ Law-Abiding
- ☐ Responsibility
- ☐ Self-Reliance
- ☐ Self-Worth
- ☐ Teamwork
- ☐ Tolerance
- ☐ Unique



In **February** and all year-round remember that **“YOU COUNT™”**





# HOLIDAYS in February.

This month we celebrate "YOU COUNT" It is also Black History Month from February 1-29. Ground Hog Day is February 2nd. Valentine's Day is February 14th. President's Day is February 21st. Maybe this month is your Birthday too.

Happy Black History Month, Happy GroundHog Day, Happy Valentine's Day and Happy President's Day to YOU! Remember that we are all different, we all need love, not just on Valentine's Day, and we all Count.

Next month (March) we'll celebrate "RESOLVE CONFLICTS" and Saint Patrick's Day.



## A HEALTH TIP for this month.

Did you also know that February is "National Children's Dental Health Month"? Are you seeing your dentist regularly? Are you brushing twice (or more) a day? How about flossing? Take care of your teeth. Every tooth counts!

## 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.

If you were one of five persons lifting an object that weighted one hundred pounds, how many pounds would each person be lifting if everyone lifted equally? \_\_\_\_\_pounds per person. Each person did his job and showed you that all four people do count.

There were 14 cows in a field and you counted their legs. How many legs would you have counted? \_\_\_\_\_ legs. If you can figure this out, you count too. (You count anyway, whether you get the right answers all the time or not.)

## LIFE SKILLS

Do you know what a community is?

A community is a group of people who share the same interests and concerns.

People usually think of their neighborhood or town when they are asked to identify their community. Most people, however belong to several different communities.

Your family, your school, and your town are communities. For some purposes, your state is a community, and so is the nation. You are even citizens of a global community. By belonging to a community you count.

In **February** and all year-round remember that **"YOU COUNT™"**





# 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.

acceptance    ac-cep-tance  
collaborate    \_\_\_\_\_

confidence    \_\_\_\_\_  
cooperation    \_\_\_\_\_

## ABCDEFGHIJKLM Alphabet-izing Quiz NOPQRSTUVWXYZ

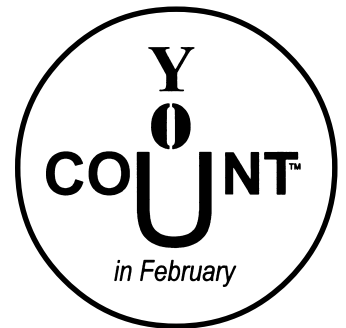
Arrange these February words in alphabetical order by number.

Cooperation	_____	Justice	_____	Confidence	_____1_____
Teamwork	_____	Law-abiding	_____	Self-Acceptance	_____
Diversity	_____	Humility	_____	Tolerance	_____

## Odd Word Out Exercise

Three of the four words in the group below belong together. Cross out the word that doesn't belong to the Caring Habit - "YOU COUNT!"

confirmation	approval	agreement	refusal
acceptance	resistance	sufferance	tolerance
pessimism	cheerfulness	hopefulness	optimism



## DID YOU KNOW????????????

We all know that the Caring Habit Adventure™ is based on the calendar. Each month has it's own good habit to learn...This month (February) is to remember "You Count".

How did the calendar begin? It took a lot of COUNTING! When men first began to plant seeds and harvest crops, they noticed that the time for planting came at a regular time each year. Then they tried to count how many days came between one planting time and the next. This was man's first attempt to find out how long a year was.

The ancient Egyptians were the first to measure a year with any exactness. They knew that the best time to plant was right after the Nile river overflowed each year. Their priests noticed that between each overflowing a full moon rose 12 times. So they counted 12 months or months, and figured out when the Nile would rise again.

But it still wasn't exact enough. At last the Egyptian priests noticed that each year about the time of the flood, a certain bright star would rise just before the sun rose. They counted the days that passed before this happened again and found that it added up to 365 days. This was 6000 years ago, and before that no one had ever known that there were 365 days in a year! The Egyptians divided this year into 12 months of 30 days each, with 5 extra days at the end of the year. Thus they invented the first calendar.

In **February** and all year-round remember that **"YOU COUNT™"**





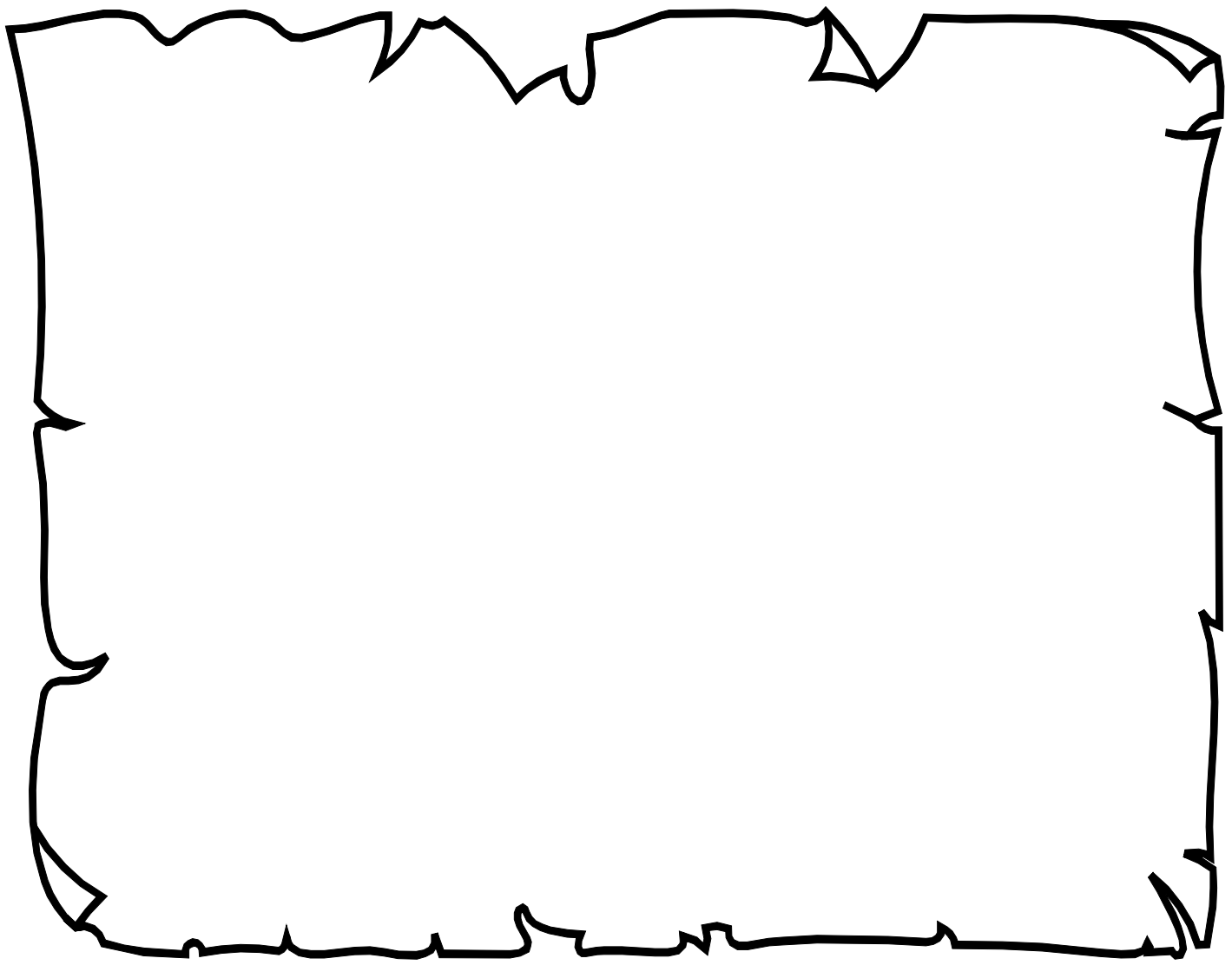


# An Adventurous TRIP to the MOON!

Almost every great accomplishment is a team effort. However, as our friends at NASA know, designing and executing a trip to the MOON is one of the largest most complex and inter-related efforts known to us here on earth. On a trip to the moon, every single person COUNTS! If the smallest detail is overlooked, or one person fails to do his/her part, everything may have to be aborted and the mission would fail.

It has taken everyone doing their part, and using their talents to accomplish this great mission. We have now reached the Stratosphere. The stratosphere extends to about 30 miles above the earth. The stratosphere is followed by the mesosphere.

Draw a picture of the moon's surface as we are looking at it now from inside our space ship.

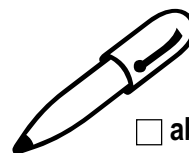


In **February** and all year-round remember that **"YOU COUNT™"**





# A February **WORD-2-LEARN** Story



Remember we all count. No matter who we are or what we do - or even how well we do it - we still count.

We must learn to accept each other and show others they count too. When we show our a\_\_\_\_\_ of others, they feel that we think they count. Working together in c\_\_\_\_\_ and with t\_\_\_\_\_, we can accomplish many things.

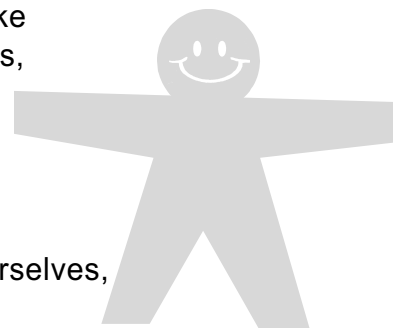
We don't do j\_\_\_\_\_ to ourselves and others when we are unfair in our opinions and actions. People criticize unfairly, they hurt s\_\_\_\_-e\_\_\_\_\_ and reduce s\_\_\_\_-w\_\_\_\_\_. When we have positive self-esteem, it is because we understand ourselves and have s\_\_\_\_-a\_\_\_\_\_.

When we accept r\_\_\_\_\_ for our own actions we are practicing s\_\_\_\_-r\_\_\_\_\_. Maintaining good h\_\_\_\_\_ and p\_\_\_\_\_ c\_\_\_\_\_ and being law-a\_\_\_\_\_ are other good ways to show that we count and are self-reliant. When we obey the rules in school we show that we care about our teachers and classmates. We show that we care about learning because we know we are important too.

Two other very important areas of respect are e\_\_\_\_\_ and t\_\_\_\_\_. Many people are hurt in our world when they are not treated equally and with toleration and reverence for their differences. This causes many wars and other problems. We can help by showing respect and tolerance in our own lives.

Some people think that showing h\_\_\_\_\_ is a sign of weakness. The truth is that someone who does not have to show-off or brag about themselves is showing strength of character - NOT weakness. People who can be humble show that they already know they COUNT - and that every day they make important contributions to the lives of others - just with their own thoughts, words and deeds.

- ☐ abiding
- ☐ acceptance
- ☐ cooperation
- ☐ equality
- ☐ health
- ☐ humility
- ☐ justice
- ☐ personal
- ☐ cleanliness
- ☐ responsibility
- ☐ self-awareness
- ☐ self-esteem
- ☐ self-reliance
- ☐ self-worth
- ☐ teamwork
- ☐ tolerance



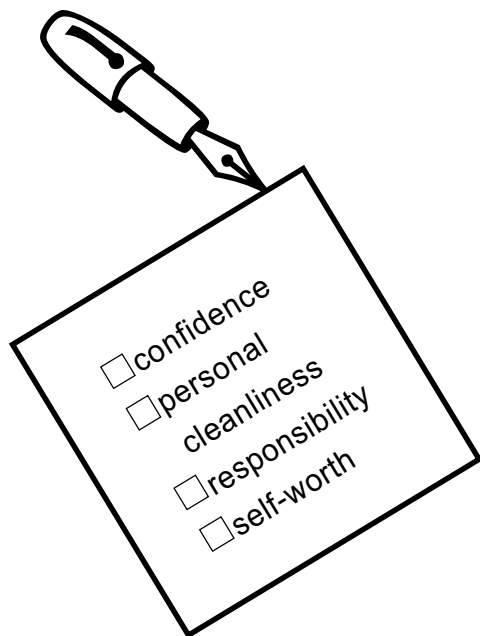
## FILL-IN the B\_\_\_\_\_s!

When we have c\_\_\_\_\_ in ourselves, we know we can count too.

We all count when we can show r\_\_\_\_\_, and be a responsible person.

Having s\_\_\_\_\_, and knowing you count are very important to us in making a better life for ourselves, and the loved ones around us.

You do count, so take care of yourself. Practice p\_\_\_\_\_ c\_\_\_\_\_, and take care of your health .



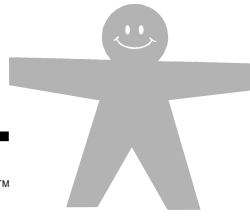
In **February** and all year-round remember that **"YOU COUNT™"**





In **FEBRUARY**  
and all year-round . . .

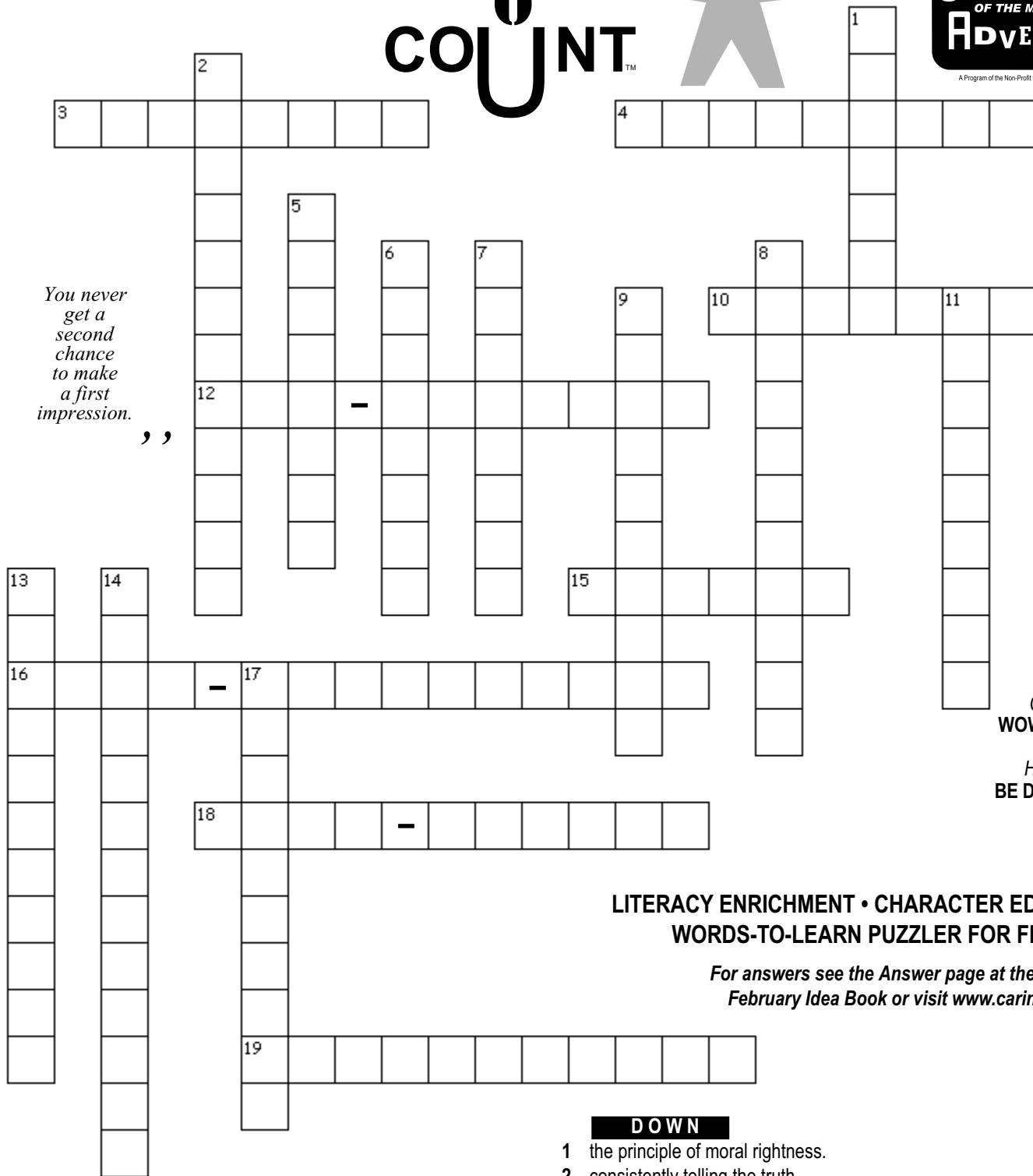
Y  
COUNT™



*You never  
get a  
second  
chance  
to make  
a first  
impression.*

” ”

PUZZLER



February  
Caring Color:  
**WOW! FUCHSIA**

Health Focus:  
**BE DRUG-FREE!**

## LITERACY ENRICHMENT • CHARACTER EDUCATION WORDS-TO-LEARN PUZZLER FOR FEBRUARY

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

### ACROSS

- 3 the month for Valentine's.
- 4 another word for difference.
- 10 truthfulness and fairness in dealing with others.
- 12 adhering to the law.
- 15 a condition of optimal well-being or having good \_\_\_\_\_.
- 16 accepting oneself.
- 18 pride in oneself.
- 19 denotes the quality of being upright in principle and action.

### DOWN

- 1 the principle of moral rightness.
- 2 consistently telling the truth.
- 5 cooperative effort by members of a group to achieve a common goal.
- 6 the state or quality of being equal.
- 7 lack of vanity or self-importance.
- 8 teamwork.
- 9 a condition in which one is free from doubt.
- 11 the practice of recognizing & respecting the beliefs or practices of others.
- 13 quality of being able to rely on you.
- 14 to work together, especially in a joint intellectual effort.
- 17 favorable reception; approval.





**“YOU COUNT”**

**REPRODUCIBLE  
TEACHER TOOLS**

**TEACHER TOOLS**  
**REPRODUCIBLE**

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

**FEBRUARY**

Caring Color: WOW! Fuchsia

**YOU COUNT® 143**

**THE CARING HABIT ADVENTURE™**





# Entry Form



Name of Nominee: .....

School: .....

Homeroom: ..... Grade: ..... Date: .....

Habit: .....

Submitted by: .....

Describe briefly how this person exhibited this month's Caring Habit in a positive and meaningful way (use back of sheet if needed).

.....

.....

.....

.....

.....

.....

.....

.....

**CATCHING**  
**A**  
**CARING HABIT™**  
**IN ACTION**

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



# CITIZENSHIP

Denotes the quality of being upright in principle and action. The status of a citizen with its attendant duties, rights and privileges.



**WEEK 1**

## It's cold outside.

Did you know that consuming alcohol reduces your body's ability to generate heat to stay warm? Start off each day this month with a good warm breakfast, then stay away from alcohol. Remember, "You Count."



**WEEK 1**



# HONESTY

Truthfulness and fairness in dealing with others, and refusal to engage in fraud or deceit; a principled uprightness of character and a worthy adherence to a strict moral or ethic code.



**WEEK 2**

## You Count!

Use your head and respect the fact that you are too young to drink. Believe the truth - that alcohol and drugs are dangerous and dumb. Don't let drivers drink - speak up for safety! Be smart and on the ball.



**WEEK 2**



# LAW-ABIDING

Adhering to the law.



**WEEK 3**

## You Count!

Substance abuse steals your intelligence and your alert mind - it interferes with learning and can bring many other problems. ACT SMART, avoid problems by staying far far away from alcohol and drugs.



**WEEK 3**





# TRUTHFULNESS

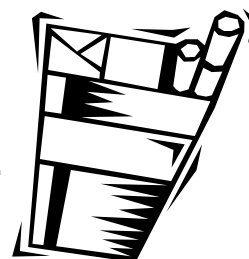
Consistently telling the truth.



**WEEK 4**

## **You Count!**

Avoid peer pressure. Find yourself a good role model - someone who has high standards and doesn't drink or use drugs. Get to know them as people. Find out how they set standards for themselves and live up to them. Be smart.



**WEEK 4**



# DIVERSITY APPRECIATION

Respecting and appreciating the qualities which make us different.



**WEEK 5**

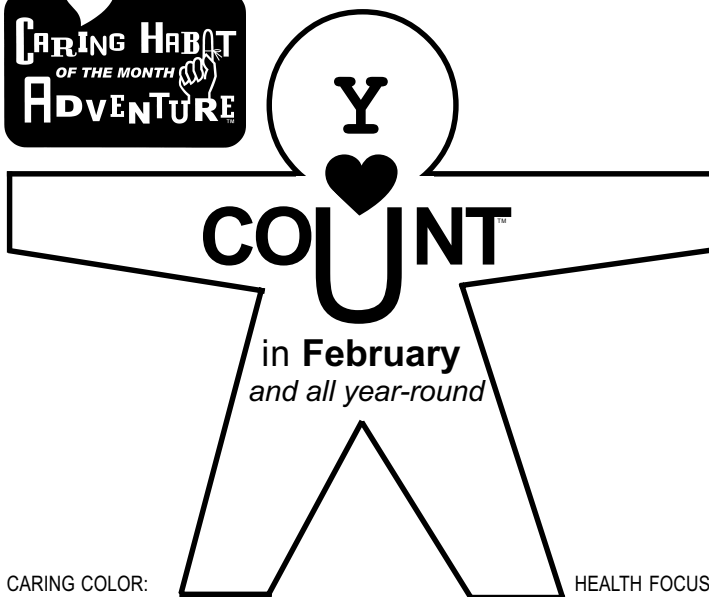
## You Count!

Think for yourself. Engage your friends in conversations about drugs and alcohol and their dangers. Counteract peer pressure with common sense. Be a leader with your friends and encourage them to avoid alcohol and to be drug-free.



**WEEK 5**





CARING COLOR:  
**WOW! FUCHSIA**

HEALTH FOCUS:  
**BE DRUG-FREE!**



# ***HOW TO LIKE YOURSELF***

---

- Set YOUR goals; work to achieve them.
- Develop YOUR talents.
- Do things YOU are good at.
- Reward YOURSELF for YOUR successes.
- Spend time with those who like YOU and care about YOU.
- Be YOUR own best friend.
- Treat YOURSELF well and do things that are good for YOU.
- Take responsibility for YOURSELF, YOUR choices, and YOUR actions.
- Always do what YOU believe is right.
- Be true to YOURSELF and YOUR values.
- Respect other people and treat them the way YOU want to be treated.
- Respect YOUR body and YOUR health.





*Repeat several times daily.*

“

**I AM a  
PROMISE.**

***I AM a  
POSSIBILITY!***

”

-GLORIA and WILLIAM GAITHER





YOU

COUNT

---

**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  
**JUMP OUT OF A RUT**  
*JOLT! Orange*

July  
**BECOME INVOLVED**  
*Patriotic 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?





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 \_\_\_\_\_





# My Locker Sign for February.

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 know that "YOU COUNT®."



YOU  
COUNT™  
In February



# February ANSWERS

## YOU COUNT™ Messages:

- You never get a second chance to make a first impression.
- No one can figure out your worth but you.
- The most gratifying reward in life is to feel one is needed.
- Even a small star shines in the darkness.

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

Acceptance, Cooperation, Teamwork, Justice, Self-Esteem, Self-Worth, Self-Awareness, Responsibility, Self-Reliance, Health, Personal Cleanliness, Abiding, Equality, Tolerance, Humility.

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

confidence, responsibility  
self-worth, personal cleanliness

## Dictionary FUN

col-lab-or-ate, con-fi-dence,  
co-op-er-a-tion

## Alphabet-izing Quiz

Confidence, Cooperation, Diversity, Humility, Justice, Law-abiding, Self-acceptance, Teamwork, Tolerance

## Odd Word Out

refusal, resistance, pessimism

## MATH Stumpers

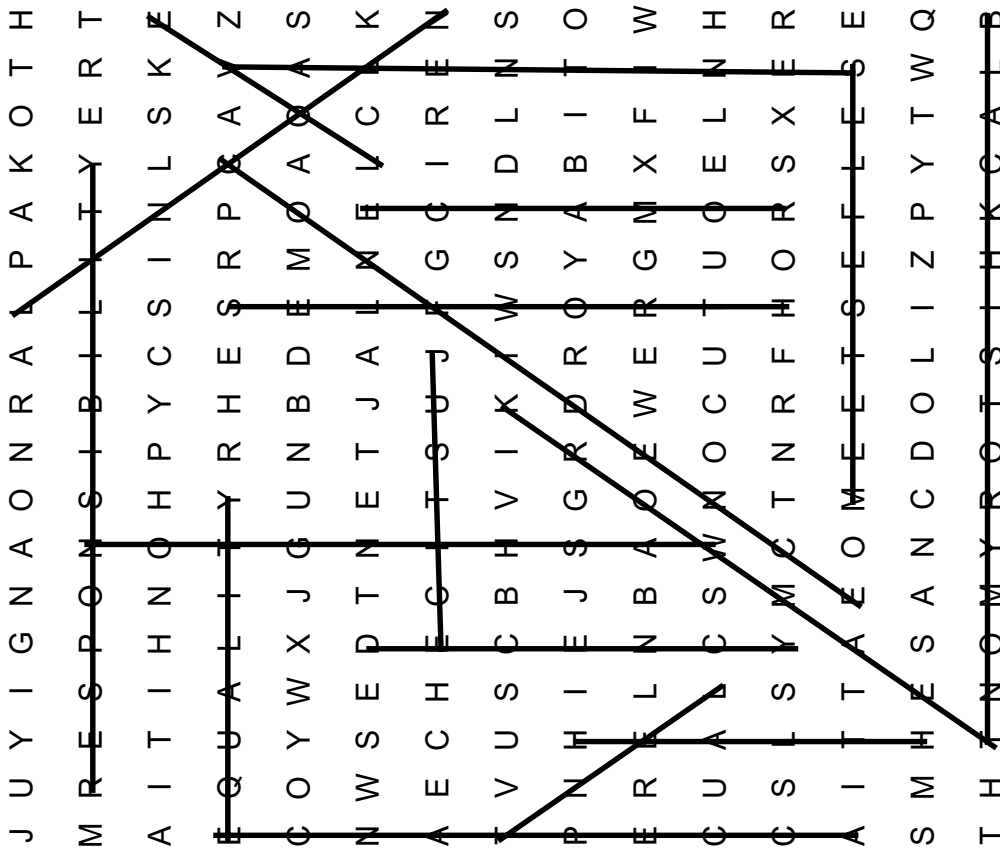
20 pounds each, 56 legs

## February Puzzler - ACROSS -

3. February, 4. Diversity, 10. Honesty, 12. Law-abiding, 15. Health, 16. Self-acceptance, 18. Self-esteem, 19. Citizenship.

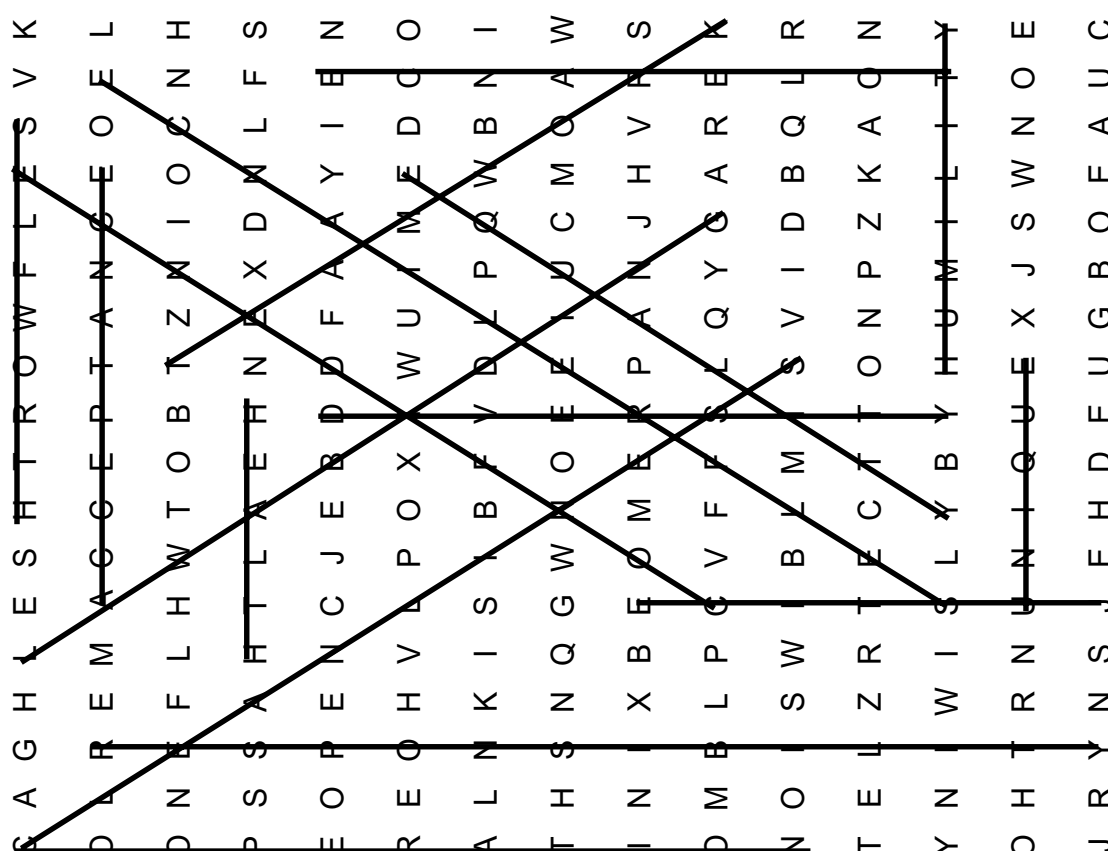
## DOWN -

1. Justice, 2. Truthfulness, 5. Teamwork, 6. Equality, 7. Humility, 8. Cooperation, 9. Confidence, 11. Tolerance, 13. Responsible, 14. Collaboration, 17. Acceptance.



WORDS 2 LEARN PUZZLE ^

WORDS 2 LEARN PUZZLE 2 v



In February and all year-round remember that **"YOU COUNT™"**







**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**

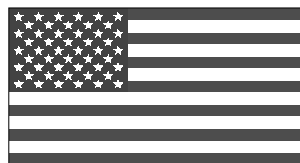
**OUR ENVIRONMENT**

April *Spring Green*

**BE APPRECIATIVE**

May *Grateful Pink*

**Be a friend to yourself,  
and others will be so, too.**



**Our flag is red, white and blue,  
but our nation is a rainbow --  
red, yellow, brown, black and white.**

- JESSE JACKSON

**It is  
far more  
impressive  
when  
others  
discover  
your  
good  
qualities  
without  
your help.**

-JUDITH S. MARTIN

**Be YOURSELF. Who else is better qualified.** - FRANK J. GIBLIN II

## 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®*