

4. Cheerleaders for Good Behavior

At a Glance...



Parents will observe and celebrate their children's TRRFCC behavior.

Time



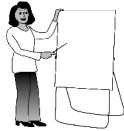
30 minutes

Core Concepts



- Parents are a child's primary character educator.
- Children build habits by repeating behavior for 4 weeks.

Objectives



Participants will use a refrigerator chart for 4 consecutive weeks to help their children form TRRFCC habits.

Materials



- "Something to Cheer About Trustworthiness" chart (4 copies for each participant) (E-4-a)
- "Something to Cheer About Respect" chart (E-4-b)
- "Something to Cheer About Responsibility" chart (E-4-c)
- "Something to Cheer About Fairness" chart (E-4-d)
- "Something to Cheer About Caring" chart (E-4-e)
- "Something to Cheer About Citizenship" chart (E-4-f)
- "Cheerleader pompons or shakers for yourself and, if possible, for each participant as a reminder to cheer (optional)

Ice Breaker



Give a Cheer

Divide into groups of three. Think back to your school days and remember a team cheer. As a threesome, do that cheer for the class.

You have 3 minutes to devise a cheer. If you can't remember one, create your own.

Facilitator's Script



We cheer for our children in sports. Shouldn't we cheer for them in character? Do your children know that good character matters to you? Do they know you think honesty is as important as winning is?

Ask for comments from participants.

As parents we help children develop good character by teaching, enforcing, advocating and modeling six terrific (TRRFCC) words: trustworthiness, respect, responsibility, fairness, caring and citizenship.

Advocating good character means pushing it, cheering for it, endorsing it, and celebrating it. It means we leave no doubt about our endorsement of what we expect from our children.

What are some specific ways we can advocate good character at home?

Ask for answers from the participants. Good ways might be thought-for-the-day; signs on the refrigerator; posters; embroidered reminders on the wall; notes in lunch boxes; notes on mirrors; reminders in socks, gym bags or drawers; conversations; and family meetings.

The refrigerator can be your best character communication tool. Here is a chart that some parents have had good results with younger children. It has helped them send clear messages about their expectations. And it has given them opportunities to celebrate (cheer) when their children earn three or more check marks a day or 12 or more check marks a week, depending on the age of the children.

Distribute the charts and ask for ideas on ways to use them.

Final Thoughts

Tonight, post a trustworthiness chart on your refrigerator at home. If you have several children, make the charts in different colors, one for each child. Discuss each of the behaviors. Remind your children you will be watching for those behaviors every day of the week, and put a check mark (or sticker, if you have them) every time you see that behavior.

Together, decide on an appropriate way to celebrate each child's success for the week. For example, you might prepare the child's favorite meal if he reaches his goal for the week, or you might go out for a picnic, a walk or a movie.

Repeat these chart activities for four straight weeks, and you will help your child develop some terrific (TRRFCC) habits. Report back to us on how this is working with your children.

Notes...

Something to Cheer About: Trustworthiness!

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Tell the truth even when it is hard.							
Give people the information they need for a smart decision.							
Keep a promise, even when it is hard to do.							
Be yourself, not pretending to be something you are not.							
Watch out for the really best interest of your family, school, and community.							

Something to Cheer About: Respect!

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Be polite and courteous ...to all.							
Work out differences in a nonviolent way.							
Remember that other people can choose to do things differently than you choose to do.							
Let others "save face" (don't humiliate).							
Let people have their privacy.							

Something to Cheer About: Responsibility!

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Be prepared for class or jobs.							
Control your temper.							
Watch your actions!							
Do your part.							
Be your best!							
Finish the job, even when it's hard.							
Clean up your own mess.							

Something to Cheer About: Fairness!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Go by the rules.							
Listen to others' ideas.							
Wait your turn.							
Only use what you need.							
Give everyone a chance.							

Something to Cheer About: Caring!

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Be kind.							
Do things to help people (classmates, teachers, parents and others).							
Share.							

Something to Cheer About: Citizenship!

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Follow the rules.							
Help your school.							
Help your community be better.							
Help make your class even better.							