

Character Program

Year 1

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Love

Kindness

God is loving and kind. He wants me to be kind to others.

Kindness is...

- showing care and concern for other people
- being polite
- not being bossy.
- not being selfish.
- not being jealous
- being thoughtful
- helping those in need



Activities

1. Imagine that you have just moved to a new school or a new church. How would you like people to treat you?
2. Imagine that you have just fallen over and hurt yourself. How would you like people to treat you?
3. Imagine that you had an accident and you were disabled. How would you like people to treat you?
4. Make a badge: Love is patient and kind.
5. Choose a person and show extra kindness to them this week. Be their 'angel'. Do kind deeds for them and even make a gift for them.

Draw pictures for these:

How can we show kindness to our family?

How can we show kindness to our friends?

How can we show kindness to someone who is sick?

How can we show kindness to someone who is sad?

Love

Gentleness

God's love is gentle and kind. God does not force us to follow Him. He gently shows us the right way.

Gentleness is...

- not forcing my ideas on to others
- not pushing, shoving or hitting
- letting others go first, instead of pushing in to be first
- treating others with respect
- speaking kindly
- being well-mannered

Activities

Draw pictures for these:

1. Mum is sick in bed. She has a head-ache and aches and pains. How can the family help?
2. Dad has had a busy day and is very tired. He doesn't like a lot of noise in the house. How can the family help?
3. Listen to examples of loud music and gentle music. When is it a good time to play gentle music? When is it a good time to play loud music?
4. Draw two pictures: one bright and busy, and one peaceful. Who could you give the bright busy drawing to? Who could you give the peaceful drawing to?

Questions

1. What would you do if someone was playing with a toy that you wanted?
2. What would you do if someone wanted to join in your game but didn't know how to play?
3. What would you do if your friend is being treated unkindly by others?



Provision

Thankfulness

God has given us so much. He wants us to be thankful to Him for all that He provides.

Thankfulness is...

- Saying thank you
- being grateful for what I have
- being content, and not wanting what others have
- being happy with my life

Activities

1. Make a list of things you are thankful for.
2. Now make a list of the things you can't see, like sight, hearing, family etc.
3. What are the three most important things you have been provided with?
4. What are some of the things you could do without?
5. Which of the following would you be most thankful for? Give each one a score: 5 for very important...1 for not so important. Show the results in the form of a graph.

food
shelter
love
family
having lots of money
having an expensive car
good friends
good looks
being very intelligent
being good at sport

6. Finish this sentence in your book:
I am thankful for



Purity

Cleanliness

God has created us as special. He wants us to look after our bodies and keep ourselves clean on both the inside and the outside.

Cleanliness is...

Washing, showering or bathing regularly

Washing our hair regularly

Keeping our nails short and clean

Washing our hands after the toilet and before eating

Brushing our teeth twice a day

Washing our clothes regularly

What happens if we don't do these things?

Our bodies will become smelly.

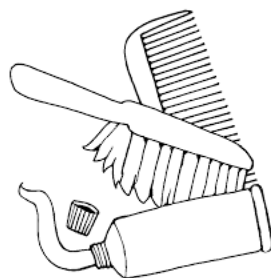
God made our skin to sweat. This is when little droplets of water come out of the skin to cool us down. It is a good thing, because it stops us from getting too hot. But when our skin sweats, it stays on the skin if we don't wash it off. Germs are attracted to the sweat, and we become smelly.

Dirty clothes

As we play outside, dirt and dust get into our clothes.

The sweat from our skin also gets into our clothes.

This is why we should wash our clothes.



Creation

Care for Creation

Take care of the earth, and the people, plants and animals who live on it

Take care to turn lights off.

Take care to turn the tap off.

Take care to put litter in the bin.

Take care of plants.

Take care of animals.

Activity

Draw pictures of ways you can care for the earth and living things.



Wisdom

Making wise choices

To be wise is to know the right thing to do. It is more than being clever. It is knowing how to make the best decision. God is wiser than anyone in the whole universe. He tells us how to make good choices in the Bible.

Making wise choices means...

- knowing the right thing to do, and doing it
- listening to people who are more experienced than we are
- listening to parents and teachers, and doing what they say
- doing what Jesus would do

Activity

Have a selection of foods that are healthy and junk foods.

Ask some volunteers to come up and make a wise choice of food for a healthy lunch.

Discussion

What other choices can we make as well as choices of food? E.g.

- what to watch on TV
- what games to play
- what words to choose when we speak (kind or not so kind)
- whether to help or not to help
- what clothes to wear on the week-end
- whether to allow others to play with your toys or not

A verse about making wise decisions:

Proverbs 3:5-6 Trust in the Lord with all your heart and ask God to show you the right way.



Serving

Helpfulness

Helpfulness is...

- being willing to help others
- doing useful things for other people
- serving others
- being prepared to do unimportant or unpopular jobs to help others
- knowing when there is a job to be done, and not leaving it to someone else
- not expecting a reward for my work

Activities

1. Who is your helper?
2. What things do you need help with?
3. What should we say to those who help us?
4. Make a list of ways in which you can help at home.
5. Make a list of ways in which you can help at school.
6. Make a list of ways in which you can help in your community, (not throwing rubbish etc.)

Here are some people we can serve: our families, people at church, school, and people in the community. Think of ways you could serve in each of these situations.

FAMILY

1. A parent is sick.
2. A brother or sister is upset.

SCHOOL or CHURCH

1. A classmate is feeling alone and not joining in.
2. Your class is misbehaving.

COMMUNITY

1. There is a new boy or girl who has moved in to your neighbourhood.
2. There is rubbish on the ground at the park.



If someone asks you to carry their load one mile, then carry it two. Matthew 5:41

Protection

Feeling safe with my family

(Sense of family and community)

I feel safe with my family because...

- My parents love and care for me.
- They tell me to do what is right.
- I love my parents and all the other members of my family
- My family forgives me when I do something wrong, and I forgive when they make a mistake

Discussion and activities

What is a family?

Your close family is your mum and Dad and your brothers and sisters.

Your bigger family includes your grandparents and cousins, uncles and aunts.

Sometimes a family has only one parents. This is when a Mum or Dad has died or has had to go away. God is a Father in Heaven who cares a lot for these families. They can ask Him for special help.

Draw a picture of when you feel safe.

Draw the members of your family.

Draw a picture showing how your family keeps you safe.

From the Bible:

- Matthew 18:10 Jesus said that the angels in Heaven are watching over the children.
- Matthew 2: 13-15 God protected Jesus as a baby.
- Mary and Joseph loved and cared for Jesus.
- Exodus 2:1-10 God protected baby Moses.



Truth

Finding out what is true

To find out what is true we need to ...

- Listen to others
- Learn from people who know what is true
- Find out what the Bible says about the things we are learning

How could you find out if the following things are true?

A friend tells you that there is no school tomorrow, but you haven't heard about it. (Ask your teacher)

A friend tells you that fizzy drinks do not rot your teeth. (Ask a dentist)

Your Sunday School teacher tells you that God made the world. (Listen to what God says in the Bible.)

Your teacher tells you that an apple will float in water. (Do an experiment.)

Discussion

Who should we believe?

What is the problem with believing everything?

From the Bible:

- John 14:6-7 Jesus said, "I am the way, the truth and the life".
- John 10:1-18 The Good Shepherd is the source of truth.
- Matthew 7:15-21 Wolves in sheep's clothing can lead us away from truth.



Like weights on a scale, weigh what is true against what is false.