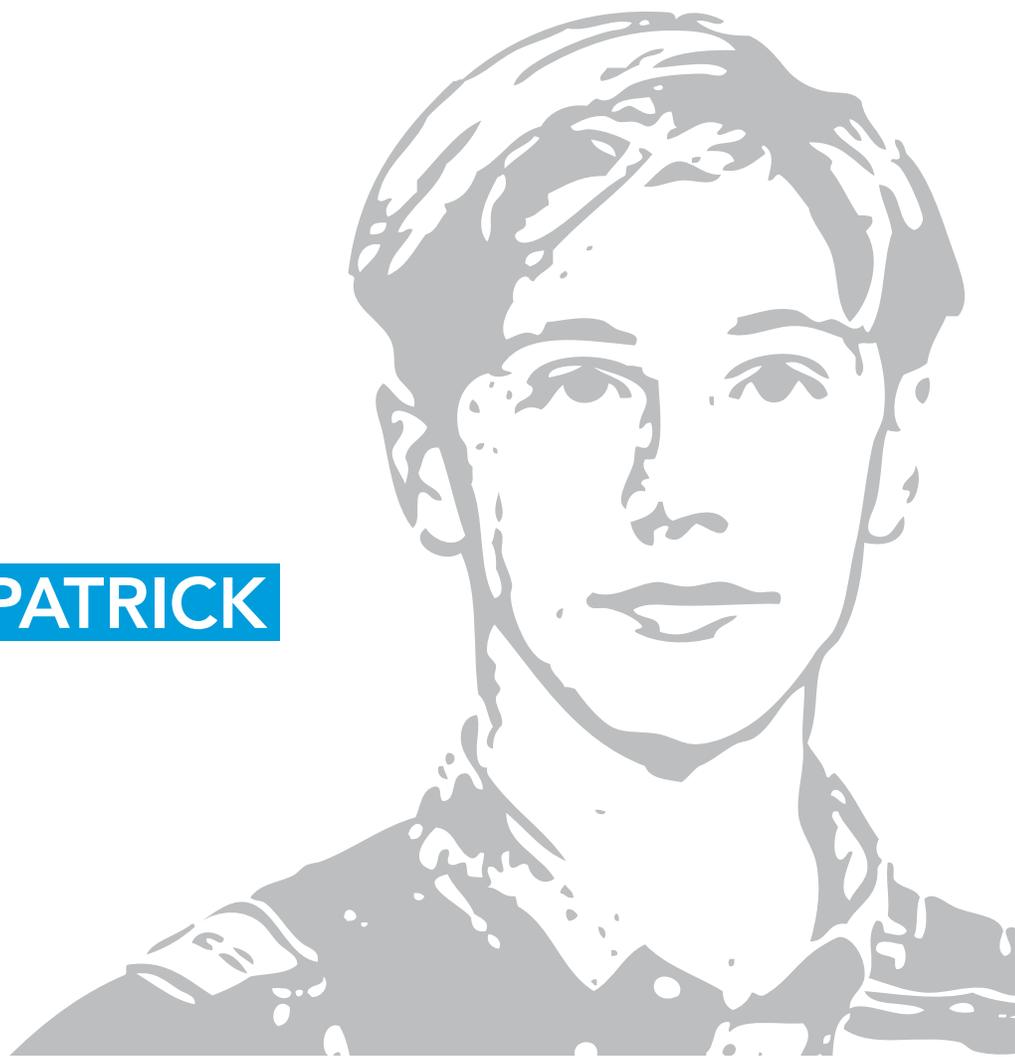




**PARTICI-PATRICK**

Virtues



**24**  
**Patrick**  
4 life pour la vie



## Virtues:

We have chosen anchor texts so that teachers can use a “theme concept chart” or other literacy strategy with a selected read aloud each week to highlight that virtue. Two of the virtues, courage and humility, are also part of the Grandfather teachings.

### NOTE:

- The signs of each trait were largely taken or adapted from “The Virtues Project”; PRO-ED Inc. 2000 – [www.proedinc.com](http://www.proedinc.com)”
- Quotes were collated from “Growing Character” by: Deb Austin Brown; Character Development Publishing 2003 – [www.CharacterEducation.com](http://www.CharacterEducation.com)”
- Some of the activities were taken or adapted from “Teaching Character: Teacher’s Idea Book” by: Anne C. Dotson & Karen D. Wisont; Character Development Group 1997
- Another excellent source for books is: <http://atn-reading-lists.wikispaces.com/Genre>

## NEW starting this year...

To log the classes progress during the 10 week program, we have included in the teacher guide PDFs for classes and individual students to log their weekly activity. Some participating classes may want to do one collective class journal OR some may have each student complete their own activity journal. We provided both options for you to make it easy. We recommend that if you are having each student complete their own journal, print out the form double sided and put in a red duotang so the students can log their progress.



## COURAGE

**Courage** is doing what needs to be done even when it is very scary or difficult for you to do.

Have the courage to try a new activity that you have never tried before and take pride in your bravery. Including a new person into your group as you play a game takes courage.

### Signs of Courage:

- Doing what is right for you even when it is hard or scary
- Willing to try new things
- Admitting to and learning from mistakes
- Making amends when you do wrong; asking for help

### Activity:

Write/draw or verbally share a personal story about a time when you or someone you know was courageous.

### Quotes:

- *“When everything seems to be going against you, remember that the airplane takes off against the wind – not with it.”*  
- Henry Ford
- *“One man with courage makes a majority.”* - Andrew Jackson
- *“You may have to fight a battle more than once to win it.”* - Margaret Thatcher
- *“Don’t do what’s easy...do what’s right!”* - Maw Great

### Books to consider:

- The Grandfather Teachings (David Bouchard)
- Rose Blanche (Christine Gallaz and Roberto Innocenti)
- The Butterfly (Patricia Polacco)
- Erika’s Story (Robert Innocenti)
- Terry Fox- A Story of Hope (Maxine Trotter)
- The Empty Pot (Demi)
- Ghost Train (Paul Yee)
- Boy in Motion: Rick Hansen’s Story (Ainslie Manson)
- Sky Sisters (Jan Bourdeau Waboose)
- Sweet Clara and the Freedom Quilt (Deborah Hopkinson)
- The Orange Shoes (Trisha Habes-Nobel)
- The Librarian of Basra (Jeanette Winter)
- Very Last First Time (Jan Andrews and Ian Wallace)
- Trio Book Series

Learn about HIV and AIDS.

I Believe in Patrick’s Wish: Zero AIDS



## THANKFULNESS

**Thankfulness** is an attitude of gratitude for learning, loving and being.

Thank people who help you each day, especially if they help you perform your activities. Make them feel appreciated.

### Signs of Thankfulness:

- Appreciating your own abilities instead of envying others
- Appreciating the beauty of the world
- Appreciating others

### Activities:

- Keep a record of how many times you say “Thank you” in one day.
- Ask a member of your family or friend to tell you 3 things he/she is thankful for.
- Write the name of each student on the top of a piece of paper. Circulate to each classmate who writes one thing he/she is thankful about regarding that classmate. One teacher gives these out on the child’s birthday.

### Quotes:

- *“The good news is that the bad news can be turned into good news when you change your attitude!”* - Robert Schuller
- *“Giving thanks is a course from which we never graduate.”* - Valerie Anders
- *“Winners in the game of life have an attitude of gratitude!”* - Coach Jayson Gee
- *“Look for the good in people and expect to find it.”* - William Shakespeare

### Books to consider:

- Thank you Mr. Falker (Patricia Polacco) Chicken Sunday (Patricia Polacco)
- Legend of the Blue Bonnet (Tomie De Paola)
- Memory String (Eve Bunting)
- The Secret of Saying Thanks (Douglas Wood)
- The Gift of the Sacred Dog (Paul Noble)

You can't get HIV by touching, hugging or sharing food or drinks.

You can't get HIV from getting or giving blood in the developed world or from getting needles at the doctor's office.



## ACCEPTANCE

**Acceptance** is the recognition of individual ideas, views and beliefs. You appreciate the diversity, opinions and practices of others by understanding and accepting differences.

When you are performing an activity with someone or by yourself, remember we all do things differently and with different levels of skills, just appreciate that everyone is unique. Welcome every attempt.

### Signs of Acceptance:

- Accepting differences
- Being free of prejudice
- Making others feel included by reaching out to them
- Accepting people the way they are

### Activity:

5 +1 chart – use this chart to examine the perspectives of different characters in a text

### Quotes:

- *“When we turn to each other, and not on each other, that’s victory.”* - Jesse Jackson
- *“Look for the best in others... and yourself!”* - Deb Austin Brown.

### Books to consider:

- The Moccasin Goalie (William Roy Browridge)
- Riding the Tiger; Train to Nowhere; Smoky Night (Eve Bunting)
- How Smudge Came (Nan Gregory)
- My Friend Isabelle (Eliza Woloson)
- Rag Coat (Lauren Mills)
- Rosa Parks: From the Back of the Bus to the Front of a Movement (Camilla Wilson)
- Chicken Sunday (Patricia Polacco)
- The Name Jar (Yansook Choi)
- The Goat Lady (Jane Bregoli)
- Too Perfect (Trudy Ludwig)
- The Other Side (Jaqueline Woodson)
- Do Princesses Wear Hiking Boots (Carmela LaVigna Coyle)
- Listen to the Wind: The Story of Dr. Greg and Three Cups of Tea (Greg Mortenson and Samuel L.Roth)
- Best of All (Max Lucodo); You Are Mine (Max Lucodo)

There is no cure for HIV or AIDS.

It’s important to learn about HIV because it is a preventable virus.





## EXCELLENCE

**Excellence** is giving your best to any task you do or any relationship you have.

Always walk away from any activity knowing that you have given it your best effort.

### Signs of Excellence:

- Giving your best at whatever you do
- Giving your best to relationships
- Setting realistic goals
- Developing your special gifts/talents
- Practicing to get better
- Not trying to do everything

### Activity:

Have students make a collage or write an acrostic poem or rap of the things that they excel at.

### Quotes:

- *“Always do right. This will gratify most people and astonish the rest.”* - Mark Twain
- *“Always follow through. Stopping at third base doesn’t add any more to the score than striking out.”* - Babe Ruth
- *“The difference between mediocrity and excellence is hard work, perseverance, and good character.”* - Deb Austin Brown
- *“Excellence is not an act but a habit. The things you do the most are the things you will do best.”* - Marva Collins
- *“The price of success is really much lower than the price of failure.”* - Zig Ziglar

### Books to consider:

- Autobiographies (Reaching Readers Series)
- Miss Rumphius (Barbara Cooney)
- The Paper Boy (Dav Pilkey)
- Sky Sisters (Jan Bourdeau Waboose)
- A River Ran Wild (Lynne Cherry)
- Standing Outside the Fire – Music video Garth Brookes

HIV is 100% preventable.

Medical scientists are working to find a cure for HIV.



## SELF-DISCIPLINE

**Self-Discipline** is getting yourself to do what is really best for you.

Think about an activity that would help you and then put your plan into action. Do not sit back, the quicker you get up and going the faster you will be spelling “PATRICK”.

### Signs of Self-Discipline:

- Speaking and acting calmly when you are hurt or angry
- Getting things done in an organized and efficient way
- Doing what is expected of you without being asked
- Doing things on time

### Activities:

- Pick a small, personal goal for the week and work at accomplishing it.
- Brainstorm situations where students are subjected to peer pressure and role play skits where they stand up for themselves.

### Quotes:

- *“Little by little does the trick.”* - Aesop
- *“Even if you are on the right track, you will get run over if you just sit there.”* - Will Rogers
- *“Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself.”* - Henry Ward Beecher
- *“Always give a 100% effort in anything that you do whether it’s in sports or in school. That’s all anybody can ask of you. But if you don’t, then you’re only cheating yourself.”* - Horace Grant
- *“You are what you are today because of the choices you made yesterday.”* - Steven Covey
- *“Well done is better than well said.”* - Benjamin Franklin
- *“You miss 100% of the shots you never take.”* - Wayne Gretzky

### Books to consider:

- The Name of the Tree (Celia Lottridge)
- Stellanuna (Janell Cannon)
- Mirette on the Highwire (Emily Arnold McCulley)
- Terry Fox- A Story of Hope (Maxine Trotter)
- The Paper Boy (Dav Pilkey)
- Strego Nona (Tomie de Paola)
- The Whispering Cloth (Pegi Deitz-Shea)
- The Empty Pot (Demi)
- A Day’s Work (Eve Bunting)

Your health is in your hands.  
Learn how to protect yourself from HIV.



## UNITY

**Unity** means allowing yourself to be connected to everything and everyone.

Reach out and get someone else to perform an activity with you. Doing something together makes activity fun. Be the link that ties us all together.

### Signs of Unity:

- Treating all people as members of one human family
- Seeing the gifts in differences
- Refusing to join in when others express prejudice
- Solving conflict through listening and finding solutions
- Caring for the earth and all living things
- Acting as a peacemaker wherever you go

### Activities:

- Connection Africa (see attachments further along)
- Have students interview their parents or grandparents about their heritage and share at the end of the week; share a food that represents their nationality
- Group Poster Advertising Unity or the listed signs of unity (Present to class)
- Whole class hoola hoop – join hands in a circle chain, add a hoola hoop between two people, reclose hands, make hoola hoop pass through everyone without breaking the human circle chain. If wheelchair or walker present begin and end at that person so no need to pass it through
- Create a quilt, in math using fractions, attach everyone's pieces in a quilt; School unity day...everyone wears school colours.

### Quotes:

- *"Teamwork is the best work."* - Deb Austin Brown
- *"Hold a true friend with both of your hands."* - Nigerian proverb
- *"Everyone living together in peace and harmony and love – is the goal we all should seek."* - Rosa Parks
- *"Coming together is a beginning, keeping together is progress; working together is success."* - Henry Ford
- *"Alone we can do so little; together, we can do so much."* - Helen Keller

### Books to consider:

- Who will cuddle them when they sleep? (Paige Pedlar)
- The Gift of the Sacred Dog (Paul Goble)
- The Yellow Star: The Legend of King Christian X of Denmark (Carmen Deedy)
- The Other Side (Jacqueline Woodson)
- For Every Child (Caroline Castle; John Burningham)

- Let There be Peace on Earth (Jill Jackson)
- The Butterfly (Patricia Polacco)
- Old Turtle (Douglas Wood); Old Turtle and the Broken Truth (Douglas Wood)
- Henry and the Kite Dragon ( Bruce Edward Hall)
- Walking to School; Smoky Night (Eve Bunting)
- The Name Jar (Yangsook Choi)
- Listen to the Wind: The Story of Dr. Greg and Three Cups of Tea (Greg Mortenson and Samuel L.Roth)
- The Final Game (William Roy Brownridge)

You cannot tell if someone is infected with HIV just by looking at them.

Together we will continue to work toward Patrick's Wish: **Zero AIDS.**



## HUMILITY

**Humility** means you are willing to serve others and consider their needs as important as your own.

Encourage others to get excited about an activity and make them feel a part of it.

### Signs of Humility:

- Apologizing and making amends when you do something wrong
- Learning from your mistakes and changing for the better
- Asking for help when you need it
- Doing your best for yourself
- Not to impress anyone
- Being grateful instead of boastful

### Activities:

- Choose to “serve” someone in some small way for one week; complete a group task to help a person in the community eg. Rake leaves, plant flowers.

### Quotes:

- *“It is better to do a good job than to talk about it. We should always do our best.”* - Benjamin Franklin
- *“If we were supposed to talk more than we listen, we would have two mouths and one ear.”* - Mark Twain
- *“We are here to help one another along life’s journey.”* - William Bennett
- *“I never learn anything from talking. I only learn when I ask questions.”* - Lou Holtz
- *“There is joy in transcending self to serve others.”* - Mother Teresa

### Books to consider:

- Dreambirds (David Ogden)
- A Day’s Work (Eve Bunting)
- The Tower (Richard Paul Evans);
- Fool Moon Rising (Kristi Fluharty)
- Jingle Dancer (Cynthia Leitich Smith)
- Saint Francis of Assisi (Robert F. Kennedy Jr.)
- Ghandi (Demi)
- Sparrow’s Song (Ian Wallace)
- The Quiltmakers Gift (Jeff Brumbeau)
- Listen to the Wind: The Story of Dr. Greg and Three Cups of Tea (Greg Mortenson and Samuel L.Roth)

**HIV is here and now.**

There still is no cure, but you can prevent HIV.



## COMPASSION

**Compassion** is caring deeply and wanting to help.

Doing chores around your house or neighbourhood not only keeps you active, they are also the right things to do as you are lightening the loads of others.

### Signs of Compassion:

- Noticing when someone is hurt or needs a friend
- Taking the time to show that you care
- Asking how someone is and listening patiently
- Forgiving others when they make mistakes
- Helping someone in need

### Activities:

See how many random acts of kindness you can do this week. Observe acts of compassion in the class or school and announce the act during morning announcements or have a bulletin board to acknowledge the act of compassion.

### Quotes:

- *“Our rewards in life will always be in exact proportion to the amount of consideration we show towards others.”* - Earl Nightingale
- *“Let us make one point – that we meet each other with a smile – even when it is difficult to smile.”* - Mother Teresa
- *“When one helps another, both are strong.”* - German proverb
- *“Three things in human life are important. The first is to be kind. The second is to be kind. And, the third is to be kind.”* - Henry James
- *“Kindness is the golden chain by which society is bound.”* - Goethe
- *“No act of kindness, no matter how small, is ever wasted.”* - Aesop
- *“Small things done with great love bring joy and peace.”* - Mother Teresa
- *“The best way to have a friend is to be a friend.”* - Ralph Waldo Emerson

### Books to consider:

- The Mud Pony (Carol Lee Cohen)
- Christmas in the Trenches (John McCutcheon)
- Learning about compassion from the life of Florence Nightingale (Kiki Masher)
- Lily and the Paper Man (Rebecca Upjohn)
- Wilfrid Gordon McDonald Partridge (Mem Fox)
- Fox (Margaret Wild)
- A Chair for my Mother (Vera Williams)

- Mama: A True Story (Jeanette Winter)
- The Great Kapok Tree (Lynne Cherry)
- The Lemonade Club (Patricia Polacco)
- The Stranger (Chris Van Allsburg)
- Fly Away Home (Eve Bunting) ; A Day's Work (Eve Bunting)
- Sadako (Eleanor Coerr)
- Don't Laugh at Me (Steve Seshkim and Allen Shomblin)
- It Takes a Child (Craig Kielburger)
- For Every Child (Caroline Castle)
- The Quiltmaker's Gift (Jeff Brumbeau)
- Listen to the Wind: The Story of Dr. Greg and Three Cups of Tea (Greg Mortenson and Samuel L. Roth)
- Victory at Paradise Hill (William Roy Brownridge)

I will support a friend with HIV.  
I care.



## ENTHUSIASM

**Enthusiasm** is doing something wholeheartedly with zeal and eagerness.

No matter what activity you decide to do each day, if you face it with excitement then your positive attitude will make you feel better.

### Signs of Enthusiasm:

- Smiling, laughing and enjoying what you do
- Showing a positive outlook
- Thinking of imaginative ways to get things done
- Enjoying life

### Activities:

List the top 5 things that you get enthusiastic about. Make a cheer or chant to present on the Day of Champions. Add a gym/dance component by adding actions or movements to cheers.

### Quotes:

- *"Virtually nothing on earth can stop a person with a positive attitude who has his goal clearly in sight."* - Denis Waitley
- *"Few things in the world are more powerful than a positive push. A smile. A word of optimism and hope. A 'You can do it' when things are tough."* - Richard M. DeVos
- *"Thinking positively and optimistically will not only make you happier, it will make you healthier."* - Michael A. Mitchell
- *"No one ever injured his eyesight by looking on the bright side of things."* Helen Keller
- *"Shoot for the moon. For even if you don't make it, you will land among the stars."* - Mary Kay Ash

### Books to consider:

- How Full is Your Bucket (Tom Rath)
- The Other Side (Jaqueline Woodson)
- Jeremiah Learns to Read (Jo Ellen Bogart)
- Amos and Boris (William Steig)
- That Book Woman (Heather Henson)
- Koala Lou (Mem Fox)
- Do Princesses Wear Hiking Boots (Carmela LaVigna Coyle)
- The Final Game (William Roy Brownridge)

Education is the way to prevent HIV.

Share what you've learned about HIV/AIDS with your family and friends.



## DETERMINATION

**Determination** is using your willpower to do something even when it isn't easy.

Try a new activity and if you are not sure whether you like it or not, give it a chance before you change to something else. Always follow through with your commitment to stay healthy.

### Signs of Determination:

- Setting and achieving your goals
- Focusing your attention on what you're doing or trying to achieve
- Asking for help when you need it
- Keep going even when things get difficult
- Finishing what you start

### Activity:

Create a challenging task and experience the determination it takes to see the task to the end eg. Build the tallest tower out of a deck of cards.

### Quotes:

- *"Character consists of what you do on the third and fourth tries."* - James A. Michener
- *"I think I can... I know I can."* - The Little Engine that could
- *"It is always too soon to quit."* - Norman Vincent Poole
- *"Keep your feet on the ground, your nose to the grindstone, and your eye on the sky."* - Phyllis Diller
- *"Even the woodpecker owes his success to the fact that he uses his head and keeps pecking away until he finishes the job he has started."* - Coleman Cox
- *"If you can dream it, you can do it."* - Walt Disney
- *"Never take the easy the way out."* - Aaron Craver
- *"People with goals succeed because they know where they are going."* - Earl Nightingale
- *"Great works are performed not by strength, but by perseverance."* - Samuel Johnson
- *"Nothing in this world can take the place of persistence."* - Calvin Coolidge
- *"Determination and perseverance move the world; thinking that others will do it for you is a sure way to fail."* - Marva Collins
- *"With ordinary talent and extraordinary perseverance, all things are attainable."* - T.F. Buxton

### Books to consider:

- Ghost Train (Paul Yee)
- One More Border (Kaplan)
- The Librarian of Basra (J. Winter)
- Leonardo's Dream (Hans de Beer)

- Clorinda (Robert Kinerk)
- The Carpet Boy's Gift (Pegi Deitz-Shea)
- Beatrice's Goat (Lori Lokstoeter)
- One Hen (Katie Milway)
- Duncan's Way (Ian Wallace)
- Koala Lou (Mem Fox)
- Listen to the Wind: The Story of Dr. Greg and Three Cups of Tea (Greg Mortenson and Samuel L.Roth)
- Terry Fox - A Story of Hope (Maxine Trotter)

Let's keep talking about  
HIV/AIDS.

HIV/AIDS awareness and education  
is important.



# PARTICI-PATRICK

COURAGE · THANKFULNESS · ACCEPTANCE · EXCELLENCE · SELF-DISCIPLINE  
UNITY · HUMILITY · COMPASSION · ENTHUSIASM · DETERMINATION

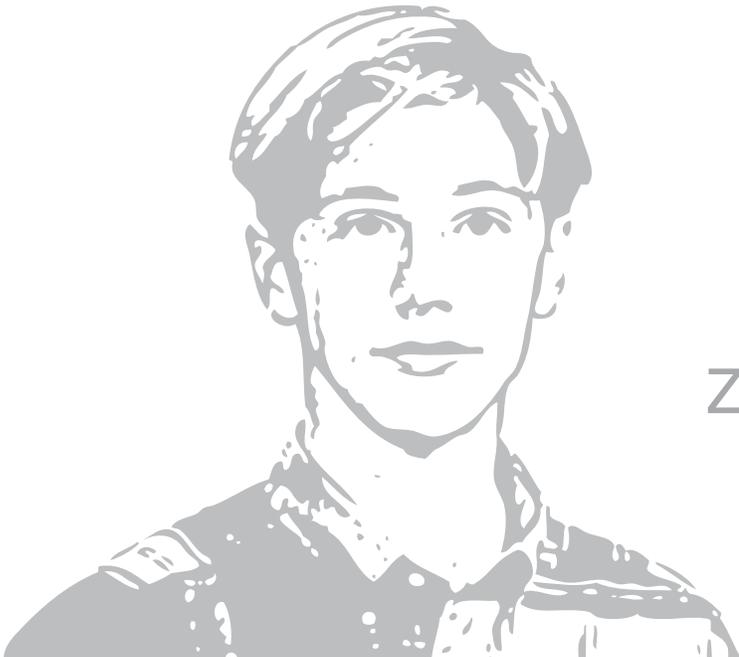
## Student Weekly Activity Journal

Name: \_\_\_\_\_

Week: \_\_\_\_\_

Virtue: \_\_\_\_\_

DAY	ACTIVITY	Kilometers (20 Min. of activity = 1KM)
M		
T		
W		
T		
F		
		<b>TOTAL</b> _____
		How many KM's to go? _____



# ZERO AIDS / ZÉRO SIDA



# PARTICI-PATRICK

COURAGE · THANKFULNESS · ACCEPTANCE · EXCELLENCE · SELF-DISCIPLINE  
UNITY · HUMILITY · COMPASSION · ENTHUSIASM · DETERMINATION

## Classroom Weekly Activity Journal

Week: \_\_\_\_\_

Virtue: \_\_\_\_\_

DAY	ACTIVITY	Kilometers (20 Min. of activity = 1KM)
M		
T		
W		
T		
F		

TOTAL

How many KM's to go?

# ZERO AIDS / ZÉRO SIDA

