



Helping Students Make Wiser Choices Since 1992

Monthly Theme: August through May
Elementary Level Series 1

April: Building Our Character Muscles

Daily broadcast message pages Special 23, Special 24, 1, 3, 31, 41, 50, 62, 67, 73, 86, 88, 92, 117, 122, 128, 131, 136, 138, 148, 150, and 161. *

*As much as possible, narrate the messages in order listed for the best flow of ideas.
We have provided more messages than necessary for a typical month
so you can choose those messages best suited for your campus.

Also available for Educator Resource Site (ERS) 2.0 Subscribers

“Brave Hearts”, “It’s Magic”, “Honest Success”, and “Catching a Thief”

These ERS lesson plans and additional broadcast messages correspond to this monthly theme.

PASSOVER

Freedom/Choices

Good morning, name of school. This is name of narrator with a few words of wisdom.

Long ago the Jewish people were slaves in a land called Egypt. They were crying out to be free. Then a great man named Moses led the Jewish people to freedom. This week Jewish people all over the world will celebrate Passover. It's a reminder of that journey to freedom, and it's one of the most special religious holidays for the Jewish people. So what does it mean to have freedom?

Freedom means having the power to make choices . . .

. . . like what we will do when we grow up or where we will live. It means being able to worship where we want. It means being able to vote for our mayor or governor or president. It means being able to respectfully disagree or to speak up against something we think is wrong.

This week, as our Jewish neighbors celebrate Passover, we can each celebrate our freedom as Americans. We can be happy that we live in a country where so many different kinds of people have the freedom to celebrate so many different holidays.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

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EASTER

New Beginnings

Good morning, name of school. This is name of narrator with a few words of wisdom.

This week marks the Easter holiday for millions of Christians around the world. For Christians, Easter is a celebration of the Resurrection, which means "to bring back to life." It is a time when Christians celebrate a new beginning and a new life.

While Christians are celebrating Easter, we can all celebrate new life and new beginnings, whether we are Christian, Muslim, Jew, or Hindu. We can focus on all the good and wonderful things that we have to be happy about. We can raise our spirits, be friendlier to other people, give away more hugs, sing more songs.

Maybe the world would be a better place if we celebrated each day like a new and awesome beginning, expecting wonder and surprise. What do you think?

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GRATITUDE

Good morning, name of school. This is name of narrator with a few words of wisdom.

How many of you have heard the story about the plain tree? It goes like this: One hot, hot day, two children stopped to rest beneath a big, shady tree. It was a plain tree. The little boy said, "What a useless tree. It has no fruit."

The little girl said, "Yeah. And it litters the ground with its old leaves."

Suddenly, a voice within the tree replied, "You ungrateful creatures! You lie here enjoying my cool shade and complain that I am useless!"

So what is the moral of the story? Sometimes we're so busy complaining about what's wrong that we forget to be grateful for what's good and right. Today, write down five things for which you are thankful.

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SELF-RESPONSIBILITY

Character

Good morning, name of school. This is name of narrator with a few words of wisdom.

In her famous diary, a very young Anne Frank wrote these words:

Parents can only give good advice or put [their children] on the right path, but the final forming of a person's character lies in their own hands.

Anne Frank is talking about self-responsibility, which, in a nutshell, means you have control over what you say and what you do.

Our parents, teachers, counselors, and spiritual leaders can offer us good advice. They can tell us what they would do. They can share their wisdom. But in the end, it is up to us to make the right choices.

Today, if you make a mistake, admit it. If you hurt someone's feelings or say something you shouldn't, apologize. Remember Anne Frank's words and practice taking responsibility for what you say and do.

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HONESTY

Cheating

Good morning, name of school. This is name of narrator with a few words of wisdom.

How many times have your parents or teachers said, "Don't copy off your neighbor . . . keep your eyes on your own paper!"? In other words, don't cheat.

Do you know why we don't want you to cheat? First of all, we don't want you to cheat because it's the wrong choice to make. Second, we don't want you to lose out on an opportunity to get help if you need it. And last, we don't want you to cheat because we don't want you to cheat yourself out of the respect you deserve. Instead, we want you to do the very best you can, and ask for help when you need it.

It's so much easier to simply be honest. You'll feel better about yourself, and others will feel better about you, too. And that's what you deserve, don't you think?

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CHARACTER

Good morning, name of school. This is name of narrator with a few words of wisdom.

What does it mean to be a person of character? It means being a person who's respected for his or her honesty and the strength it takes to make the right choices. So where does character come from? Are we born with it? Do we get character from our parents?

Now listen to these words:

Character isn't inherited. One builds it daily by the way one thinks and acts, thought by thought, action by action.

So what does that mean? It means that every time you think and act in a way that is honest, kind, and fair, you are building character, thought by thought, action by action. Today, be a person of character and try your best to make wise choices.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Helen Gahagan Douglas

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INFLUENCING OTHERS

Role Models

Good morning, name of school. This is name of narrator with a few words of wisdom.

A role model is someone who is a good example to you. Your teacher is a role model. Maybe you have a big brother or sister who is a role model — or maybe a grandparent or friend.

Leontyne Price is a very famous opera singer. When she was just nine years old, her mother took her to the opera, and she heard Marian Anderson sing. Marian Anderson was the first African-American ever to sing at the New York City Metropolitan Opera. Leontyne Price was a young African-American girl, and when she heard Marian Anderson sing, she decided right then and there that she wanted to grow up and sing just like Ms. Anderson.

Today, ask yourself this: Who is a positive role model for me, and what is he or she teaching me?

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COURAGE

Choices/Freedom

Good morning, name of school. This is name of narrator with a few words of wisdom.

Harriet Tubman has been called the "Black Moses." Just as Moses led the Israelites out of Egyptian slavery, Harriet Tubman led more than three hundred African-Americans out of slavery. With great courage, she overcame every problem and danger to help her people to freedom.

Our freedom is important. Keeping our freedom means we have to have the courage to make the right choices.

When we choose drugs, violence, or any other crime . . . when we choose to lie or to cheat . . . when we choose to hate others because they are different from us, we lose some freedom — the freedom to be all we are capable of becoming — smart, helpful, and loving human beings.

Today, remember Harriet Tubman, and be courageous enough to choose more freedom by making the right choices.

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CHARACTER

Good morning, name of school. This is name of narrator with a few words of wisdom.

Have you ever noticed that it's easier to do the right thing when someone is watching you, like when your teacher is watching you take an exam? Think about it. When your teacher is watching, you're probably going to do the right thing and not look at your neighbor's paper, right?

It's harder to do the right thing when no one is looking, don't you think? You can say to yourself, "Oh, well, no one will ever know," but guess what. *You* will know, and then you will feel bad about yourself because you did the wrong thing and you *know* you did the wrong thing.

Somebody wise once said:

Character is doing the right thing when no one is looking.

Next time you are tempted to make a poor choice because no one is looking, remember this: Someone really is looking. *You* are looking, and what you think about you is important.

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HEROISM

Courage/Choosing What's Right

Good morning, name of school. This is name of narrator with a few words of wisdom.

In 1955, an African-American seamstress named Rosa Parks sat in a bus in Montgomery, Alabama, and quietly refused to give up her seat to a white man. She was arrested. Her arrest started the Civil Rights movement. Her courage changed American history. Rosa Parks followed her heart and took a stand for what she knew was right.

American poet and writer Ralph Waldo Emerson says:

Heroism feels and never reasons and therefore is always right.

In other words, heroes act from their hearts.

Do you remember the root meaning of the word *courage*? It comes from the Latin *cor*, which means *the heart*. Rosa Parks acted from her heart — with courage — and she is recognized as a great American hero. Every time you act from the heart to do what's right, you are being courageous. Today, remember Rosa Parks and be courageous enough to do what's right.

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PEER PRESSURE

Moral Courage

Good morning, name of school. This is name of narrator with a few words of wisdom.

It takes a lot of courage to resist negative peer pressure, whether you are an adult or a young person. (That's right. Adults have to deal with peer pressure, too.)

To be a *courageous* human being can simply mean following your heart instead of following the group. Sometimes being courageous is nothing more than thinking for yourself instead of letting others think for you.

Here's what Cervantes, famous Spanish novelist, says about courage:

***He who loses wealth loses much;
He who loses a friend loses more;
He who loses his courage loses all.***

The next time you're faced with negative peer pressure, have the courage to follow your heart. You may lose a friend, but remember, losing your courage can be a much greater loss. Besides, if standing up for what you know is right means losing a friend, maybe your friend wasn't a friend after all.

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WISDOM

Goodness

Good morning, name of school. This is name of narrator with a few words of wisdom from a man named John Wesley who tells us that we should . . .

***We do all the good we can,
By all the means we can,
In all the ways we can,
In all the places we can,
At all the times we can,
To all the people we can,
As long as ever we can.***

Remember, today and every day we can make the world a better place. Be especially good to yourself and others, and together we can build a better tomorrow.

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LEADERSHIP

Honesty/Peer Pressure

Good morning, name of school. This is name of narrator with a few words of wisdom.

U.S. Brigadier General Sherian Cadoria once told a story about something that happened in her childhood that helped her learn to make wiser choices.

She and her brother and sister went shopping, and the cashier gave them back a penny too much change. When they got home and told their mom what had happened, she made them walk three miles back to the store to return the money. She punished all three of them because she believed that one of them should have known it was wrong and spoken up.

Brigadier General Cadoria learned a lesson she never forgot. Remember that it takes only one person in a group to say, "This is wrong." It takes only one person to make a difference. The next time you are in a group and feel pressured to do something you know is wrong, remember this story, be strong, and be a leader.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

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CHARACTER

Reporting Crimes

Good morning, name of school. This is name of narrator with a few words of wisdom.

"Don't be a tattletale!" Remember hearing that? Sometimes, children will tattle on each other for cutting in line or for not having their shoes tied the right way — harmless things. But what happens when we grow up and we see someone doing something that is definitely wrong and maybe harmful to others? Do we tattle?

Tattling is about unimportant things that, in the big scheme of things, aren't very important. On the other hand, reporting something that is clearly wrong or that may be dangerous — like bringing a gun or a knife to school — is the grown-up thing to do.

The Germans say:

He who holds the ladder is as bad as the thief.

Let's keep our school, and each other, safe. Don't hold the ladder for anyone who is trying to steal away our safety by doing dangerous things.

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ROLE MODELS

Courage

Good morning, name of school. This is name of narrator with a few words of wisdom.

Some of you may know of Mister Rogers and his children's television show. The adults in your life might have grown up watching Mister Rogers. He was very well-loved and was on television for a very long time. Mr. Rogers once helped millions of children feel special and loved. He was a wonderful role model. In other words, he was a person who was a good example of what a human being can be. He was honest, responsible, and kind.

To be a good role model — like Mister Rogers — takes courage. You have to be brave enough to do what you know is right and be a good example for others to follow. Today, let's all be excellent role models. Let's dare to be the very best we can be.

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PEER PRESSURE

Moral Courage

Good morning, name of school. This is name of narrator with a few words of wisdom.

Our hearts almost always know the difference between right and wrong. We just need to listen. Sometimes it's hard to listen, especially when our heart is saying "This is wrong" while our mind is telling us "Everyone else is doing it."

Do you remember the root meaning of the word *courage*? It means "the heart." Next time others are trying to talk you into doing something you know you shouldn't, have the courage to listen to your heart. Then remember these words from Andrew Jackson, seventh president of the United States:

One person with courage makes a majority.

In other words, the whole group may be doing something wrong, but if you are brave enough to say, "Hey, this is wrong," then you rule.

So be a leader. Remember, when you're courageous enough to do what's right, you join the ranks of some of the greatest men and women in history.

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ROLE MODELS

Good morning, name of school. This is name of narrator with a few words of wisdom from Confucius, ancient Chinese teacher. He says:

When we see [people] of good character, we should think of being the same as them.

In other words, when we see someone doing good things in the world, we should think about being good in our own special way. Confucius goes on to say:

When we see [people] of bad character, we should examine ourselves.

He's saying that when we see someone doing things that are against what we know is good, we should ask ourselves such questions as: Is that someone whom I should act like? Is that what's best for me?

Today, take a look at whom you are holding up as a role model. Then think about what Confucius says and take another look.

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ROLE MODELS

Heroism

Good morning, name of school. This is name of narrator with a few words of wisdom.

Corazon Aquino amazed the world when she became president of the Philippines with little more than courage, toughness, and good sense. She wanted to create peace in a country filled with poverty and violence. She said:

Mohandas Gandhi's work gives me so much inspiration.

Corazon Aquino joined Dr. Martin Luther King, Jr. as another great person affected by Gandhi, the hero from India.

The heroes in our lives have a powerful influence over our thinking and our actions. They can show us the way to reach our goals and dreams, or they can lead us down dangerous paths. Who are your heroes? Are they influencing you in a positive way . . . or not?

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HONESTY

Choosing What's Right

Good morning, name of school. This is name of narrator with a few words of wisdom.

You know those little alarms that stores put on jeans and shirts and bathing suits . . . and the clerks in the dressing rooms who check how many things you take in and how many things you bring out . . . and the security cameras . . . and the security guards? All those things cost a lot of money, and stores have to spend that money because so many people try to steal from them.

Who do you suppose pays for all that security stuff? WE DO! That's right! We pay for it with higher prices.

We're *all* hurt when people do the wrong thing, but as they say in Hawaii:

No one is hurt by doing the right thing.

Today, remember, everyone wins when we do what's right.

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HONESTY

Good morning, name of school. This is name of narrator with a few words of wisdom.

We've talked before about how every choice comes with a consequence, good or bad. Now imagine this: You are sitting in class taking a test, but you didn't study hard enough and you don't know the answers. There are two choices you could make.

Here's one choice: You choose to look over at your neighbor's paper and copy her answers. You have a problem sleeping that night worrying that someone saw you cheat. When you get your test back, you know you don't deserve the grade you got.

Here's another choice: You get a little mad at yourself because you didn't study harder, but you keep your eyes on your paper and try to do your best. You decide to study harder next time. You get a C instead of an A, but you feel good about yourself because you know you're an honest person.

Now listen to this old American proverb:

Honesty is the first step to greatness.

Today and every day, take the first step to greatness and choose honesty.

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BAD LANGUAGE

Good morning, name of school. This is name of narrator with a few words of wisdom.

Have you noticed how much bad language there is in the movies, in videos, and in music? Back in the olden days, when your parents and teachers were young people, you never heard bad language on TV or on the radio or in the movies. It was thought to be hurtful and disrespectful. In other words, hearing a lot of cursing and bad language upset most people.

Now listen to these ancient words of wisdom:

***Speech is the mirror of the soul; as a person speaks,
so is that person.****

In other words, the words we speak are a mirror of who we are. The words we speak show our reflection, like a mirror.

Today, if you hear bad language, think about what the words are really saying about the person using them. And if you catch yourself using bad language, ask yourself this: What do my words show about me?

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Publilius Syrus

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CHARACTER

Good morning, name of school. This is name of narrator with a few words of wisdom.

How can you tell if a person has good character? If you're not sure, listen to this: People with good character are caring, responsible people who respect others and do their best to contribute to the world around them.

The best way to tell the kind of person someone is, is to notice:

- a) how he treats people who can't do him any good, and***
- b) how he treats people when they can't fight back.****

Have you ever been nice to someone simply because you wanted something from him? Have you ever taken advantage of someone smaller or weaker just because you knew you could get away with it? If the answer is yes, then you might want to think about what this quote is saying: A person of character doesn't take advantage of others.

Today, treat others with respect and you'll be treating yourself to a better you.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Original quote: "The best index to a person's character is: a) how he treats people who can't do him any good, and b) how he treats people when they can't fight back." ~ Abigail Van Buren (Dear Abby)

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