

Building Character

Activity Book

BUILDING CHARACTER

Activity Book

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The author, Danny Pettry, can be contacted by email:

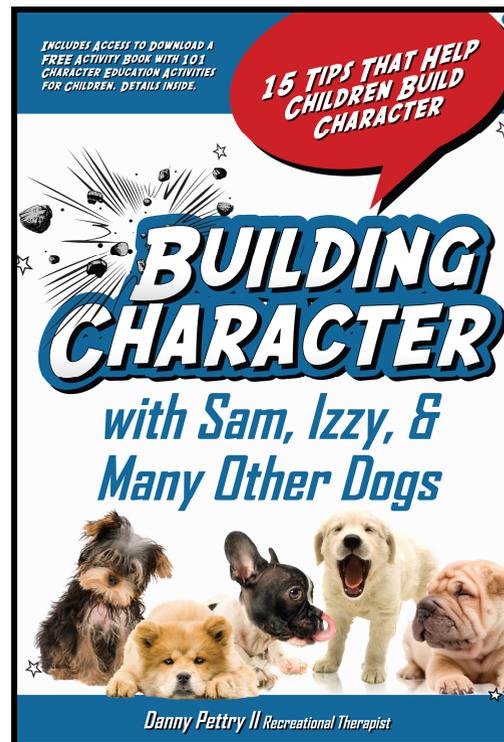
Danny@dannypettry.com

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Do you have the children's book?

Building Character
with Sam, Izzy, & Many Other Dogs:
15 Tips to Help Children Build Character

By: Danny Pettry



ISBN-10: 1453835318

You can get the book at:
<http://www.Amazon.Com>

This page is
for:

Haley

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Introduction

Dear friend,

This book was created to offer teachers, parents, group leaders, and others a resource for helping children to learn about character traits.

This book goes along with the children's book *Building Character with Sam, Izzy, & Many Other Dogs: 15 Tips to Help Children Build Character*. It is a book with 15 lessons on character. It uses pictures and stories of dogs to help teach these lessons.

Lessons in this book include:

1. Accepting others
2. Compromising
3. Being empathetic and understanding
4. Being fair
5. Being friendly
6. Forgiving others
7. Being helpful
8. Being generous
9. Being honest and trustworthy
10. Being a good listener
11. Being patient
12. Being polite
13. Being responsible
14. Being a good sport
15. Being a good team member.

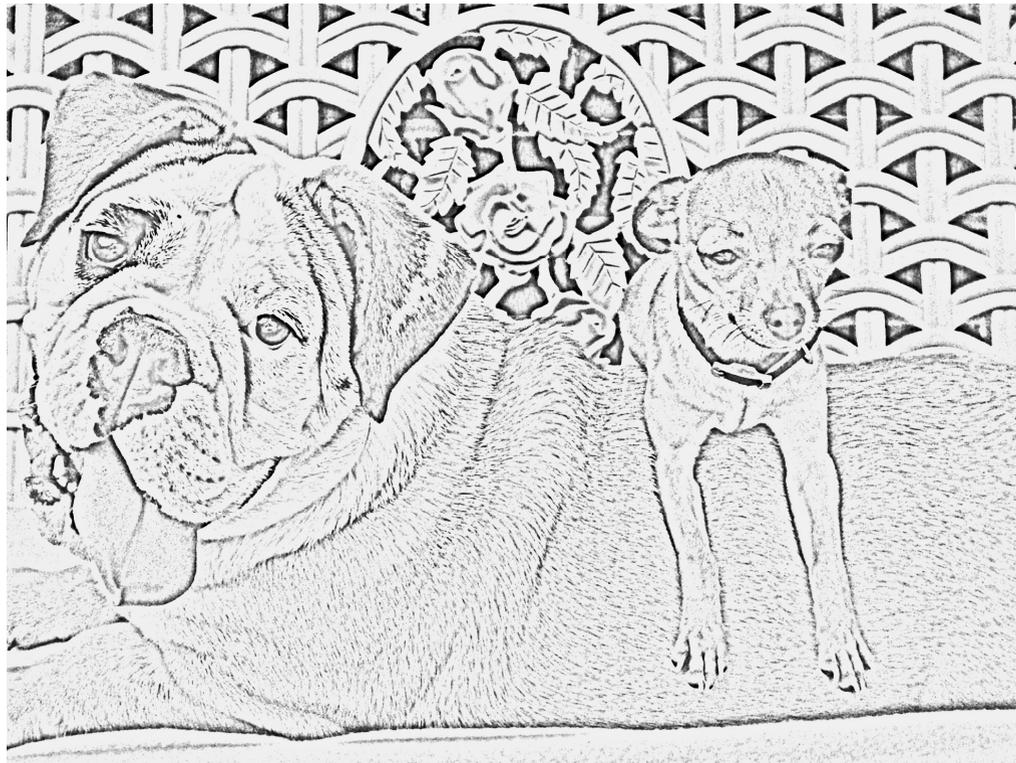
I hope you enjoy this book.

Your friend,
Danny Pettry.

Activity # 1

Color this picture

Acceptance

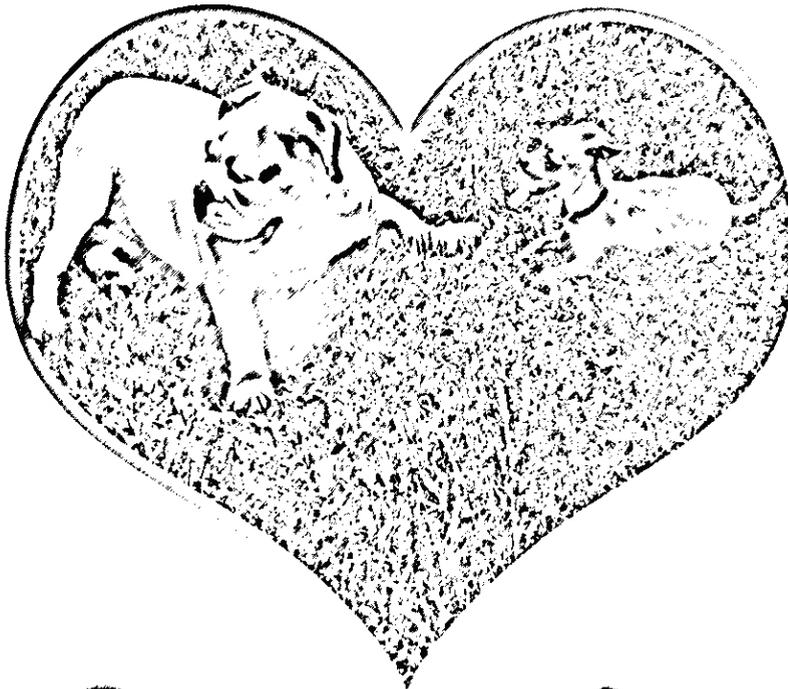


Sam and Izzy

Activity # 2

Color this picture

Compromise



Compromise

Activity # 3

Color this picture

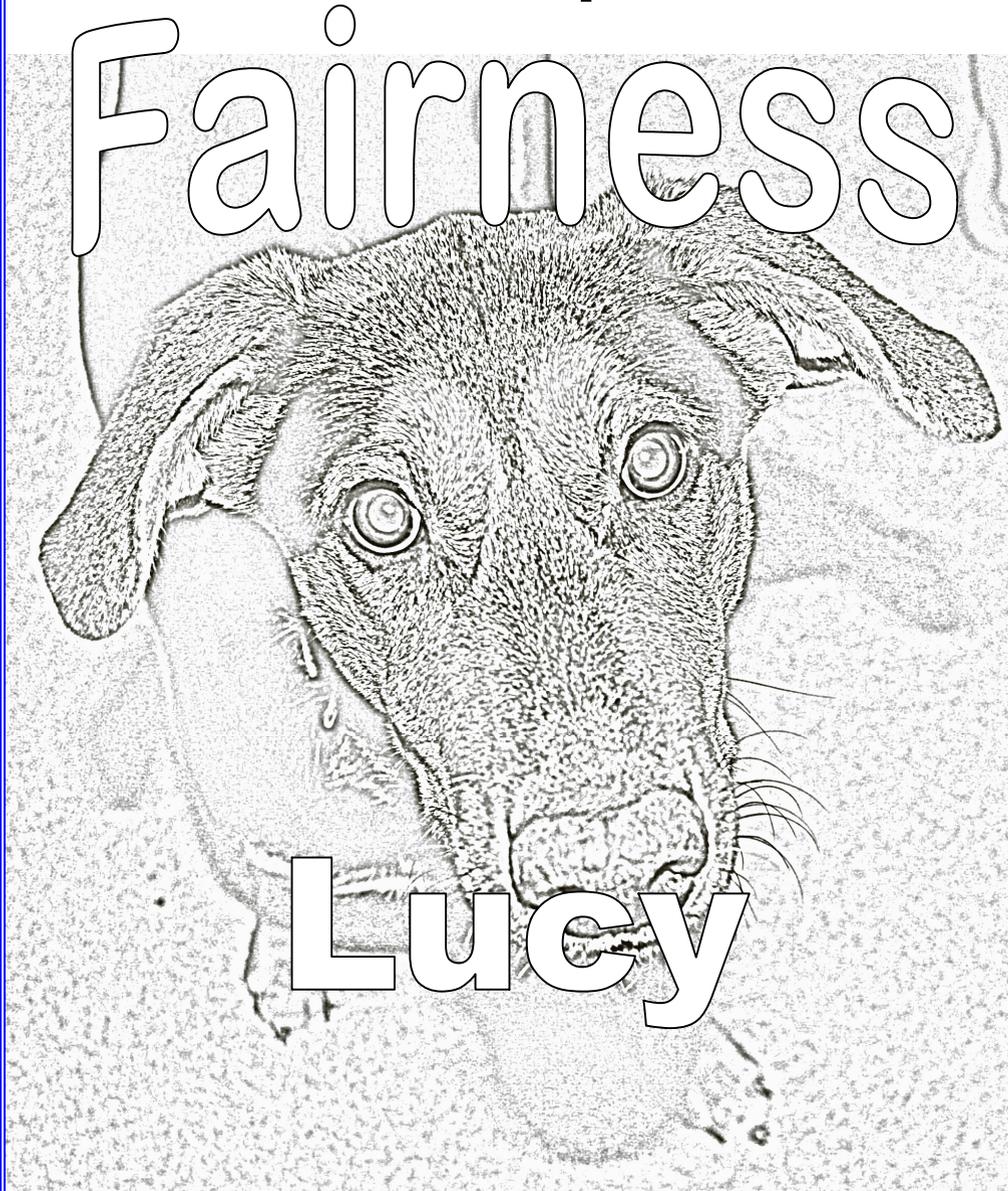
Empathy



Sam is empathetic.

Activity # 4

Color this picture



Activity # 5

Color this picture

Forgiving



Forgive the cat for putting
paw-prints on the Jeep.

Activity # 6

Color this picture

Friendly

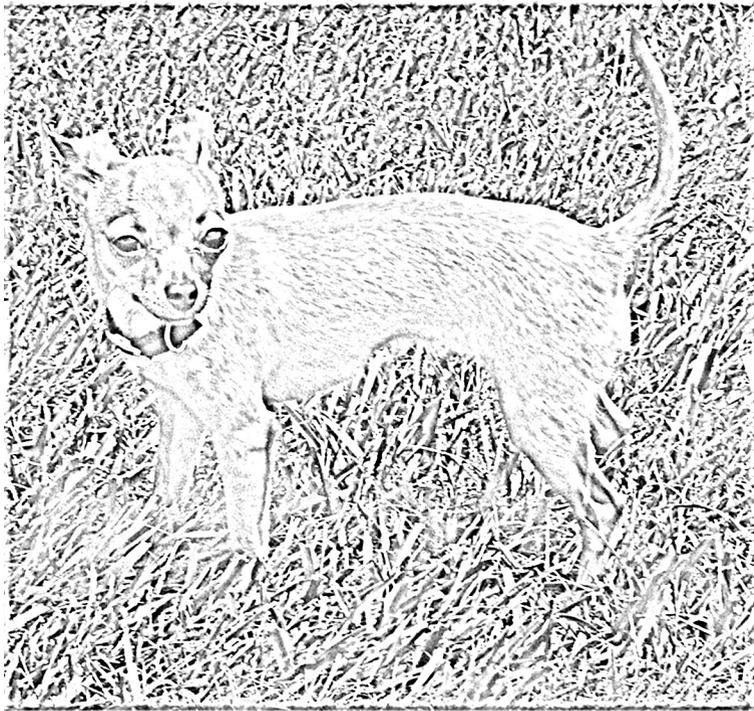


These dogs are
best friends.

Activity # 7

Color this picture

Generous



Izzy is generous.

Activity # 8

Color this picture

Helpful



Activity # 9

Color this picture

Honesty



Izzy is honest.

Activity # 10

Color this picture

Listening



Izzy

Activity # 11

Color this picture

Patience



Jezzie

Activity # 12

Color this picture

Politeness



Activity # 13

Color this picture

Responsible



Roise

Activity # 14

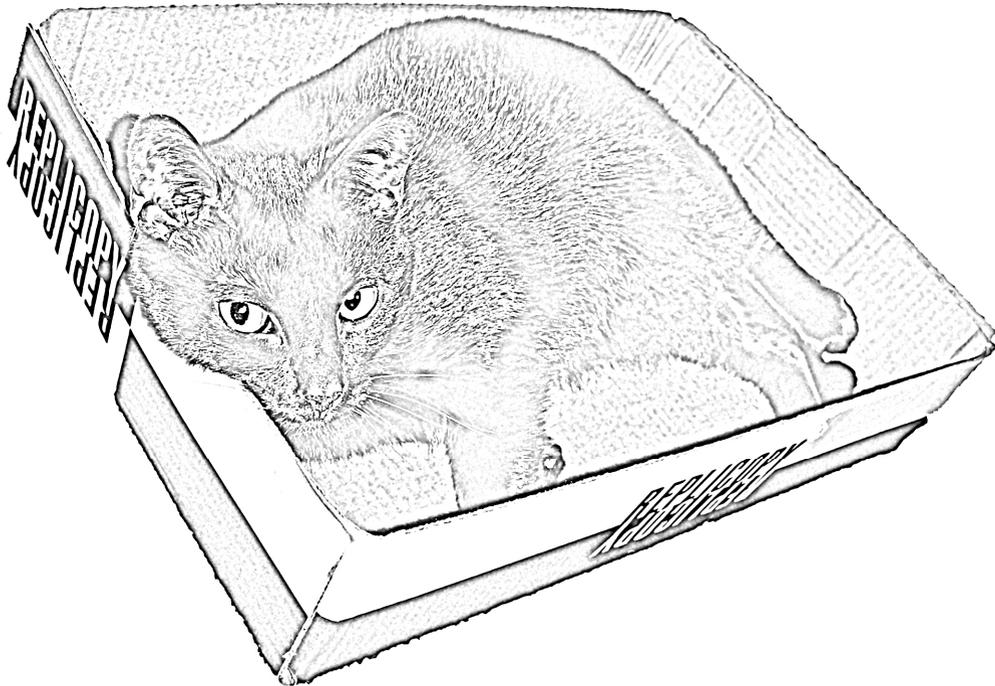
Color this picture



Activity # 15

Color this picture

Teamwork



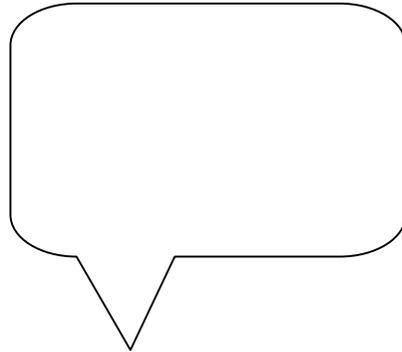
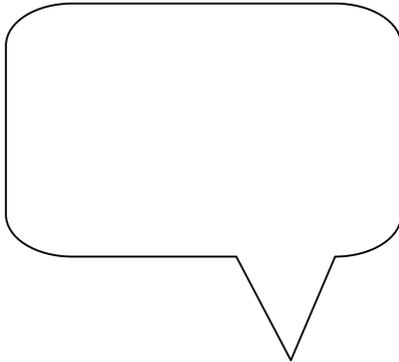
The lazy cat.

Activity # 16

Draw a comic picture of:

Acceptance

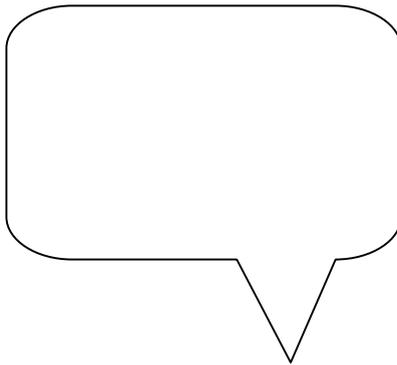
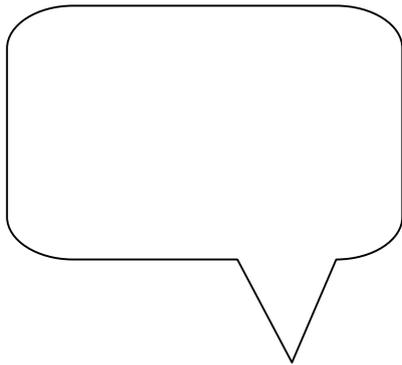
Write what they're saying in these boxes:



Activity # 17

Draw a comic picture of:

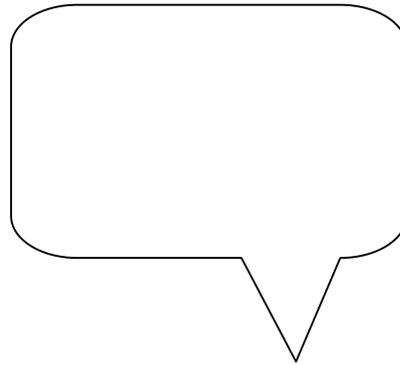
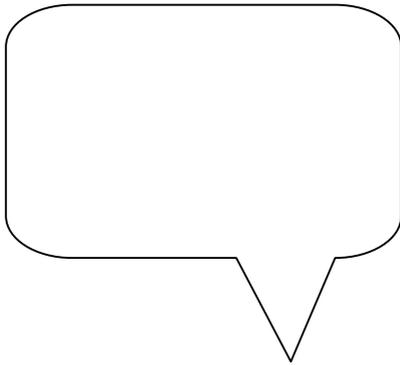
Compromise



Activity # 18

Draw a comic picture of:

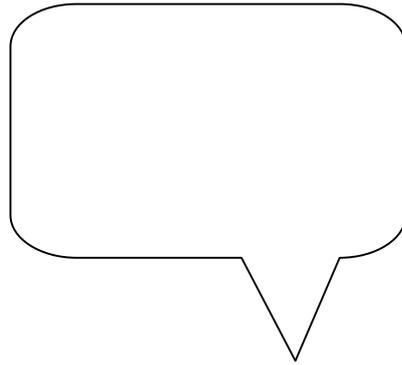
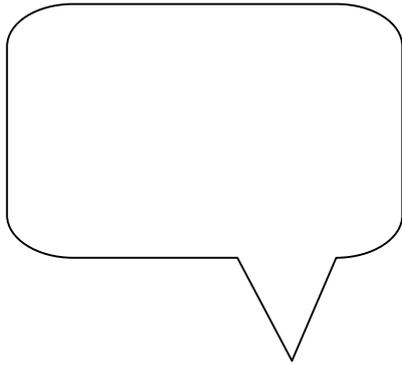
Empathy



Activity # 19

Draw a comic picture of:

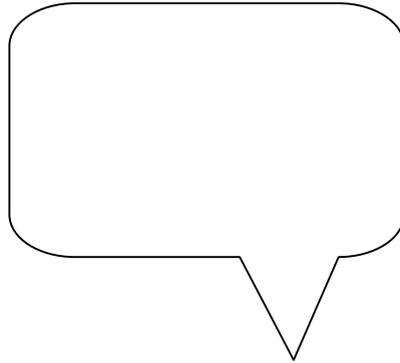
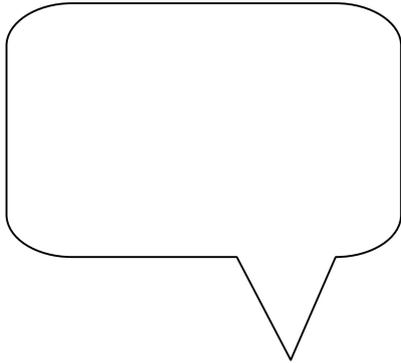
Fairness



Activity # 20

Draw a comic picture of:

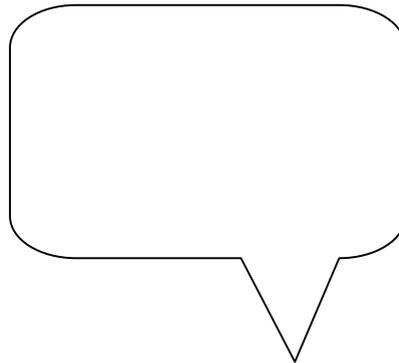
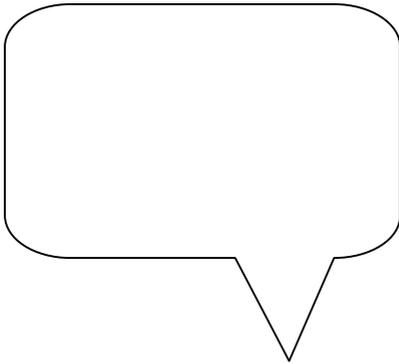
Forgiving



Activity # 21

Draw a comic picture of:

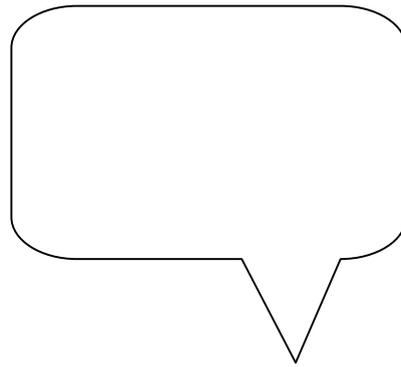
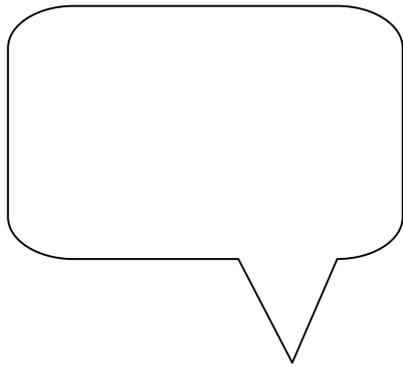
Friendly



Activity # 22

Draw a comic picture of:

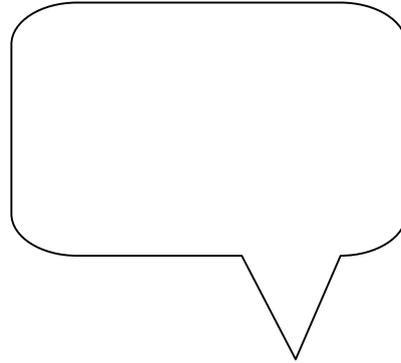
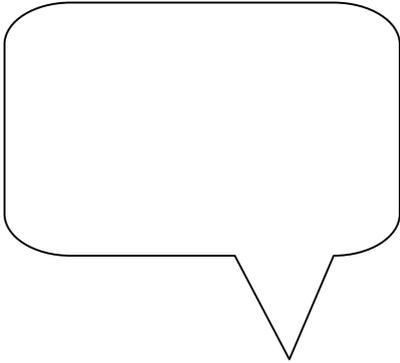
Generous



Activity # 23

Draw a comic picture of:

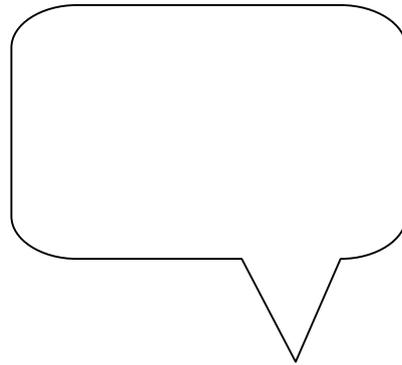
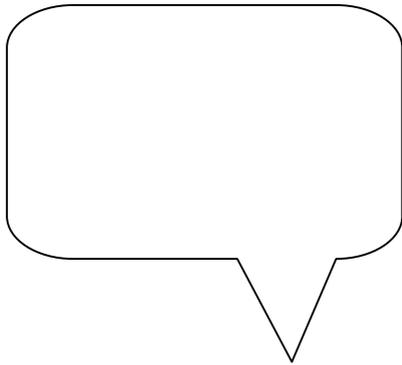
Helpful



Activity # 24

Draw a comic picture of:

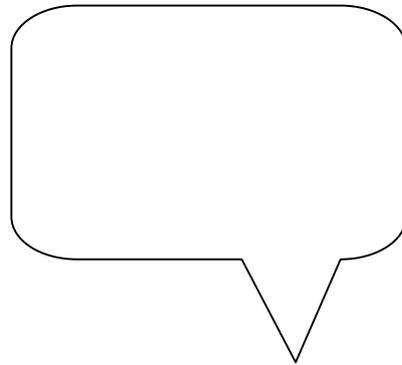
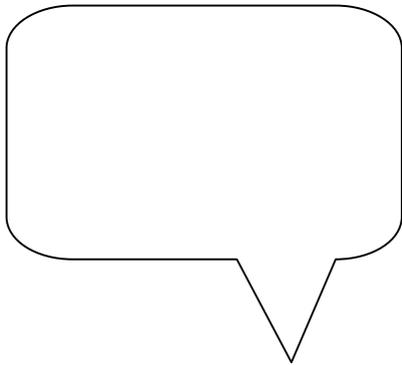
Honesty



Activity # 25

Draw a comic picture of:

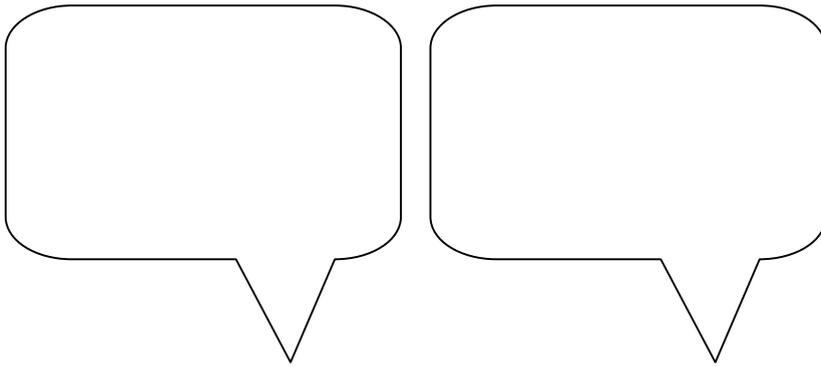
Listening



Activity # 26

Draw a comic picture of:

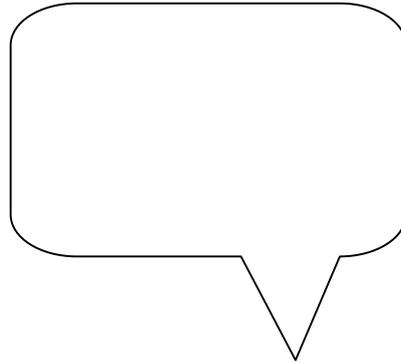
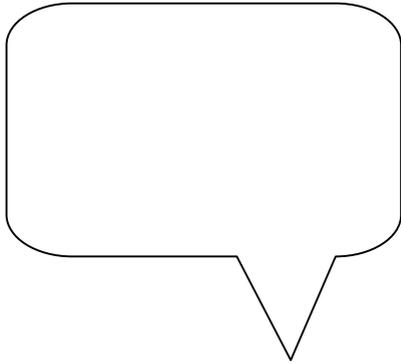
Patience



Activity # 27

Draw a comic picture of:

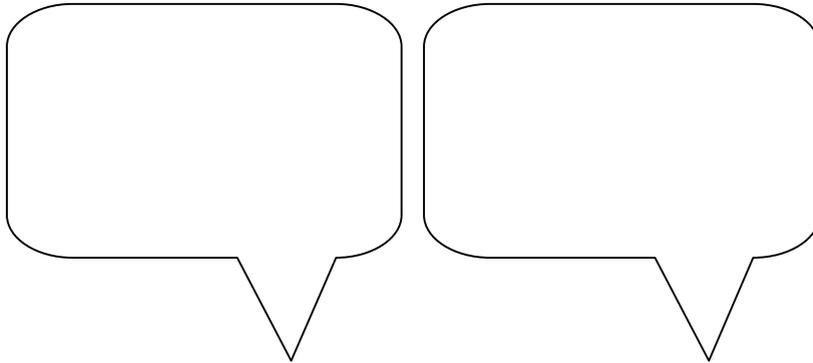
Politeness



Activity # 28

Draw a comic picture of:

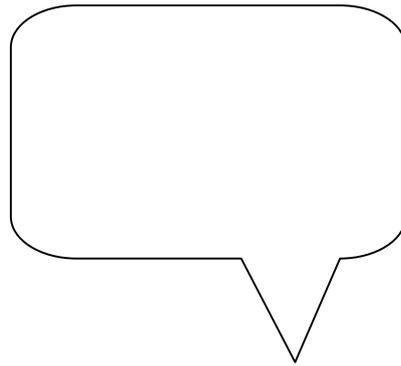
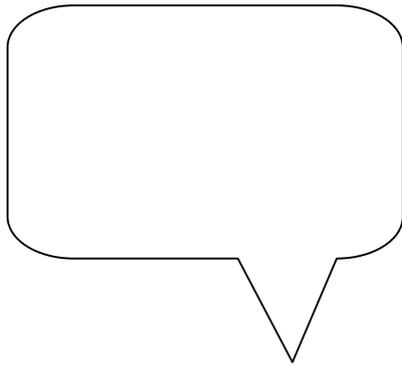
Responsible



Activity # 29

Draw a comic picture of:

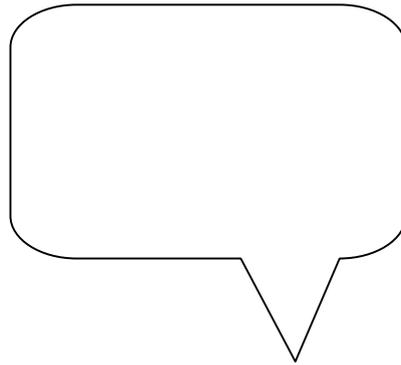
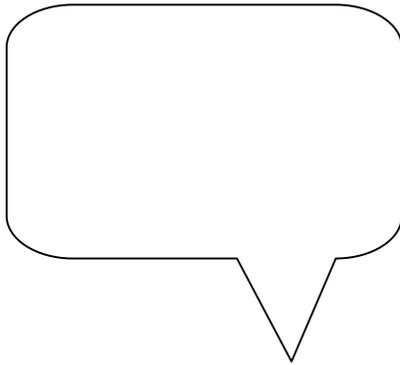
Sportsmanship



Activity # 30

Draw a comic picture of:

Teamwork



Activity # 31

Word Searches & Puzzles

15 Character Traits

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

ACCEPTANCE
COMPROMISE
EMPATHY
FAIRNESS
FORGIVING

FRIENDLY
GENEROUS
HELPFUL
HONESTY
LISTENING

PATIENCE
POLITENESS
RESPONSIBLE
SPORTSMANSHIP
TEAMWORK

Activity # 32

Word Searches & Puzzles

15 Types of Dogs

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

BEAGLE	COLLIE	GREATDANE
BULLDOG	DACHSHUND	GREYHOUND
CHIHUAHUA	DALMATIAN	TERRIER
CHOW	FOXHOUND	POODLE
COCKERSPANIEL	GOLDENRETRIEVER	SHEPHERDDOG

Activity # 33

Word Searches & Puzzles

15 Character Traits

Across	Down
4. Waiting	1. Good-game
5. Differences	2. Solutions
7. lend-a-hand	3. Work
9. Equal	6. Working-together
10. Letting-go	7. Truth
11. Giving	8. Ears
12. Feelings	9. Kind
	13. Courteous

Activity # 34

Word Searches & Puzzles

Unscramble the 15 Character Traits

AIFSRNES	_____
ATMHYPE	_____
CACPCANEET	_____
DYERIFNL	_____
EPNICTAE	_____
GIVIFNOGR	_____
HEPLLUF	_____
INSIEGTLN	_____
IOESOCRPM	_____
NOSHTE	_____
OTPAISNHRSSMP	_____
SNBRESLIOEP	_____
SPTLINESEO	_____
SRONEEUG	_____
TKAOEWMR	_____

Activity # 35

Word Searches & Puzzles

15 Emotions

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

AFRAID
ANGRY
ASHAMED
CONFIDENT
CONFUSED

DEPRESSED
EMBARRASSED
ENERGETIC
EXCITED
GLAD

JEALOUS
LONELY
PROUD
RELAXED
STRESSED

Activity # 36

Word Searches & Puzzles

Ways to Stay Fit and Be a Good Sport

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

BASEBALL
BASKETBALL
CHEERLEADING
DANCING
EXERCISE

FOOTBALL
GYMNASTICS
HIKING
RUNNING
SKATING

SOCCER
SOFTBALL
SWIMMING
TENNIS
WALKING

Activity # 37

Word Searches & Puzzles

Activities with Friends

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

CAMPING
 CLUBS
 EVENTS
 FRIENDS
 GAMES

GROUPS
 LUNCH
 PARADES
 PARTY
 REUNION

SPORTS
 TALKING
 TELEPHONE
 VOLUNTEERING

Activity # 38

Word Searches & Puzzles

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16								19						9							7				

A E A E O O I E E A
 16 1 1 3 13 22 16 10 1 3 1 9 6 13 8 9 6 19 20 3 3 6 13 16 22 21

A I E O I I I E
 5 2 16 19 8 10 3 20 20 2 9 8 17 19 23 19 10 17 2 8 19 3 10 24 12

E E O U E U O E
 5 17 3 10 3 8 9 7 20 21 3 12 13 2 7 12 21 9 10 3 20 22 12

I E I A I E E O I E E
 19 20 22 3 10 19 10 17 13 16 22 19 3 10 1 3 13 9 12 19 22 3 10 3 20 20

E O I E O A I
 8 3 20 13 9 10 20 19 25 12 3 20 13 9 8 22 20 6 16 10 20 21 19 13

E A O
 22 3 16 6 15 9 8 4

Activity # 39

Word Searches & Puzzles

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

ASSERTIVE
DETERMINED
LOYAL
RESPECTFUL

COMPASSION
GENUINE
PASSIONATE
SELF-
CONTROL

COURTEOUS
GRATEFUL
POSITIVE
STUDIOUS

CREATIVE
HUMBLE
RESILIENT

Activity # 40

Word Searches & Puzzles

The Golden Rule

A	B	C	D	E	F	G	H	I	J	K	L	M
23				15								
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	9						20					

5-8-15-23-5

9-5-1415-8

12-15-9-12-11-15

5-14-15

17-23-13

13-5-20- 3

11-1-18-15

5-9

2-15

5-8-15-23-5-15-3

Activity # 41

Word Searches & Puzzles

A	B	C	D	E	F	G	H	I	J	K	L	M
16				14				8				
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	23						1				15	

1-24-14

15-23-1-5

25-16-2-17-14

16-2-17

9-23-5-17-24

12-23

9-16-13-14

12-25-14

9-23-5-18-17

16

26-14-12-12-14-5

3-18-16-10-14

Answer: Use your hands and words to make the world a better place.

Activity # 42

Word Searches & Puzzles 15 More Character Traits

Hint: Use words from activity # 39.

NECPAATECC

5

SOCPEIROMM

6

TEYHAMP

SISFARNE

8

RNGIIGOFV

9

FIRNYEDL

GENOESUR

LFHELUP

ENTOSHY

TIIGNLESN

NITACPEE

1

PTNOSSILEE

7

PEOSIRBELNS

4

HIRPSNOMPASTS

2

KATMOREW

3

1 2 3 4 5 6 7 8 9

Activity # 43

Word Searches & Puzzles

15 character traits

Another word for: Open-mindedness	Another word for: Give and take	Another word for: Understanding
Another word for: Nondiscriminatory	Another word for: Approachable	Another word for: Letting go
Another word for: Giving	Another word for: Being useful	Another word for: Truthful
Another word for: Pay attention	Another word for: Persistence	Another word for: Good manners
Another word for: Accountable	Another word for: Good Sport	Another word for: Cooperation

Answer (left to right) Acceptance, Compromising, Empathy, Fairness, Friendly, Forgiving, Generous, Helpful, Honesty, Listening, Patience, Politeness, Responsible, Sportsmanship, Teamwork

Activity # 44

Word Searches & Puzzles

Opposites

Opposite of: Working alone	Opposite of: Poor Sport	Opposite of: Irresponsible
Opposite of: Impoliteness	Opposite of: Inpatient	Opposite of: Ignoring
Opposite of: Dishonest	Opposite of: Being of no use	Opposite of: Selfish
Opposite of: Holding Grudges	Opposite of: Unfriendly	Opposite of: Unequal
Opposite of: Apathy	Opposite of: Not working together	Opposite of: Rejecting others

Answer (left to right) Teamwork, Sportsmanship, Responsible, Politeness, Patience, Listening, Honest, Helpful, Generous, Forgiving, Friendly, Fairness, Empathy, Compromising, Accepting others.

Activity # 45

Word Searches & Puzzles

TEVSAISER

SURTOUCEO

SIOCASNOMP

CAVRETIE

REENMIEDDT

NUGENEI

GREUFALT

MUBLEH

LAYLO

SAITEPANSO

PISTIVEO

LFTUECRSEP

LINISRETE

FELS-ROLCOTN -

TUSOSIDU

Activity # 46

Acceptance Checklist

Directions: Place a checkmark beside the correct answer.

Action	Accepting Others	Not-Accepting
Playing with a new kid who looks different.		
Refusing to play with a new kid who looks different.		
Making friends with people who are different.		
Only playing with people who look and act like you.		
Allowing other people to be themselves.		
Understanding that other people may have different religions.		
Understanding that other people may believe different things		
Refusing to like anyone who doesn't have the same type of beliefs that you have.		
Getting to know people who are different from you.		
Understanding that different people might like different activities.		

What are the benefits for accepting others?

Activity # 47

Compromise Checklist

Directions: Place a checkmark beside the correct answer.

Action	Compromise	Not Compromising
Working together to find a solution.		
Refusing to let anyone else talk.		
Only doing it your way.		
Letting someone else talk too .		
Being equal.		
Give a little to get a little.		
No giving.		
Sharing.		
Taking turns.		
Not sharing. Not taking turns.		
A boy watches his favorite show on T.V. and his brother watches her favorite show the next day.		
A girl watches her favorite show every day and never lets her sister watch her favorite show on T.V.		

What are some of the benefits for compromising?

Activity # 48

Empathy Checklist

Directions: Place a checkmark beside the correct answer.

Action	Empathy	No Empathy
Thinking about other's feelings.		
Knowing that what you do effects how other people feel.		
Trying to help a person who is sad.		
Knowing what facial expressions are.		
Congratulating a person who has done well.		
Being able to predict how other people could feel.		
Don't care about how other people feel.		
Feeling sad for another person.		
Not being able to predict how a person feels.		
Considerate of other's feelings.		

What are some of the benefits for being empathetic?

Activity # 49

Fairness Checklist

Directions: Place a checkmark beside the correct answer.

Action	Fair	Not Fair
Only spotted dogs can go to the dog park.		
Only kids with green eyes can go to the park.		
Only left-handed kids can use the school computers.		
All dogs can go to the dog park.		
All kids can use the school computers.		
All kids can go to the park.		
Kid got kicked off his soccer team for not going to any practices.		
Kid's brother got kicked off of soccer team because his older brother didn't go to any of the practices.		

What are some of the benefits for being fair?

Activity # 50

Forgiving Checklist

Directions: Place a checkmark beside the correct answer.

Action	Forgiving	Not Forgiving
Letting it go when someone has messed up.		
Refusing to accept an apology.		
Moving on.		
Keep talking about the time when a person messed up.		
Playing a get-back game.		
Focusing a lot of time on someone who had done you wrong.		
Accepting an apology.		
Trying to make your own life better.		
Holding a grudge.		
Being a better person.		

What are some of the benefits forgiving?

Activity # 51

Friendly Checklist

Directions: Place a checkmark beside the correct answer.

Action	Friendly	Not Friendly
Smiling.		
Not considering others.		
Not smiling.		
Talking nicely.		
Using manners.		
Saying please and thank you.		
Being considerate of others.		
Making fun of other people.		
Saying nice things.		
Using a negative tone of voice.		

What are some of the benefits for being friendly?

Activity # 52

Generous Checklist

Directions: Place a checkmark beside the correct answer.

Action	Generous	Not Generous
Baking goods for the homeless shelter.		
Not sharing classroom supplies.		
Helping with an animal shelter.		
Taking a library book you've already read to prevent someone else from reading it.		
Donating clothes to a shelter.		
Hiding classroom supplies from other students.		
Volunteering to clean the park.		
Making a mess in the cafeteria that someone will have to clean.		
Sending cards to soldiers.		
Leaving mud and dirt on the floor that someone will have to clean.		

What are some of the benefits for being generous?

Activity # 53

Helpful Checklist

Directions: Place a checkmark beside the correct answer.

Action	Helpful	Not Helpful
Holding a door open for someone who has their hands full.		
Offering to help carry in the groceries.		
Cleaning up a mess.		
Making a mess.		
Walking by a person who picking up papers.		
Letting a door close on someone who has their hands full.		
Volunteering to help out when you can.		
Refusing to help anyone.		
Washing the dishes without being asked to do so.		
Smiling when you're asked to help.		

What are some of the benefits for being helpful?

Activity # 54

Honest Checklist

Directions: Place a checkmark beside the correct answer.

Action	Honest	Not Honest
Admitting when you made a mistake.		
Making up a story for why you didn't do something.		
Being open about what you've done.		
Doing your responsibilities.		
Being sneaky.		
Doing what is right.		
Taking something from someone.		
Lying about what you've done.		
Cheating on a test.		
Blaming someone on someone else.		

What are some of the benefits for being honest?

Activity # 55

Listening Checklist

Directions: Place a checkmark beside the correct answer.

Action	Listening	Not Listening
Paying attention.		
Not looking a person talking.		
Waiting until your turn to talk.		
Talking about something different.		
Not making any distracting sounds when a person is talking.		
Nodding your head to show you're listening.		
Staying on the same topic.		
Interrupting.		
Looking at the person who is talking.		
Not paying full attention.		

What are some of the benefits for being a good listener?

Activity # 56

Patience Checklist

Directions: Place a checkmark beside the correct answer.

Action	Patience	Not Patience
Waiting for your turn.		
Relaxing until it is time.		
Taking your time.		
Finding things to occupy your time.		
Talking negatively about having to wait.		
Being respectful while waiting.		
Taking turns.		
Rushing and hurrying.		
Jumping in line.		
Complaining about having to wait.		

**What are some of the benefits for
being patient?**

Activity # 57

Politeness Checklist

Directions: Place a checkmark beside the correct answer.

Action	Polite	Not Polite
Saying hello.		
Using a soft tone of voice.		
Using negative words.		
Respecting others.		
Saying thank you.		
Being rude to other people.		
Saying goodbye.		
Bossing people.		
Demanding.		
Saying please.		

What are some of the benefits for being polite?

Activity # 58

Responsible Checklist

Directions: Place a checkmark beside the correct answer.

Action	Responsible	Not Responsible
Showing up on time.		
Not doing your work.		
Doing your chores.		
Putting a little effort into jobs.		
Not completing the job.		
Completing a job.		
Doing the best you can do.		
Not doing your chores.		
Doing your work.		
Being late a lot of the time.		

What are some of the benefits for responsible?

Activity # 59

Sportsmanship Checklist

Directions: Place a checkmark beside the correct answer.

Action	Good Sportsmanship	Poor Sportsmanship
Pouting when you lose.		
Saying "Good game" when you win.		
Complaining when you lose.		
Making fun of the person who lost.		
Giving a compliment to the other player.		
Talking nicely to the other player.		
Talking bad about the person who won.		
Saying you let them win.		
Bragging when you win.		
Saying "Good game" when you lose.		

What are some of the benefits for having good sportsmanship?

Activity # 60

Teamwork Checklist

Directions: Place a checkmark beside the correct answer.

Action	Good Teamwork	Poor Teamwork
Doing your part of the job.		
Trying to do the entire job alone.		
Being open to other people's ideas.		
Not taking turns.		
Talking in a hateful tone of voice.		
Talking nice and respectfully.		
Taking turns.		
Refusing to listen to other's ideas.		
Sharing the team responsibilities.		
Not helping the team.		

What are some of the benefits for being a good team player?

Activity # 61

Questions About Accepting Others

1. What is acceptance?
2. How did Sam and Izzy accept each other?
3. How could you accept someone who is different from you?
4. Why is it important to accept others who are different?

Activity # 62

Questions About Making Compromises

1. What is a compromise?
2. How did Sam and Izzy make a compromise?
3. When was a time you had to make a compromise?
4. Why is it important to be able to make compromises?

Activity # 63

Questions About Being Empathetic

1. What is empathy?
2. What did you learn about empathy from the Sam and Izzy book?
3. When was a time you felt empathy for another person?
4. Why is it important to be empathetic?

Activity # 64

Questions About Being Fair

1. What is fairness?
2. What did you learn about fairness from the Sam and Izzy book?
3. Give an example of being fair?
4. Why is it important to be fair?

Activity # 65

Questions About Forgiving Others

1. What does forgiving mean?
2. What did you learn about forgiving from the Sam and Izzy book?
3. Give an example of forgiving?
4. Why is it important to forgive?

Activity # 66

Questions About Being Friendly

1. What does it mean to be friendly?
2. What did you learn about being friendly from the Sam and Izzy book?
3. Give an example of being friendly here:
4. Why is it important to be friendly?

Activity # 67

Questions About Being Generous

1. What does being generous mean?
2. What are the two ways the Sam and Izzy book teach to be generous?
3. How could you be generous to someone today or this week?
4. Why is it important to be generous?

Activity # 68

Questions About Being Helpful

1. What is the definition of helpful?
2. What are some ways to be helpful that were in the Sam and Izzy book?
3. How could you be helpful today?
4. Why is it important to be helpful?

Activity # 69

Questions About Being Honest

1. What is honesty?
2. How did Ruth tell the truth in the Sam and Izzy book?
3. Give an example of being honest:
4. Why is it important to be honest?

Activity # 70

Questions About Being a Good Listener

1. What is listening?
2. What did the Sam and Izzy book say about listening?
3. Give an example of being a good listener:
4. Why is it important to be a good listener?

Activity # 71

Questions About Being Patient

1. What is patience?
2. How was Jezzie patient in the Sam and Izzy book?
3. Give an example of being patient:
4. Why is it important to be patient?

Activity # 72

Questions About Being Polite

1. What is politeness?
2. What did the Sam and Izzy book say about politeness?
3. Give an example of being polite:
4. Why is it important to be a polite?

Activity # 73

Questions About Being Responsible

1. What is responsibility?
2. What did the Sam and Izzy book say about responsibility?
3. How could you be responsible today or this week?
4. Why is it important to be responsible?

Activity # 74

Questions About Being a Good Sport

1. What is sportsmanship?
2. How can you be a good sport when you win or lose?
3. Give an example of good sportsmanship:
4. Why is it important to be a good sport?

Activity # 75

Questions About Teamwork

1. What is teamwork?
2. What did the Sam and Izzy book teach about teamwork?
3. How could you be a good team player this week?
4. Why is it important to be a good team player?

Activity # 76

Acceptance Activity Sheet

Directions: Try to do some of these activities to learn about accepting other people.

Create a poster about people from a different country. Use a dictionary and library to get information. Write about what people do for fun there. Draw a picture of the types of clothes they wear. Draw pictures of the different types of food they eat. You could cut out pictures and use them on your poster.

Learn how to say the alphabet in sign language so you'll be able to talk to people who are deaf.

Play with a kid who is different from you.

Read a book or magazine about people with disabilities or people who are different from you.

Treat all people nicely. It doesn't matter if they're a boy, girl, tall, small, or from a different country.

Try to find at least one thing you have in common with someone who is different from you.

Activity # 77

Compromise Activity Sheet

Directions: Work with a partner and find a compromise for each of these problems that children could have.

A family went to the museum. The father wants to see the section on the old west. The mother wants to see the crafts. The kids want to see the mummies. What should they do?

Brian and Michelle are siblings. They get to go to the movies. Their parents said they must see the same movie. Brian wants to watch the scary movie. Michelle wants to watch the funny movie. What should they do?

There is only one bathroom in the house. Donna wants to take a shower first because she is getting ready to go to an important after school program. Butch wants to take a shower first because he is getting ready to go out with his friends. What should they do this time? Next time?

Mary wants pizza for dinner. Her sister Leslie wants spaghetti for dinner. What should they do?

Alisa and her sister Leslie both want to use the internet at the same time. The family only has one computer. What should they do?

Activity # 78

Empathy Activity Sheet

Directions: Predict how each person could feel.

David slipped on ice and broke his arm. How might he feel? Why? What could you do to express concern for him?

Hannah got a new kitten for her birthday. This is exactly what she wanted. How might she feel? Why? How could you express that you're glad for her?

Justin won a new bike? How might Justin feel? Why? How could you show Justin that you're happy for him?

John is Justin's brother. He didn't win a bike. How might John feel? Why? How could you show concern for John?

Someone makes a joke about the new girl. How might the new girl feel? Why? What could you do to show you're concerned about the new girl's feelings?

Jennifer's pet dog is missing. How might Jennifer feel? Why? What could you do to show empathy and concern for Jennifer?

Tom is sleeping. His brother is being loud and he wakes Tom up. How might Tom feel? Why?

Activity # 79

Fairness

Activity Sheet

Directions: Find a fair solution for this problem. You can do this with a small group. Create little slips of paper. Color one dot on each slip of paper. The dot could be: red, yellow, or green. Allow the children to close their eyes and pick out a slip of paper to see which group they're in: red, yellow, or green.

Pretend that there are three different groups of people. You don't actually do what these groups are, but you *pretend* that this is how the world works.

People in group one are Red. They're special. These kids get to line up first to do things. They get to pick library books first. They get special candy and gifts from the teacher.

People in group two are Yellow. They're okay. They get to do things second. They get to use the playground after the kids in red group use them. They can have special gifts and candy if there is anything left from the red group.

People in group three are Green. They're different. These kids get to do everything last. They have to sit in the back of the room. They don't get anything extra or special.

All the group members must find a way to make the world fair again.

Activity # 80

Forgiving Activity Sheet

Directions: Practice forgiving and letting things to.

First write down something that someone has done to hurt or upset you. You can write as many things as possible.

Second tear the piece of paper up into as many little pieces of paper as possible. Make them so small that people can't read what you've written.

Third squeeze all the little pieces of paper tightly in your hand. Hold them in your hand for 10 minutes without dropping any of them.

Fourth, let go of the slips of paper into a trashcan and pretend like you're dropping whatever has made you mad and upset. Pretend like you're letting go of anger.

Fifth, ask yourself, how would you feel if you could really let go of your anger and forgive the other person? Would you feel better if you were no longer angry?

Note: forgiving doesn't mean you have to accept or agree with what someone has done. You don't even have to tell them that you forgave them. Forgiving is something you do to make yourself feel better.

Activity # 81

Friendly Activity Sheet

Directions: Find a person and ask them all of these questions. You could ask these questions to a teacher, a kid at school, your parents, or anyone. Write their answers.

1. What does it mean to be friends?
2. How can you tell if someone is friendly?
3. How do you want a friend to treat you?
4. How can you make new friends?
5. What is something that you can trust a friend to do?
6. Why is it important to have friends?
7. What are some fun things to do with friends?

Activity # 82

Generous Activity Sheet

Create a charity project

Do this as a team.

Decide on an important issue like: supporting animal shelters, children in hospitals, or someone else.

Make a team goal:

We'll volunteer to work 5 hours to help at _____ organization.

Or: We'll raise \$_____ to help with _____ organization.

Create some posters to promote awareness.

Contact the newspaper to promote awareness to your event.

Have fun.

Activity # 83

Helpful Activity Sheet

Activity	What did you do?
Help a family member:	
Help another family member:	
Help another student:	
Help a teacher:	
Help a new person:	
Help a friend:	
Help a person who you don't get along well with:	
Help a team project:	

Create a list of 25 ways to be helpful

Activity # 85

Listening Activity Sheet

Directions: Cut out each question below and place in cup or hat. First person pulls out question, reads it aloud and answers it. Second person must repeat first persons answer to prove he or she was listening before picking a question. Feel free to make up extra questions.

If you could go anywhere today, where would you go and why?

Who do you look up to most and why?

What is the best holiday you've ever had and why?

What is one word that describes you?

What is one of your favorite songs right now?

What is your favorite subject in school and why?

What do you want to be when you grow up?

Be creative and add extra questions.

Activity # 86

Patience

Activity Sheet

Directions: This is a group game. It requires at least 4 players. All participants must sit in a chair with their eyes closed. Randomly one person in the group will say the letter "A." A second person will say the letter "B." This continues until all the letters of the alphabet have been said aloud. A person can't say two letters in a row such as, "A, B." They must wait until everyone in the group has said at least one letter before talking again. If two people say a letter at the same time the game starts over at "A."

This game requires a lot of patience.

ABCDEFGHIJKLMN
OPQRSTUVWXYZ

When are times that you need to
be patient?

Activity # 87

Politeness Activity Sheet

Try to use all of these words in one day.

Thank you	Please
May I	I'd be glad to
When meeting: Hello	When leaving: Good Bye
Add another one here:	Ask someone: How are you doing today?

Activity # 88

Responsible Activity Sheet

Make a list of all of your responsibilities here:
These are things you should do each day. Include
homework, chores, projects, meetings.

Check Box	

Activity # 89

Sportsmanship Activity Sheet

Find a partner and play a game. It can be any game. It could be a two-player game like checkers or a three player game like Go Fish or a team game like kickball.

Practice saying “Good Game” at the end of the game regardless if you won or lost.

- Remember: Don’t pout and whine if you lose.
- Remember: Don’t brag and show-off if you win.
- Write About Your Experience Here:

Activity # 90

Teamwork

Activity Sheet

Directions: Create a team with three to six people. Your team has a job to create a fictional 51st state of the United States of America. Your team must agree on answers for the following:

1. What is the name for this new state?
2. Where is this new state located?
3. What is the name of the capital city?
4. What is this state's nickname?
5. What is the state bird?
6. What is the state flower?
7. What are the state colors?
8. What is the state song?
9. What do people do for fun in this state?

Activity # 91

Introduction to Emotions Handout

This activity has two parts. The first part defines different emotions. The second requires you to list times you felt certain emotions. Once you have completed them, you will be able to

- Identify emotions (and)
- Identify when you have felt these emotions

**Emotions are what you feel on the inside when things happen.
Emotions are also known as feelings.**

- Afraid: feeling fear and worry
- Angry: feeling mad with a person, act, or idea
- Ashamed: feeling bad after doing wrong
- Confident: feeling able to do something
- Confused: feeling unable to think clear
- Depressed: feeling sad, blue, discouraged, and unhappy
- Embarrassed: feeling worried about what others may think
- Energetic: feeling full of energy
- Excited: feeling happy and aroused
- Glad: feeling joy and pleasure
- Jealous: feeling upset when someone has something that you would like to have or they get to do something you wanted
- Lonely: feeling alone and that nobody cares
- Proud: feeling pleased for doing well
- Relaxed: feeling at ease and without worry, calm
 - Stressed: feeling tense, tired, uneasy, and overwhelmed

Activity # 92

Directions: Write about a time when you felt these emotions in space provided. Use definitions found on the first page of this activity for help.

Emotion	What was going on when you felt this emotion?
Afraid	
Angry	
Ashamed	
Confident	
Confused	
Depressed	
Embarrassed	
Energetic	
Excited	
Glad	
Jealous	
Lonely	
Proud	
Relaxed	
Stressed	

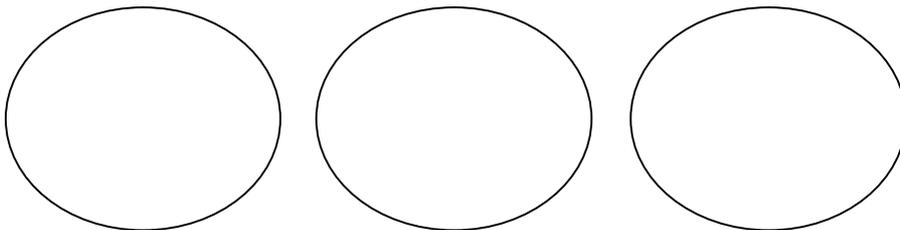
Activity # 93

Emotions are what you feel on the inside when things happen.

Emotions are also known as feelings.

1. Afraid: feeling fear and worry
2. Angry: feeling mad with a person, act, or idea
3. Ashamed: feeling bad after doing wrong
4. Confident: feeling able to do something
5. Confused: feeling unable to think clear
6. Depressed: feeling sad, blue, discouraged, and unhappy
7. Embarrassed: feeling worried about what others may think
8. Energetic: feeling full of energy
9. Excited: feeling happy and aroused
10. Glad: feeling joy and pleasure
11. Jealous: feeling upset when someone has something that you would like to have or they get to do something you wanted
12. Lonely: feeling alone and that nobody cares
13. Proud: feeling pleased for doing well
14. Relaxed: feeling at ease and without worry, calm
15. Stressed: feeling tense, tired, uneasy, and overwhelmed

Draw a happy, sad, and mad face here:



Activity # 94

A= 1, B= 2, C= 3, D = 4, and so on.

Feeling upset with person, act, or idea

 1 - 14 - 7 - 18 - 25

Feeling alone and that nobody cares

 12 - 15 - 14 - 5 - 12 - 25

Feeling displeased when rival does well

 10 - 5 - 1 - 12 - 15 - 21 - 19

Feeling at ease and without worries

 18 - 5 - 12 - 1 - 24 - 5 - 4

Feeling sad, blue, discouraged, and unhappy

 4 - 5 - 16 - 18 - 5 - 19 - 19 - 5 - 4

Feeling guilty after doing wrong

 1 - 19 - 8 - 1 - 13 - 5 - 4

Feeling full of energy

 5 - 14 - 5 - 18 - 7 - 5 - 20 - 9 - 3

Feeling fear and worry

 1 - 6 - 18 - 1 - 9 - 4

Feeling happy and aroused

 5 - 24 - 3 - 9 - 20 - 5 - 4

Feeling tense, tired, and uneasy

 19 - 20 - 18 - 5 - 19 - 19 - 5 - 4

Feeling pleasure for doing well

 16 - 18 - 15 - 21 - 4

Feeling unable to think clear

 3 - 15 - 14 - 6 - 21 - 19 - 5 - 4

Activity # 95

Emotions Bingo

Directions: Write one emotion in each box below from list at bottom of page. Do not write words twice.

		<i>FREE Space</i>		

Active
Afraid
Alert
Angry
Ashamed

Bright
Cautious
Confident
Confused
Depressed

Embarrassed
Excited
Glad
Happy
Hurt

Joyful
Lonely
Peaceful
Playful
Proud

Relaxed
Sad
Silly
Stressed
Weak

Activity # 96

Ways to Feel Glad

- Most prized possession: _____
- Best things about life: _____
- Favorite food: _____
- Favorite drink: _____
- Favorite place to be: _____
- Places I want to go: _____
- Hobbies: _____
- Favorite sports: _____
- Favorite television show/ movie: _____
- Favorite book/ magazine: _____
- Best physical feature: _____
- Best memory: _____
- Past achievement: _____
- Best talent: _____
- Best friend/ family member: _____
- Why is it important to focus on the positives?

Activity # 97

Emotions and Music

Directions: List songs that cause the emotions listed below. For example active emotions could be caused from dance music; festive emotions could be caused from holiday music. Different people may feel different about the same type of music. Consider drums, piano, guitar, and even cartoon or various theme songs when completing this activity sheet.

Emotion	Song/ Music
Activity	
Alert	
Depressed	
Excited	
Festive	
Glad	
Happy	
Joyful	
Mad	
Patriotic	
Peaceful	
Relaxed	
Sad	
Scared	
Silly	

Do you think listening to music could help change your emotions?

What types of songs could help you when you're feeling upset?

What types of songs could help you when you're feeling angry?

Activity # 98

Emotions and Movies

Directions: List movie titles that cause emotions below. Different people may feel different about the same movies. For example cartoons may cause you to feel silly, action movies may cause you to feel alert. The same movies could make someone else feel bored.

Emotion	Song/ Music
Activity	
Alert	
Depressed	
Excited	
Festive	
Glad	
Happy	
Joyful	
Mad	
Patriotic	
Peaceful	
Relaxed	
Sad	
Scared	
Silly	

Do you think watching movies could have an influence on your emotions?

What types of movies could help you when you're feeling upset?

What types of songs movies could help you when you're feeling angry?

Activity # 99

Create a Relaxing Place

- Where is your relaxing place? *Examples: forest, beach, park, etc.*

- What do you see? *Examples: trees, ocean, birds, mountains, animals, etc.*

- What do you smell? *Examples: fresh air, flowers, ocean air, etc.*

- What do you hear? *Examples: waves, wind, birds, quietness, etc.*

- What do you feel? *Examples: sand, blowing wind, water, grass, etc.*

- Why is this place relaxing for you?

Use this to have a short-term escape to feel calm.

Activity # 100

My Daily Feeling Journal

Directions: *Make copies of this page. Bind copies in folder. Complete these journal entries at least once per week to keep track of your feelings and personal growth.*

- Today I feel:

Because: _____

- I am excited about: _____

- I am concerned about: _____

- I am hopeful for: _____

- I am thankful for: _____

- I am proud of: _____

- My goals are: _____

- Interesting things about today:

Activity # 101

- What are the benefits for having good character?
- What are some of your best character traits and why?
- What are some character traits that you'd like to improve upon?
- What is your plan to have better character?
- How likely are you to work on having stronger character?

0 1 2 3 4 5
None Maybe A lot

Recommended Readings

Check	Character Traits	Recommended Book
	Accepting	<i>Accept and Value Each Person</i> by Cheri J. Meiners.
	Assertive	<i>Mouse, The Moster and Me</i> by Pat Palmer and Betty Shondeck
	Compassion	<i>I Can Show You I Care</i> by Susan Cotta.
	Compromising	<i>Working Together</i> by Regina Burch.
	Courteous	<i>If Everybody Did</i> by Jo Ann Stover.
	Creative	<i>Bubble Riding</i> by Lori Lite and Mzx Stasuyk.
	Determined	<i>Learning to be Confident, Determined and Caring</i> by Karen Brunskill.
	Empathy	<i>Hot Issues, Cool Choices: Facing Bullies, Peer Pressure, Popularity, and Put-downs</i> by Sandra McLeod Humphrey.
	Fairness	<i>The Sandbox</i> by Don Rowe and Tim Archbold.
	Friendly	<i>How to Be a Friend: A Guide to Making Friends and Keeping Them</i> by Laurie K. Brown
	Generous	<i>The Giving Tree</i> by Shel Silverstein.
	Genuine	<i>Cliques, Phonies, & Other Baloney</i> by Trevor Romain
	Grateful	<i>Jamaica is Thankful</i> by Juanita Havill
	Helpful	<i>Being Helpful</i> by Cassie Mayer
	Honest	<i>I'm Telling the Truth</i> by Pat Thomas
	Humble	<i>Humble Pie</i> by Jennifer Donnelly
	Listening	<i>Howard B. Wigglebottom Learns to Listen</i> by Howard Binkow
	Loyal	<i>Be a Friend: Learning about Friendship</i> by Regina Burch
	Passionate	<i>Dare To Dream!: 25 Extraordinary Lives</i> by Sandra McLeod Humphrey
	Patience	<i>It's Taking Too Long</i> by Cheryl Wagner and Richard Kolding
	Politeness	<i>Dude, That's Rude!</i> By Pamela Espeland

	Positive	<i>How Full Is Your Bucket? For Kids</i> by Tom Rath
	Resilient	<i>Splash!: A Little Book About Bouncing Back</i> By Maria van Lieshout
	Respectful	<i>Following the Rules: Learning about Respect</i> by Regina Burch.
	Responsible	<i>Do I Have To?: Kids Talk About Responsibility</i> by Loewen, Nancy, Wesley and Omarr
	Self-Control	<i>My Mouth Is a Volcano!</i> by Julia Cook
	Sportsmanship	<i>The Kids' (and parents', too!) Book of Good Sportsmanship: An easy-to-read guide for families</i> by Leslie A. Susskind
	Studious	<i>How to Do Homework Without Throwing Up</i> by Trevor Romain
	Teamwork	<i>The Wonderful Wizard of Oz</i> (Graphic Novel) by Eric Shanower and Skottie Young

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About Danny Pettry



Danny W. Pettry is a Recreational Therapist for children ages 7 to 12 in a residential mental health setting.

Pettry has a M.S. degree in Therapeutic Recreation from Indian University, Bloomington, Indiana. He is also working towards a M.Ed. in Mental Health Counseling.

He has a B.S. degree in Therapeutic Recreation from Marshall University, Huntington, West Virginia.

He has held Certified Therapeutic Recreation Specialist (CTRS) credentials since 2003.

He lives in West Virginia.