

Respect

Safety

What Do You Stand For?

For Kids

A Guide to Building Character

Barbara A. Lewis

Forgiveness

Honesty

Citizenship

Fairness

Cooperation

Responsibility

Caring

Read, America! Selection

What Do You Stand For? For Kids

A Guide to Building Character

Barbara A. Lewis

Edited by Marjorie Lisovskis

free spirit
PUBLISHING®



Copyright © 2005 by Barbara A. Lewis

What Do You Stand For? For Kids was originally published in 2000 as *Being Your Best*.

All rights reserved under International and Pan-American Copyright Conventions. Unless otherwise noted, no part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without express written permission of the publisher, except for brief quotations or critical reviews. For more information, go to www.freespirit.com/company/permissions.cfm.

Free Spirit, Free Spirit Publishing, and associated logos are trademarks and/or registered trademarks of Free Spirit Publishing Inc. A complete listing of our logos and trademarks is available at www.freespirit.com.

Library of Congress Cataloging-in-Publication Data

Lewis, Barbara A., 1943-

What do you stand for? for kids : a guide to building character / by Barbara A. Lewis ; edited by Marjorie Lisovskis.
p. cm.

Includes index.

ISBN 1-57542-174-7

1. Personality development--Juvenile literature. 2. Character--Juvenile literature. I. Lisovskis, Marjorie. II. Title.
BF723.P4L47 2005
170'.83'4--dc22

2005006431

eBook ISBN: 978-1-57542-747-8

Free Spirit Publishing does not have control over or assume responsibility for author or third-party websites and their content. At the time of this book's publication, all facts and figures cited within are the most current available. All telephone numbers, addresses, and website URLs are accurate and active; all publications, organizations, websites, and other resources exist as described in this book; and all have been verified as of June 2009. If you find an error or believe that a resource listed here is not as described, please contact Free Spirit Publishing. Parents, teachers, and other adults: We strongly urge you to monitor children's use of the Internet.

Permission is granted for individual readers, parents, teachers, and group leaders to photocopy the pages included in the "List of Reproducible Pages" (page vi) for personal, home, classroom, or group work only. Photocopying or other reproduction of these materials for an entire school or school system is strictly forbidden.

Ideas from the "Make Games More Fair" activity on pages 62–63 are adapted from *Playing Smart: A Parent's Guide to Enriching, Offbeat Learning Activities for Ages 4–14* by Susan K. Perry (Minneapolis: Free Spirit Publishing, 1990) and used with permission. The suggestions on pages 143–144 for finding or designating a safe house or block parent are adapted from *Bullies Are a Pain in the Brain* by Trevor Romain (Minneapolis: Free Spirit Publishing, 1997) and used with permission.

Photo credits: p. 17—Kym Meehan; p. 28—Linda Burnside; p. 41—Janice Johnson; p. 53—Sonja Balic; p. 64—Neskowin Valley School; p. 77—Calletana Montes; p. 90—Liz Zirkle; p. 107—Sowan Bahk; p. 120—Dawn Little; p. 136—Rodney Murdoch.

Reading Level Grade 4; Interest Level Ages 8–12;

Fountas & Pinnell Guided Reading Level R

Cover and interior design: Marieka Heinlen

Illustrations: Albert Molnar

Assistant editor: Darsi Dreyer

10 9 8 7

Printed in the United States of America

V20280810

Free Spirit Publishing Inc.

217 Fifth Avenue North, Suite 200

Minneapolis, MN 55401-1299

(612) 338-2068

help4kids@freespirit.com

www.freespirit.com



Printed on recycled paper
including 30%
post-consumer waste



Free Spirit Publishing is a member of the Green Press Initiative, and we're committed to printing our books on recycled paper containing a minimum of 30% post-consumer waste (PCW). For every ton of books printed on 30% PCW recycled paper, we save 5.1 trees, 2,100 gallons of water, 114 gallons of oil, 18 pounds of air pollution, 1,230 kilowatt hours of energy, and .9 cubic yards of landfill space. At Free Spirit it's our goal to nurture not only young people, but nature too!

Dedication

To Sam, who has always had a soft heart.

Acknowledgments

My thanks to Judy Galbraith, my publisher and friend, who continues to believe in me, and who sees the whole picture. Thanks to Margie Lisovskis and Caryn Pernu, my patient and caring editors. Special thanks to the whole Free Spirit staff, who fit themselves together like pieces of a jigsaw.

I am indebted to Kristie Fink, Supervisor of Character Education, Utah State Office of Education, for editorial help and for always exemplifying what she preaches.

My gratitude to those who shared stories: The Giraffe Project; Anne Voight at the U.S. Department of Justice; Kids for Saving Earth Worldwide; my friend, Helen Schmidt; and Linda Frost.

My deep appreciation and love to my dear husband, Larry; our children, Mike, Michelle, Andrea, Chris, and Sam; and our grandchildren, Skyler, Jordie, and Drew, for constant creative inspiration.

Table of Contents



List of Reproducible Pages	vi
What's Character, and Why Do People Need It?	1
Getting to Know You	5
Caring	17
Citizenship	28
Cooperation	41
Fairness	53
Forgiveness	64
Honesty	77
Relationships	90
Respect	107
Responsibility	120
Safety	136
Glossary	153
Index	156
About the Author	164

List of Reproducible Pages



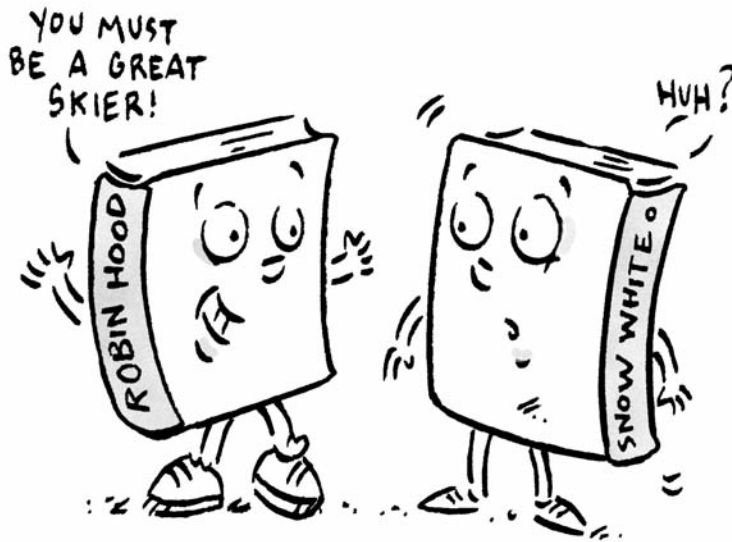
My Character Muscles	7
My Family and Friends	8
What's My Personal Style?	9
A Snapshot of Me	10–11
Building My Character Muscles	16
My Daily Plan	135
Emergency Phone Numbers	150
Home Safety Checklist	151
Let's Be Ready!	152

What's Character, and Why Do People Need It?

"I still want what I've always wanted . . .
to be the best person I can be."

—Oprah Winfrey

Have you ever heard someone say, "You can't judge a book by its cover"? What this means is that you can't tell what happens in a book without reading all the words inside. Sometimes the cover only shows a small part of what happens in the story. Sometimes it really isn't much like the story at all.



Now think about *you*. Are you like that book? When people see the *outside* you, do they know everything about

you? No, they don't. You have thoughts and feelings inside. Looking at the outside, people can't see what's in your mind and heart. They'd be mistaken if they thought they knew.

Have you ever had a teacher with a stern face who seemed unfriendly at first? Then, when you got to know her, you learned she was a very friendly, caring person inside? Her "cover" was different from the way she was inside.

This book is about the inside you—your **character**. Character means having positive qualities like caring, fairness, honesty, respect, and responsibility. We call these qualities **character traits**. This book can help you discover the positive qualities inside you. It can help you learn how to make them stronger.

What would it be like if people didn't share? If they weren't kind or honest? If they couldn't work together? If they didn't follow laws and rules? The world would be a pretty mean and lonesome place. That's one reason we have rules for living together. Strong character helps people follow the rules. But there's more to it than that. When you're caring, honest, and responsible, people respect you more. Best of all, you respect and feel proud of *yourself*. Just think about how good it feels when you share, treat someone kindly, tell the truth, or finish a job or chore.

There are many character traits you can develop. In this book, we'll talk about ten of them: *caring, citizenship, cooperation, fairness, forgiveness, honesty, relationships with family and friends, respect, responsibility, and safety*. (If you're not sure right now what each of these traits is, don't worry—you'll find out as you read.)

You don't have to be perfect. Developing strong character traits isn't easy. It takes a lifetime of courage and hard work. Now is a good time to start that work, and this book will help you. Think of it as your guide to becoming the very best person that you can be!

How to Use This Book

What Do You Stand For? For Kids is about character. The first chapter asks you to think about yourself. What is your character like? What's important to you? How well do you know yourself? Short checklists help you to decide which character traits to work on first.

Each of the remaining chapters helps you think about one positive trait. At the beginning of every chapter is a true story about a kid (or kids) who had an important experience with that character trait. You'll meet children of different ages, backgrounds, beliefs, interests, and talents. Some of them did amazing things—like Lawrence Champagne III, who saved a busload of kids. Others did kind acts—like Kanessa Sonee Johnson, who helped her classmates get along better, or Zach Zirkle, who stood up to bullies to save his brother.

Following each story, you'll read a short section that tells about the character trait in more detail. Within the chapter, you'll find quotes to get you thinking. Definitions and other background information help you understand more about the trait and why it's important. Words you need to know are highlighted in **bold** type the first time they're used, and they're explained in the chapter where they're introduced. They're also defined in the glossary (pages 153–155). As you continue reading, use the glossary to check or recheck the meaning of words.

The chapters offer ideas for you to think and talk about. Each includes a section called "What If?" which describes situations where the best choice isn't always clear. Take some time to think about these situations. You might also want to write about them, talk about them with friends and family, or even **role-play** them (act them out). They'll help you learn more about developing good character.

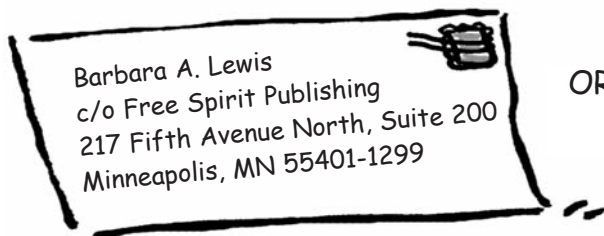
When you talk about the “What If?” situations with other people, it might help to keep these guidelines in mind:

- **First, get the facts.** Have someone read the situation out loud. Then summarize what you all heard.
- **Listen to everyone’s ideas.** Ask questions if you don’t understand.
- **Borrow and build on other people’s ideas.** This isn’t stealing ideas—it’s making them stronger. For example, if someone says, “I think the girl should talk to her teacher,” someone else might say, “To the teacher or another grown-up.”
- **Disagree respectfully.** Name-calling, put-downs, and bad language aren’t respectful. You might say, “I understand what you mean, but maybe this would work better.”
- **Remember that sometimes there might be more than one right answer.**

Each chapter has three or four activities you can do to build and practice the trait you’re learning about. You’ll also learn where to find books, Web sites, and organizations with more information about the traits.

You might decide to work on one character trait for a day, a week, or a month. Maybe you’ll work on the traits in order, or maybe you’ll jump around. Or you might dip into the book and read the parts that interest you the most. It’s up to you.

I’d like to know how *What Do You Stand For? For Kids* has helped you. Like the children in this book, you might have a story to tell. If you want to share it, please write to me:



OR Email address:
help4kids@freespirit.com
Web site:
www.freespirit.com