

HOW WEE LEARN

Raising Kind, Caring, Good Kids

Stories, Activities,
Discussions, and
Affirmations
for 8 Positive
Character Traits



SAMPLE

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RAISING KIND, CARING, GOOD KIDS

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Welcome

Let's ensure our little ones are set to become the very best versions of themselves.

Raising Kind, Caring, Good Kids

Welcome to *Raising Kind, Caring, Good Kids*! I am so excited you decided to purchase this resource. We can all use a little support on this parenting journey, and I am thrilled to be walking alongside you. This resource is full of information to support you and your child. I hope you absolutely love it!

Raising Kind, Caring, Good Kids walks you through eight character traits:

- | | |
|-------------------|----------------|
| 1. Graciousness | 5. Courage |
| 2. Honesty | 6. Hopefulness |
| 3. Responsibility | 7. Kindness |
| 4. Compassion | 8. Gratitude |

Learning about these traits and reflecting on them with the included activities and discussion questions is an ideal way to promote a growth mindset in our children.

Stories

Each character trait is introduced with a sweet story, highlighting an animal that demonstrates each trait (such as the Gracious Gorilla). Each story includes examples of the character trait, as well as synonyms for that trait, and ends with a small dilemma. Children are encouraged to empathize with the character in the story and decide what the animal should do.

It is often easier for children to recognize how others should behave and act. Once they begin to see this in others, they can begin to internalize it themselves.

Activities & Discussions

Following each story are activities and discussions relating to each character trait. Your child might be asked to recall a time they were responsible, for example, and think about what someone might say if they saw them behaving in that responsible way.

Through these simple activities and discussions, children will see how these character traits build feelings of pride and happiness.

Affirmations

Children are asked to check three times during the week that they display the character trait. After the third time, they write the affirmation on their affirmation page (included with the printables).

When complete, the affirmation page will include:

- I am gracious; I have good manners.
- I am honest; I tell the truth.
- I am responsible; I do what I am supposed to do.
- I am compassionate; I help others.
- I am courageous; I can do hard things.
- I am hopeful; I believe good things will happen.
- I am kind; I treat others with love.
- I am grateful; I show appreciation.

Pop this on the fridge or a bedroom door, and encourage your child to read it aloud with pride. Using first-person language like this will help our children to internalize these beliefs and act accordingly.

Printables

Included separately, you will find some printables. These resources are extensions to the *Raising Kind, Caring, Good Kids* coursebook. For the most part, they are for you to use however you see fit! Here are some suggestions:

- **Character Cards:** Print off the character cards to display in your home or child's bedroom. Chat about each character as you go about your day.
- **Affirmation Cards:** Print off the affirmation cards and retell each story together, repeating the affirmation together at the end of each story. You could print these cards double-sided with the matching character card on the back (or glue the two cards together).
- **Traits and Synonyms:** Use the trait and synonym cards to help your child become familiar with the vocabulary associated with each trait. These cards can be used for a "memory" style game.
- **Pre-Filled Affirmation Page:** Hang the pre-filled affirmation page in your home and take turns reading the affirmations aloud frequently! When you catch your child displaying one of the traits, share with her that you just saw her acting in a "gracious" way, for example.
- **Blank Affirmation Page:** The blank affirmation page can be filled out by your child. I recommend having your child fill out each affirmation after she has displayed the trait three times. This will allow her to see how capable she is and that she already has these traits within her.
- **Affirmation Badges and Summary:** Finally, you will find a page of affirmation badges and a corresponding affirmation summary page. You can choose to print the badge page on sticker paper or simply cut the badges out and glue your chosen badges onto the affirmation summary page. You might choose to use the character badges, the affirmations themselves, or the trait word—all have been included.

Videos

My husband, who is a Child Psychologist, partnered with me to create this resource. He even agreed to allow me to interview him!

Here are some videos where I ask my husband some tough questions to see how he might handle certain challenging behaviors:

- Introduction: [youtube.com/watch?v=kISH9SZU3ps](https://www.youtube.com/watch?v=kISH9SZU3ps)
- Graciousness: [youtube.com/watch?v=T8hcgNUNWGA](https://www.youtube.com/watch?v=T8hcgNUNWGA)
- Honesty: [youtube.com/watch?v=kXCtSm98xfU](https://www.youtube.com/watch?v=kXCtSm98xfU)
- Responsibility: [youtube.com/watch?v=vM6rHnmhj7E](https://www.youtube.com/watch?v=vM6rHnmhj7E)
- Compassion: [youtube.com/watch?v=ia1XffGmRtk](https://www.youtube.com/watch?v=ia1XffGmRtk)
- Courage: [youtube.com/watch?v=U40Bgogvzp4](https://www.youtube.com/watch?v=U40Bgogvzp4)
- Hopefulness: [youtube.com/watch?v=LCOE4FytdMQ](https://www.youtube.com/watch?v=LCOE4FytdMQ)
- Kindness: [youtube.com/watch?v=Uz_OzlMuV64](https://www.youtube.com/watch?v=Uz_OzlMuV64)
- Gratitude: [youtube.com/watch?v=8rhrhMWdhow](https://www.youtube.com/watch?v=8rhrhMWdhow)

Tips

As you progress through *Raising Kind, Caring, Good Kids*, here are a few tips to keep in mind:

- **Model the behaviors.** Be mindful of modeling the behaviors and using first-person language. For example, you might say aloud to yourself, "I see that Jenny is hurting; I am going to help." Or, "This is hard for me, but I know I can do it!"
- **Keep it positive and happy.** We want our children to know and believe that these traits already exist within them. Try not to bring up examples to the contrary—even though we are all using this book for the same reasons!
- **We all make mistakes.** Remind your child that we all occasionally make mistakes and poor choices. What's most important is what we do *after*. Learning from our mistakes and growing is what life is all about.

I am with you on this journey, my friend!

xo Sarah



The Gracious Gorilla

Once upon a time, there was a Gracious Gorilla named Graham. This gorilla truly was as gracious as could be! He had splendidly **good manners**, was **polite**, and tried to think about how his actions would affect those around him.

On rainy days, Graham would share his umbrella. And when eating lunch, he always chewed with his mouth shut out of politeness for his lunch guests.



Today, Graham was heading to the park. He was so excited because there was a brand new, super high-flying, bright red swing to try. He was going to the park early so he could have the first turn.

As he arrived at the park, Graham saw a little mouse arriving as well. The mouse was heading right for the new swing!

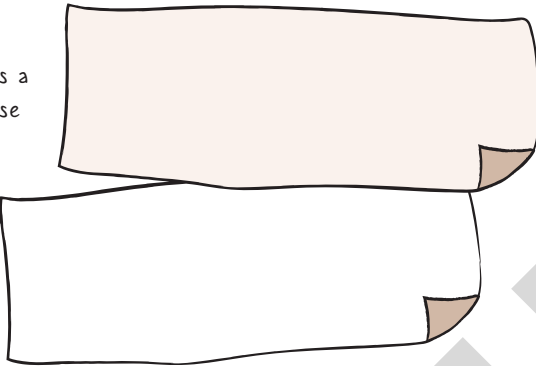
What **could** the Gracious Gorilla do? What **should** the Gracious Gorilla do?

I am Gracious

Two synonyms for **gracious** are...

HINT:

A synonym is a word or phrase that means exactly or nearly the same as another word or phrase.



Let's chat!

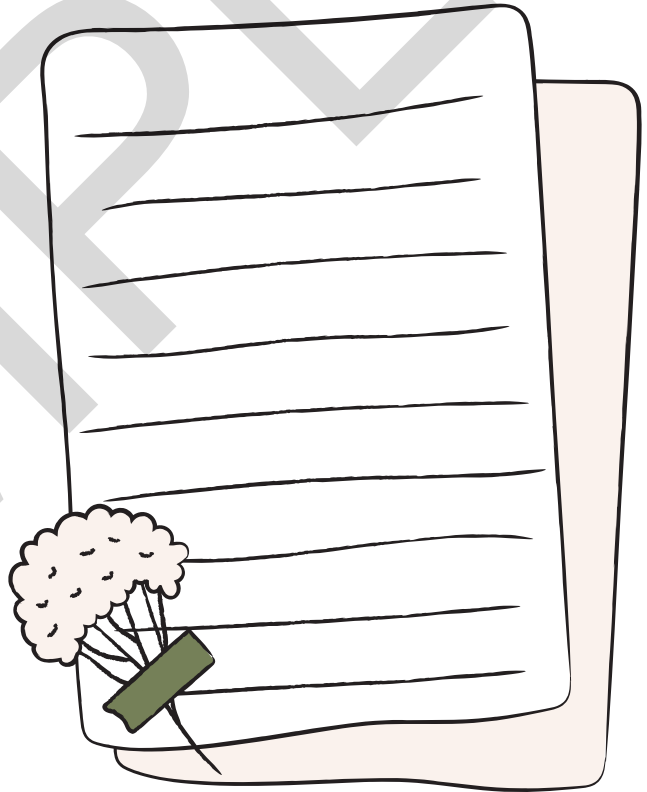
We have good manners because we understand how our behavior can affect others.

Discuss how our behavior might affect others in these situations:

- chewing with our mouth closed
- holding open doors
- waiting our turn at the swing set

Make a List

Pretend you are the Gracious Gorilla. You are sitting down to lunch with your dear friend, Mouse. List all of the good manners you might use during this lunch.



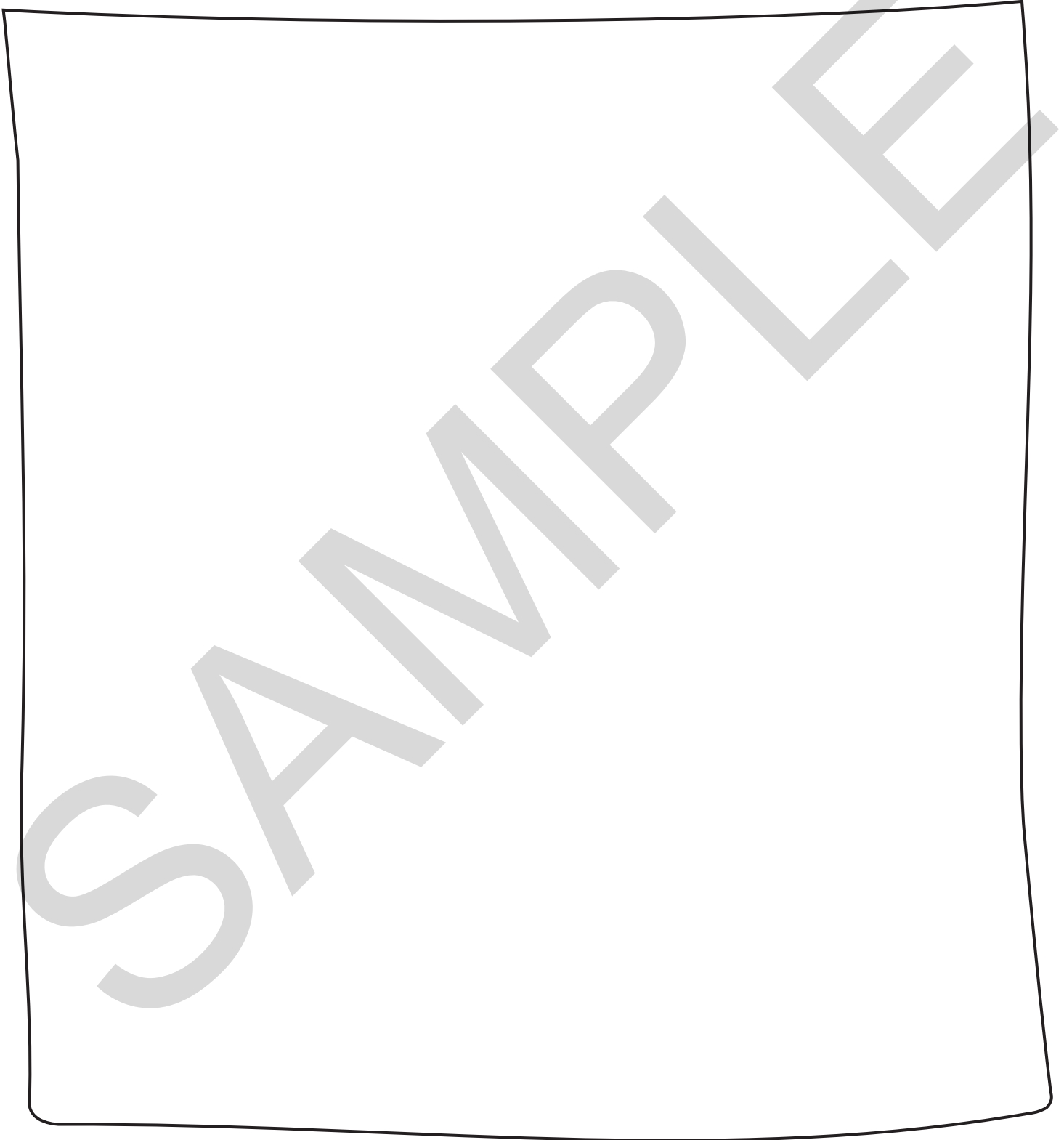
I am gracious; I have good manners.

Each time you show graciousness this week, check one of the boxes. When all three boxes are checked, write 'I am gracious; I have good manners.' on your affirmation page.

☐ ☐ ☐

The Gracious Gorilla

Draw a picture or write about what Graham should do.



The 'Honest Hippo

When Hannah was young, she had trouble telling the truth. Sometimes she did the wrong thing or made a bad choice, and she would try to avoid getting in trouble by lying. However, the truth would often be realized, and soon, no one trusted Hannah. It was an awful feeling!

As time went by, Hannah learned that it was better to be **truthful** so she could build trusting relationships. Soon, people began to trust her again. They knew that if she made a mistake, she would be honest and own up to her mistake. And so, Hannah earned the nickname 'Honest Hippo.'

When Hannah did something wrong, she would admit her mistake, apologize, and try to learn from it.

When asked a question, Hannah was always **sincere** and would respond truthfully.



One day at breakfast, Hannah spilled milk all over the table. Her kitty jumped onto the table, lapping up the milk. Just then, Hannah's mom walked in, and with a frustrated tone, she asked, "Did that naughty kitten knock over the milk?"

What **could** the Honest Hippo say?

What **should** the Honest Hippo say?



I am Honest

Two synonyms for **honest** are...

HINT:

A synonym is a word or phrase that means exactly or nearly the same as another word or phrase.

Let's chat!

We are honest, even when being honest is really hard. It can be hard to be honest when we think

we are going to get in trouble. Pretend you are playing outside and you see a friend playing roughly with one of your toys and they break it. You walk over and your friend lies and says the toy was already broken! How do you feel? Now pretend you walk over and your friend is honest and tells you he was being too rough, broke your toy by accident, and he is very sorry. How do you feel? Which person would you rather be your friend?

Draw a Picture

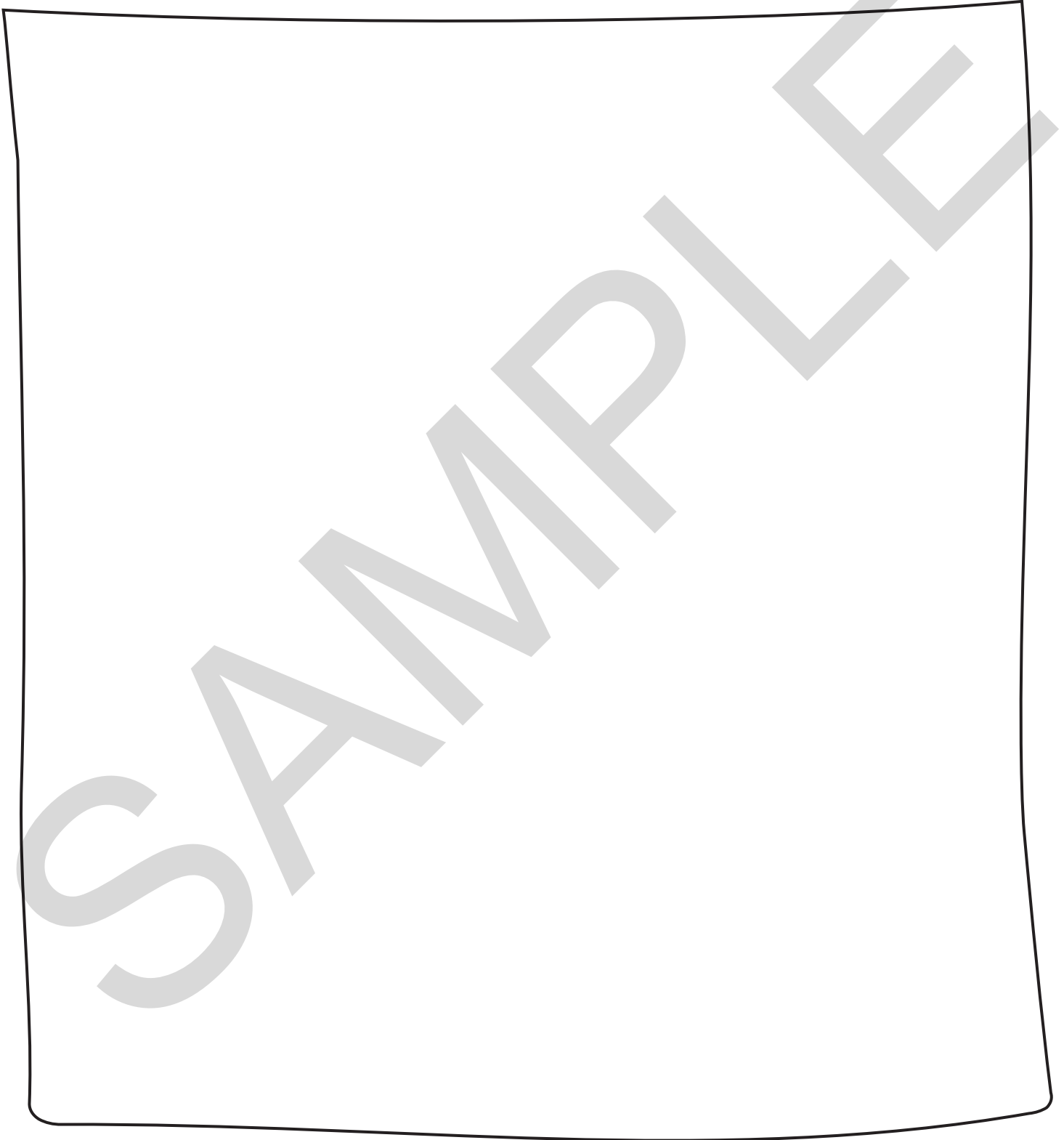
Ask a family member to share a time they were honest, even though it was hard. Ask them why they decided to be honest. Draw a picture about this event.

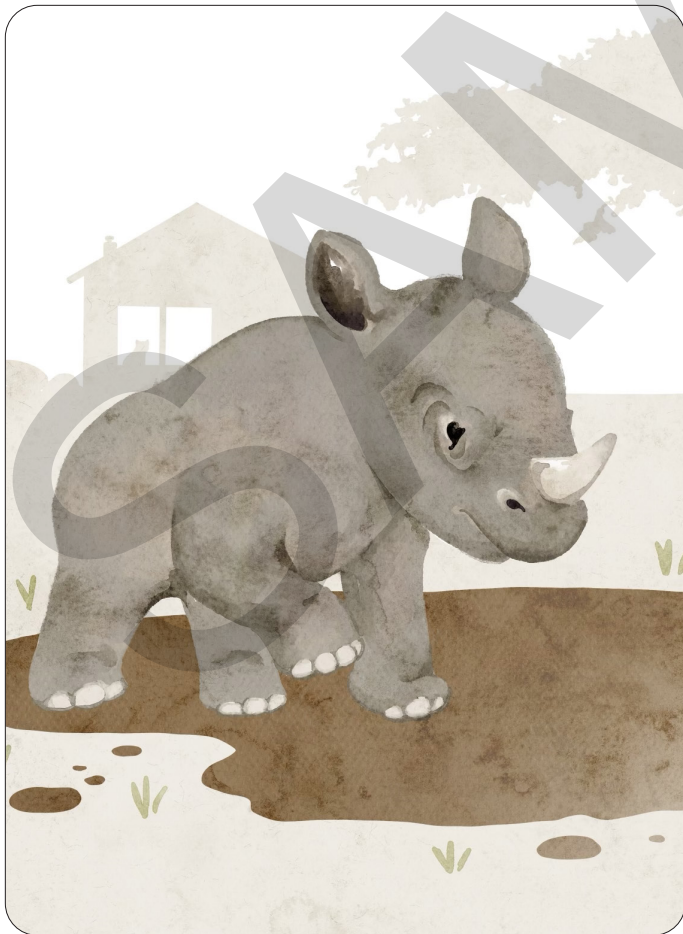
I am honest; I tell the truth.

Each time you show honesty this week, check one of the boxes. When all three boxes are checked, write 'I am honest; I tell the truth.' on your affirmation page.

The Honest Hippo

Draw a picture or write about what Hannah should say.

A large rectangular box with a black border, intended for a drawing or writing. A large, light gray, diagonal watermark with the word "SAMPLE" is overlaid across the entire box.



I am **honest**;
I tell the truth.

I am **gracious**;
I have good
manners.

I am
compassionate;
I help others.

I am **responsible**;
I do what I am
supposed to do.

gracious

good
manners

polite

honest

truthful

sincere

responsible

trustworthy

reliable

compassionate

caring

empathetic

My Character Trait Affirmations

I am **gracious**;
I have good manners.

I am **honest**;
I tell the truth.

I am
responsible;
I do what I
am supposed
to do.

I am
compassionate;
I help others.

I am
courageous;
I can do
hard things.

I am **hopeful**;
I believe good
things will
happen.

I am
kind;
I treat
others
with love.

I am
grateful;
I show
appreciation.

My Character Trait Affirmations

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My Character Trait Affirmations

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Graciousness

Honesty

Responsibility

Compassion

Courage

Hopefulness

Kindness

Gratitude