

1 Hour Session Outline

- I. Ice Breaker-
 - Begin with ice breaker of choice. See file “Ice Breakers”.

- II. Discuss what/ who are Role Models

- III. Introduce the Six Pillars of Character
 - Trustworthiness-
 - Be honest, a person of integrity, loyal, reliable, do what’s right.
 - Don’t cheat, steal, deceive, get ahead at someone else’s expense.
 - Respect-
 - Follow the golden rule, be tolerant of differences, use good manners, be considerate, treat others well
 - No put downs, don’t repeat gossip, don’t use foul language, don’t act in anger, don’t insult
 - Responsibility
 - Do what you are supposed to do, use self control, be self disciplined, persevere, do your best
 - Think before you act, be accountable, consider the consequences
 - Fairness
 - Follow rules, have fair rules, be open minded, share the load, listen to others
 - Don’t blame or take advantage of others
 - Caring
 - Be kind, be compassionate, help others, reach out to those in need, show you care
 - Forgive others, express gratitude, consider other’s needs as important as your own, be nice!
 - Citizenship
 - Do your share, obey laws & rules, respect authority, protect the environment, cooperate
 - Stay informed, be a good neighbor, make a community a better place, vote

- IV. Your Focus on one or more pillars

- V. Wrap up
 - Review all six pillars with group
 - Discuss what does each person plan to TRY to do differently as a result of today’s workshop relating to the six pillars.