

Using the Keys

An Extension Activity Guide



This activity guide aims to extend the learning of the ***Keys 2 Empower & Grow*** web app.

While the web app program is self-guided, this activity guide recommends adult participation. The guide covers the seven topics from the ***Keys 2 Empower & Grow*** program: Good Character, Positive Thinking, Honesty, Making Good Choices, Citizenship, Personal Best, and Friendship. There is no order to follow, and you do not have to complete every activity for each topic. You are encouraged to modify any activity to meet the needs of the learner. You will note that some activities should be completed individually, while others can be done in a group format.

Keys 2 Empower & Grow is not associated with any of the sources contained in this guide. **This activity guide is provided for educational purposes only.**

Good Character

Module Overview	Examine why building good character and using manners will help you to grow into the best version of yourself.
Focus Words	Kind, respectful, confident, helpful, and responsible
Wise Words	“Good character is not formed in a week or a month. It is created little by little, day by day.” Heraclitus (Greek Philosopher)
Extension Questions (Individual)	<p>Share how you think your friends will impact your character.</p> <p>If a leader does not show good character, will you still follow them? why or why not?</p> <p>Why is using good manners a sign of showing respect?</p>
Discussion Prompts (Group)	<p>If you have a friend that is always telling you about things that are not good for you, what should you do?</p> <p>How is the change in your character possible if you begin to use the Recharge Your Battery tools? (Journaling, quiet time, and movement)</p>
Extension activities	<p>Using 9 index cards, create situations that would use the Recharge Your Battery tools (one situation on each card). Mix up the cards. Have the participant read each card and organize them according to each Recharge Your Battery tool category (journaling, quiet- time, and movement).</p> <p>Create a Quizlet.com or Kahoot.com with all the focus words, and Recharge Your Battery tools to help you keep learning about good character. (It is okay to add more words that relate to Good Character).</p> <p>25 Reasons to Be Thankful https://www.youtube.com/watch?v=yA5Qpt1JRE4 After viewing the video, share your thoughts with a friend or family member regarding what you learned from the video.</p>
Writing Prompt	<p>Today you will be helpful by...</p> <p>My idea of fun will be...</p> <p>I will do my best at school tomorrow by....</p> <p>Journalbuddies.com (journal writing resource)</p>
Resource	Book- <i>But It’s Not My Fault</i> (by Julia Cook)

Making Good Choices

Module Overview	Creating habits and learning ways that will support you in making good choices.
Focus Words	Problem-solving, Choices, Decision making
Wise Words	"Sometimes it's the smallest decisions that can change your life forever." - Keri Russell (Actress)
Extension Questions (individual)	<p>Explain a small decision that could change your life forever.</p> <p>What is the difference between a choice and a decision? Are they the same? Explain</p>
Discussion Prompts (group)	<p>If someone gave you a gift to choose between an hour a day of playing video games or participating in a chess tournament, which would you choose and why?</p> <p>What information do you use to determine what choices you will make throughout the day?</p>
Extension activities	<p>Use paper to create a 3 x 3 grid choice board (by hand or computer). Fill the boxes with activities that are important to you. Mark each box as you complete the activity. Celebrate when you have completed 3 activities in a row. In your journal, write how you were feeling as you completed the activities. Celebrate a job well done!</p> <p>(Examples-I will make my bed every day this week, finish my homework before I play, or I will volunteer to help the teacher in class)</p>
Resources	<p>Decision-making video https://www.youtube.com/watch?v=WtI-32tqlxw</p> <p>Mindful choices https://www.youtube.com/watch?v=yTgNM5wGr2E</p> <p>Book: What Should Danny Do? (By Ganit & Adir Levy)</p>

Positive Thinking

Module Overview	Understand the power you have when you choose to think in a positive way
Focus Words	Thoughts, Positive Thinking, Emotions, and Habits
Wise Words	"One small positive thought can change your whole day."- Zig Ziglar (Author)
Extension Questions (individual)	<p>Give an example of a bad habit; explain what you can do to turn this bad habit into a good habit.</p> <p>When your emotions are low or you are feeling sad, provide examples of what you can do to make things better.</p>
Discussion Prompts (group)	<p>You have a friend who never speaks in a positive way. As a friend, what can you do?</p> <p>As a leader, how does using positive words help your team?</p>
Extension activities	<p>Perform 3 random acts of kindness this week: (Examples: help your teacher, help make dinner, and help your brother or sister with their homework.</p> <p>Write in your journal and compare how you felt after each random kindness activity.</p>
Writing Prompts	<p>It is a good idea to be positive because.....</p> <p>When someone is using "stinkin thinkin" I will.....</p> <p>Journalbuddies.com (journal writing resource)</p>
Resources	<p>10 Positive Thinking Exercises You Can Start Today https://www.youtube.com/watch?v=_z43GC-g5c</p> <p>Movie Trailer- <i>The Pursuit of Happyness</i> https://www.youtube.com/watch?v=TsPtZ8IA4Bc</p>

Honesty

Module Overview	Participants are given tools to help them understand why honesty is an important character-building skill.
Focus Words	Dishonest, rude, and honest
Wise Words	"Honesty is the best policy." (Benjamin Franklin, Inventor)
Extension Question (individual)	Why do you think it is important for children to be honest?
Discussion Prompt (group)	Abraham Lincoln was the 16 th President of the United States. Some people called him Honest Abe. Research and discuss why he was nicknamed Honest Abe.
Extension activities	<p>Use index cards to make up relevant scenarios that depict chances for participants to demonstrate honesty. (Example: Mom thanks you for taking out the trash but it was your brother who took out the trash, not you. What do you do?)</p> <p>Review the quotes below and interpret them using your own words.</p> <p>"Once you start telling lies, all your truths become questionable." (Unknown)</p> <p>"A half-truth is a whole lie." (Yiddish proverb)</p>
Resources	<p><i>The Empty Pot</i> by Demi</p> <p><i>The Boy Who Cried Wolf</i> by B. G. Hennessy</p> <p><i>Abe's Honest Words: The Life of Abraham Lincoln</i> by Rappaport and Nelson</p>

Friendship

Module Overview	To understand the qualities of good friendship
Focus Words	Friends, patience, generous, caring, and positive
Wise Words	“The only way to have a friend is to be one.” Ralph Waldo Emerson (Poet)
Extension Question (individual)	Explain the difference between a friend and a best friend.
Discussion Prompt (group)	With a group of friends, watch the movie <i>Toy Story 4</i> . Examine or look at the friendship between Woody and Buzz Lightyear. Compare and contrast their friendship with you and your friends. How are the friendships alike and how are they different?
Extension activities	Analyze what makes you a good friend. On a sheet of paper, write the word FRIEND down the left margin as shown. Think of all the things that make you a good friend. As an extra challenge, write the characteristics that begin with each letter in the word friend. F _____ R _____ I _____ E _____ N _____ D _____
Resources	<i>Peanut Butter & Cupcake</i> by Terry Border <i>How to be a friend: A guide to making friends and keeping them</i> by Laurie Krasny Brown and Marc Brown <i>The kids’ book of friends: How to make friends and be a friend</i> by Stephenson and Kariyawasam <i>How to lose all your friends</i> by Nancy Carlson https://youtu.be/OoHdwUEfBts Kid President’s Guide to Making New Friends

Personal Best

Module Overview	Learning to stretch yourself to do your Personal Best and how it applies to your life.
Focus Words	Personal Best
Wise Words	“When someone is cruel or acts like a bully you don't stoop to their level. No, our motto is: When they go low, we go high.” - Michelle Obama (Former First Lady)
Extension Questions (individual)	Do you think working alone will help you achieve your personal best? How do you think being your best will help you be a good leader?
Discussion Prompts (group)	Explain why comparing yourself to others will not help you in being your best. Discuss at least two reasons why quitting is not an option when you are doing your personal best.
Extension activities	Time yourself for 1-2 minutes; see how many ways you can come up with to help others be their best. Check your listening skills by playing the Listening Game: Get 2 or 3 of your friends and start by whispering a sentence in the first person's ear. Have them pass the sentence to the next person. The last person must repeat the sentence to see if everyone was listening correctly. Remind everyone to whisper quietly!
Writing Prompts	Being my personal best helps me... I can help others do better by... Journalbuddies.com (journal writing resource)
Resources	www.kidsinthehouse.com YouTube: Kid President Pep Talk Leadership https://youtu.be/KdL4o7wU0CQ

Citizenship

Module Overview	Learning what citizenship looks like in your family, school, and community.
Focus Words	Citizen and Citizenship
Wise Words	You are a citizen and citizenship carries responsibilities. - Paul Collier (Professor)
Extension Questions (individual)	<p>Explain how your involvement in your family, school, and community show good citizenship.</p> <p>Can you think of at least two things that the students at your school could do together to be good citizens in the community?</p>
Discussion Prompts (group)	<p>If everyone is doing their part in your family, at your school, and in the community, is it okay for you not to do your part? Explain why or why not.</p> <p>Can you think of something to do in your community that will make it a better place to live?</p>
Extension activities	<p>Create a plan for you and your family to volunteer once a month at a food pantry or animal shelter.</p> <p>Visit the elderly at a local nursing home to talk, play games, or read to them.</p>
Writing Prompts	<p>Explain what it means to you to be a good citizen.</p> <p>Do you think the world will be a better place if everyone did their part in the community? Why or why not?</p> <p>Journalbuddies.com (journal writing resource)</p>
Resources	<p>YouTube: Kid President Pep Talk: Character and Citizenship</p> <p>https://youtu.be/Z-merJeCdlc</p>