

CARING COLOR  
"AWARD GOLD"

**IDEA BOOK**

HEALTH FOCUS  
"GOOD NUTRITION"



# DO YOUR BEST

## IN SEPTEMBER

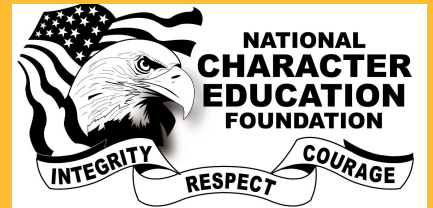


### THE CARING HABIT ADVENTURE™

Item # NCEF006-se-g

*Caring Habit Adventurists  
are saying . . .*

*"The best preparation for tomorrow  
is to do your best today!"*



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# THE CARING HABIT ADVENTURE™

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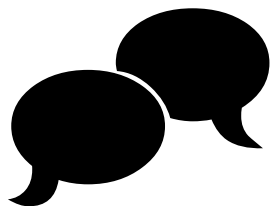
**General Activity:** Encouraging students to start the new school year right by “Doing Their Best” through various activities and by “Eating Right” through good nutrition.

**For:** Teachers

**You will need:** Your time. Your imagination. Your care.

Happy New School Year! For educators, this is the opportunity to begin again. September’s theme of “Do Your Best” is an invitation to concentrate on making our BEST efforts at home, work, play and in school. It also is a good time to strengthen student self-worth by emphasizing good nutrition and lots of sleep too.

One of the best things that you can do for your students is to reward each student’s BEST efforts with lots of praise and lots of smiles. After all, the BEST things in life are free, and so are smiles and words of encouragement! Even though a positive attitude is not always returned to you by students, your positive attitude will make your own day better.



# “DO YOUR BEST”

## WORDS - 2 - LEARN

**B**elow, is a list of vocabulary words that help and develop our understanding of the character attribute, “Do Your Best.” The caring color focus for September is AWARD GOLD because doing our best can bring rewards and awards. Included here are definitions of the following “Do Your Best” words and some suggested activities. Use these words as the basis for classroom discussions and vocabulary enrichment activities. Can your class think of other words that encourage the idea to “Do Your Best?”

List your words below these.

**ALERTNESS**

**COMMON SENSE**

**DECISION - MAKING**

**DEPENDABILITY**

**DILIGENCE**

**EDUCATION**

**EXCELLENCE**

**HONOR**

**INTEGRITY**

**MISSION / CALLING**

**ORDERLINESS**

**ORGANIZATION**

**PERSEVERANCE (\*2)**

**PROBITY**

**PUNCTUALITY / PROMPTNESS (\*1)**

**READINESS (\*3)**

**RELIABLE**

**RESPONSIBILITY**

**SELF - DISCIPLINE**

**SELF - RELIANCE (\*4)**

**STUDY**

**TRUSTWORTHINESS (\*5)**

**WISDOM**

\* used in planner with week #

# “DO YOUR BEST”

## HEALTH FOCUS

**T**he health focus for the month of September is GOOD NUTRITION. Good nutrition helps everyone “Do Their Best” because the body and brain function better with good nutrition. This month, the Health Bites in the Homework Planners will contain little reminders about practicing good nutrition. You might even want to discuss with your class, What is good nutrition? What kinds of foods are nutritious and what foods are not. Nutrition is important to total health. It is part of a healthy start to the new school year.

Here is a list of healthy “new school year” attitudes to share with your class.

1 **Eat nutritious foods**

2 **Exercise frequently**

3 **Get plenty of sleep**

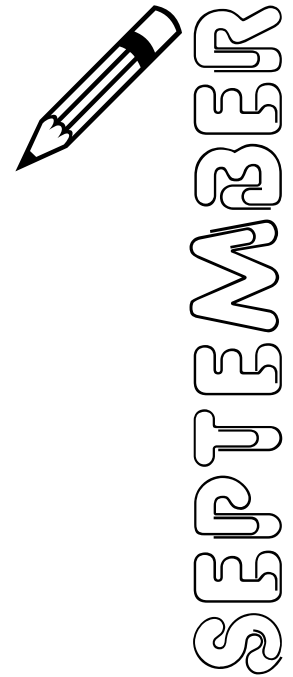
4 **Keep a positive attitude**

5 **Avoid harmful substances like cigarettes, drugs and alcohol**

6 **Be safety minded**

7 **Keep your immunizations current**

# “DO YOUR BEST” LITERACY ENRICHMENT TOPICS / PROMPTS / STARTERS



What does “Doing Your Best” truly mean to you?

How do you “Do Your Best?” (at school? at home? in your community?)

List your “Top 5” Reasons for Doing Your Best.

(To fit your time allotment change 5 to a smaller number.)

Explain how “Doing Your Best” resulted in something positive.

Write about a caring act of kindness you will do this week.

Finish this statement: I am working towards my goals this month by . . .

How can using the Caring Habit Adventure Student Planner help you to “Do Your Best?”

List one talent you would like to develop and list a plan on how you will accomplish this goal.

Have you recently read a book or watched a tv program where a character did their best?

Explain how and the outcome.

Pick a quote from your Student Planner and write 3 paragraphs explaining it, why you choose it and any facts about the person who said it. (Or see “Quotes”

Section of your Idea Book.) (To fit your time allotment change 3 to a smaller number.)

Use your imagination and draw a “Super Hero” type character representing this month’s Caring Habit. Give him/her a name, buzz-word or slogan, etc.

Write a story\* (\*song, poem or rap) using as many of this month’s Character Education Words-2-Learn as possible. They are: Alertness, Common Sense, Decision-making, Dependability, Diligence, Education, Excellence, Honor, Integrity, Mission/Calling, Orderliness, Organization, Perseverance, Probity, Punctuality/Promptness, Readiness, Reliable, Responsibility, Self-Discipline, Self-Reliance, Study, Trustworthiness, and Wisdom. (Definitions available in the “Character Education Words-2-Learn” Section of your Idea Book.)

Draw a picture or a comic strip cartoon using the “Do Your Best” theme.

**See the “Reproducible Essay Prompts” Section of the Literacy Enrichment Supplement or your Idea Book “Reproducible Section” for more fun activities!**



# “DO YOUR BEST”

## Young Adult Reading Book List (Grades 4 thru 8)

### **Banner in the Sky**



James Ramsey Ullman  
HarperCollins, 1954  
YA, Fiction (NM CS LJ BL)

Sixteen-year-old Rudi dreams of being the first to climb the Citadel, the highest mountain in Switzerland. When he has the opportunity to make his dream a reality, Rudi learns that sometimes responsibility is more important than personal goals. This Newberry Award winning adventure is still as compelling as it was when first published.

### **The Blossoms and the Green Phantom**



Betsy Byars, Illustrated by: Jacqueline Rogers  
Dell, 1988  
IL 5-8, RL 4.9, Fiction (NB BL HB BC VO)

The Blossom family’s disasters begin when Pap falls into a dumpster and can’t get out; then Junior’s secret invention doesn’t work and Vern is afraid to let his new friend meet the family. This is one of several funny books about the Blossom family by award winning author, Betsy Byars.



# “DO YOUR BEST”

## Stories and Poems

### WHAT PRICE IS GLORY?

*by Judith Viorst*

I stood on a stage  
and they gave me a medal  
For being the Best of the Bunch.  
Then Ricky Gesumaria came by  
And ate it up for lunch,  
With mustard, a pickle, two slices of rye,  
And a very nasty Crr-rr-unch.

I stood on a stage  
And they gave me a trophy  
For being the Top of the Heap.  
I waited for cheers  
But the audience had fallen asleep,  
Except for Joshua, who yelled,  
“No trophies for that creep!”

I stood on a stage  
And they gave me a plaque that  
Said I was the star of the Show.  
It weighed a hundred pounds,  
Max Goldfarb dropped it on my toe.  
And the next time someone calls my name  
And wants me to stand on the stage  
And get some prizes,  
I’ll still go.



# “DO YOUR BEST”

## Inspiring Quotes

(Listed alphabetically by Author's Last Name)

Use these quotations in morning announcements, and for radio spots, closed circuit television, monthly calendars or other forms of communications during the month. Other activities using quotes are listed in the Activities Section of this Idea Book.

All experience is an arch, to build upon.

HENRY BROOKS ADAMS, AUTHOR, THE EDUCATION OF HENRY ADAMS

This I can now truly say, that so long as I have lived, I have striven to live worthily, and after my death, to leave my memory to my descendants in good works.

ALFRED THE GREAT

Success may involve talent, but excellence involves you.

ALVIN AILEY - DANCE COMPANY

Those who have imagination without learning have wings but no feet.

AUTHOR UNKNOWN

The two hardest things to handle in life are failure and success.

AUTHOR UNKNOWN

He who likes cherries, soon learns to climb.

ANONYMOUS FRENCH PROVERB

What makes excellence? Mastery of fundamentals.

AUTHOR UNKNOWN

Begin your day the night before. Plan ahead.

AUTHOR UNKNOWN

Eating the right foods can make the world a healthier place to live.

JULIA ANSELMO, GRADE 1, SHADYSIDE, PA


Failure is impossible.

SUSAN B. ANTHONY

# SEPTEMBER - Do Your Best® PUZZLE

Each number is matched with a letter of the alphabet, but not in the order that we know them. Using the chart below, match the letters to the numbers to spell out messages that will inspire you to "Do Your Best®".

1	2	3	4	5	6	7	8	9	10	11	12	13
S	T	L	M	V	Z	N	U	W	A	X	K	C
14	15	16	17	18	19	20	21	22	23	24	25	26
I	O	E	Q	J	F	Y	G	H	P	R	D	B



2 22 16 26 16 1 2 23 24 16 23 10 24 10 2 14 15 7 19 15 24

2 15 4 15 24 24 15 9 14 1 2 15 25 15

20 15 8 24 26 16 1 2 2 15 25 10 20

10 13 13 15 4 23 3 14 1 22 4 16 7 2 1

22 10 5 16 7 15 13 15 3 15 24



9 22 10 2 16 5 16 24 14 1 9 15 24 2 22 25 15 14 7 21 10 2

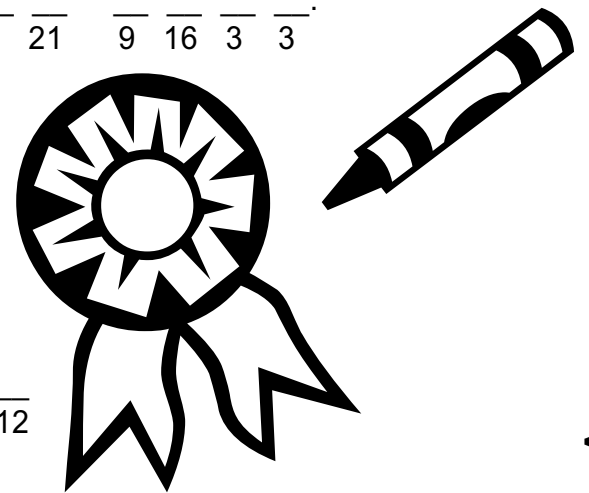
10 3 3 14 1 9 15 24 2 22 25 15 14 7 21 9 16 3 3

2 22 16 15 7 3 20 23 3 10 13 16

9 22 16 24 16 1 8 13 13 16 1 1

13 15 4 16 1 26 16 19 15 24 16 9 15 24 12

14 1 14 7 10 25 14 13 2 14 15 7 10 24 20



In **September** and all year long **“Do YOUR BEST™”**.

DO YOUR BEST

September *Award Gold*



BE PATIENT AND LISTEN

October *Slow-Down Lavender*

SHOW A POSITIVE ATTITUDE

November *Sunny Yellow*

CELEBRATE COMMUNITY,  
FAMILY & FRIENDS

December *Ever Green*

LEND A HAND

January *Gentle Aqua*

YOU COUNT

February *WOW! Fuchsia*

RESOLVE CONFLICTS

March *Dove White*

TAKE CARE OF  
OUR ENVIRONMENT

April *Spring Green*

BE APPRECIATIVE

May *Grateful Pink*

“**LIFE** does not require us to be

**THE BIGGEST** or **THE BEST,**

*it asks only that we*

**TRY OUR BEST.”**

The only place where

**SUCCESS** comes before **WORK**

is in a dictionary.

-Vidal Sassoon

**WE ARE WHAT WE repeatedly DO,**

**Excellence then, is not an art**

**but a HABIT.**

-Aristotle

### Information about **THE CARING HABIT ADVENTURE™**...

The Caring Habit of the Month Adventure™ is an award winning academic improvement and school performance system based on multi-media technologies. Independent 2001-2003 evaluation studies by the University of Pittsburgh Graduate School of Public Health have concluded “**the number of honor role and high honor role students is increasing in Caring Habit Schools while indicators of disciplinary actions are declining.**”

Caring Habit youth, staff and families, are surrounded by a positive, monthly routine of multi-media messages that promote successful academics, mutual respect, and character development. Caring Habits media strategies lighten the teaching load on staff and reduce classroom disruptions. It's predictable routine and monthly focus organizes and increases the effectiveness of other curriculum. Together academics are improved, work force skills are reinforced and disciplinary problems and bullying are reduced.

Materials are available for K-6 and for alternative schools, after-schools, service groups, and the surrounding community. The prepared environment media materials include display items, student items and staff “idea” books, plus materials to involve and include families and communities. The supporting book, *Join The Golden Rule Revolution*, encourages family involvement and is available at [amazon.com](http://amazon.com) or local bookstores. If you have an idea to contribute or for more information, contact us at: **www.ncef.net** or **Toll Free 866.770.6233**



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