Character Development in A Modern World

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Welcome!

- Introduction
- Goals of Meeting
Agenda of Topics

- Character Development - What and Why?
- The Modern World
- Montessori & Peace
- Research and Resources
- How Do we Do More?
- Techniques / Activities / Ideas

“We must learn peace, and teach peace, so that we can be peace, and live in peace.”

- Mattie J.T. Stepanek
Our Goal in Character Development

- Part of what we Model
- A part of the Environment
- Montessori Philosophy
- Peace Education
- Cosmic Education
- Wholistic Health of the Child
- Part of the Spiritual Development of Teacher
"Within the character of the citizen," Cicero said, "lies the welfare of the nation."

Character is Destiny

~ Heraclitis
Character building begins in our infancy, and continues until death.

(Eleanor Roosevelt)

“Nearly all men can stand adversity, but if you want to test a man's character, give him power.”

—Abraham Lincoln
Character Development

What - Patterns of traits and behaviors

Why - World Peace, Inter and IntraPersonal Skills, etc…
Importance

• Prepares children for responsible citizenship
• Encourages development of emotional intelligence
• Children are involved in the creation of safe and caring communities
• Compliments “Cosmic Education”
The Significant Seven

Fostering Three Perceptions

1. Personal Capabilities
2. Significance
3. Personal Influence over Life
Four Skills

4. INTRApersonal skills
5. INTERpersonal skills
6. Systemic skills
7. Judgmental skills
The Modern World

The Troubling Stats

“An eye for an eye only ends up making the whole world blind.”

Mahatma Gandhi
The Modern World Challenges

Technology and Social Media
Price of Poverty

- Importance of Basic Needs
- Direct threats to Safety
- Lack of Consistency, Order, Control
- Less Opportunities and Resources
- Social - Emotional Vulnerability
- Isolation - Physical and Emotional
- Distortion of Social Ties
- Excessive Pressure to Achieve
Influence of Affluence

• Social - Emotional Vulnerability
• Isolation - Physical and Emotional
• Distortion of Social Ties
• Excessive Pressure to Achieve
• “Wealth Bubble”
The Power of Purpose

- Mental and Physical Health
- Happiness Correlations
- Maria Montessori - Our Cosmic Purpose
- Quote from Former Stanford Dean
- Youth Purpose Project
Oliver Twist  
Pippi Longstocking  
Island of the Blue Dolphins  
Jane Eyre  
Harry Potter  
The Boxcar Children
Montessori in Itself is Much of the Answer:

Independence
Respect
Peace
Montessori’s Ideas

We shall walk together on this path of life, for all things are part of the universe and are connected with each other to form one whole unity.

Maria Montessori
Peace Education

Nominated for Nobel Peace Prize in 1949, 1950, and 1951

Establishing lasting peace is the work of education; all politics can do is keep us out of war.

Maria Montessori
Key Thoughts of Cosmic Ed.

- All things are interdependent
- Humans have a role in the Universe
- Each of us has an individual Cosmic Task (contributions to make) - *Purpose*

These thoughts are passed to the child through *specific presentations*
Montessori Values Character

Peace Education
Research and Resources

- **Character Matters** by Thomas Lickona
  - How to Help Our Children Develop Good Judgment, Integrity, and Other Essential Virtues
  - More than 100 strategies that work

- **The 7 Habits of Highly Effective People** by Stephen R. Covey
  - Over 15 million sold
  - Powerful lessons in personal change

- **Emotional Intelligence** by Daniel Goleman
  - The #1 bestseller
  - Why It Can Matter More Than IQ
Lots of Definitions and Suggestions

- Montessori’s Definitions
- Virtues according to Ancient Greeks
- Six Pillars of Character
- # Character Traits

All are valuable
The Role of Character in Success

Heckman -

The Economics of Human Potential
“The cognitive skills...measured by achievement tests are only part of what is required for success in life. Character skills are equally important determinants of wages, education, health and many other significant aspects of flourishing lives.”

James Heckman
Nobel Laureate in Economics
CHARACTER IS A SKILL – NOT A TRAIT.

It can be enhanced, and there are proven and effective ways to do so.

James Heckman & Tim Kautz
Fostering and Measuring Skills: Interventions that Improve Character and Cognition
• openness (curiosity, willing to learn)
• consciousness* (staying on task; self-control)
• extroversion (outgoing, friendly)
• agreeableness (helpful)
• neuroticism (attention to detail, persistence)
Other Ways to Explore

- Direct Instruction of:
  - Grace and Courtesy
  - Manners
  - Virtues
- Positive Language and Redirection
- Direct Lesson Plans
- Circle Activities
- Class Meetings
- Positive Discipline Techniques
How Do We Do More? Make It Matter

- Make it a Priority
- Be an Example
- Be Authoritative
- Discipline Wisely
- Foster Spiritual Development

In each of us

There is a little of all of us
How Do We Do More? Make It Matter

• The Power of a Pledge
• Positive Role Models - Guest Speakers
• Tie Character to all Lessons
• The Golden Rule
• Grace and Courtesy - Manners
• Promote Kindness - Prevent Cruelty
• Build Community
• Foster Friendship
Specific Traits

Empathy
Taking perspective of others

Activities and Books

Responsibility
Builds self-esteem

Making restitution

Judgement

Nine Ethical Tests

Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.
• Anonymous Compliments
• Friendship Time
• Journals
• Scripts and Lists for “How”
  “We work best together when….”

Seven E’s of Caring
Explain, Examine, Exhibit, Expect, Experience, Encourage, Evaluate
Peace Corners
Conflict Resolution Tools

Using the Peace Stone

1. Say what is bothering you and how it makes you feel: “When you do/say __________ it makes me feel __________.”
2. Say what you want the person to START doing: “I would like for you to __________ please.”
3. Say something that shows that you care that the other person listened to you: “Thank you for listening to me.”
4. If the other person is still upset, say something that can help them feel better, like “I’m sorry” or “Is there something I can do to make it better?”
5. Problem solved!
Books for Younger

Miss Spider's Tea Party
DAVID KIRK

I Like You, You're Like Me
by Cindy Gandhi
illustrated by Maxfield

Peekaboo Morning
RACHEL ISADORA
Books for Older

The Bravest of Us All

Aloha Potter!

The Man Who Walked Between the Towers

Written by Linda Walley
Illustrated by Andra Chase

Scholastic
Individual Work
This part of your brain is like a scrapbook. It saves everything important that you need to remember—from your ABCs to the names of the people in your family. When something happy or exciting happens to make you smile, this part of the brain will save that as a happy memory.

Pre-frontal Cortex

This part of the brain helps you solve math problems and get to know your favorite book and TV characters. It helps you to make friends, or to make the best decision in a tough situation.
For Younger:

- Modeling and Reinforcing
- Pledge Hand Craft
- Emotion Cards
- Heart Messages
- Yoga Poses
- More?
10 Simple Service Projects for Schools

MomentsADay.com
Classroom Tools
Daily Mindfulness and Reflection
Tools for Older Students

BE YOUR BEST

B Body Posture
E Eye Contact
S Say Nice Words
T Tone of Voice

before you speak

T = Is it true?
H = Is it helpful?
I = Is it inspiring?
N = Is it necessary?
K = Is it kind?
Techniques to Apply

- Body Mapping
- Recognize Triggers
- Talk It Out
- Stoplight
- Deep Breathing Tricks
- Get It Down on Paper
- Mad List
- Let It Go
Activities to Try

- Filling someone’s Bucket
- Random Acts of Kindness
- Kindness Quotes to Post and Memorize
- Class / School Service Projects

Bucket Filler Messages

To ___________,

___________________________________________
___________________________________________
From,

______________
Community Building
Time is a mirror

“The way we use our time is the truest expression of our values. Your child only gets one childhood.”

-Vicki Abeles
A fascinating study of the emotional, behavioral, psychological and physical connections that keep humans so enchanted with water."

~ *Washington Post*
Further Resources

Character.org

Commonsensemedia.org

TeachingTolerance.org
Take - Aways!

1. Uploaded on Sched

2. Give me your email - pdf and bibliography of books

3. Contact me Directly

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