

Unit 1: Lesson #2

Character Traits



Activity #1: Learn the Concept

Warm Up: Think of a character in a book that you have recently read or a movie that you have recently watched. What words would you use to describe them?



Try It: List 2-3 short- or long-term goals you have in the table below. Then think of one positive character trait that is important to develop to support you in achieving the goal. List the supporting character traits in the table below.

Goals	Supporting Character Trait
1.	1.
2.	2.
3.	3.

Wrap Up: What new information did you learn about character traits in today's class? Why are character traits important?



Activity #2: Self-Regulation Strategy

Warm Up: Think of 2-3 negative character traits that you have (for example: impatient, argumentative, selfish etc). How do these character traits affect you? How do these traits affect others around you?

Try It: Briefly describe a scenario in which someone is faced with a challenging situation due to a negative character trait below.

List some thoughts and feelings that this person may have due to the situation.

Describe how this person can use step 1 and 2 of the SCOPE Strategy to self-regulate. Use the SCOPE Strategy poster as a reference.

Wrap Up: Think about one of the negative character traits that you listed at the beginning of this lesson. How can steps 1 and 2 of the SCOPE Strategy help you with this?



Activity #3: Gratitude Challenge

Try It: Write a rough draft of a letter thanking someone for making a difference in your life in the space below. Remember to be specific and tell them which character traits you see in them that you value.

_____ ,

_____ ,



Activity #4: Socratic Seminar

Peak Lesson 2 Discussion Questions (Chapters 4-6)

Chapter 4: Circling the Drain

Peak's lawyer tells him to "Act remorseful". Have you ever had to pretend to feel something that you did not? Was it difficult? Did others believe you? When might it be in your best interest to act the way that others expect you to act, even if it is not how you really feel?

Peak lets the reader know that he has not seen his father in 7 years, but he is court ordered to go with his father and must leave New York City immediately. How does Peak feel about his father? How do you know? Have you felt emotions before that might be opposite to each other?

Peak's sentence is probation until he reaches the age of eighteen, a fine of \$150,000.00 (refundable if he fulfills the terms of his probation), and has to leave the state of New York with his father. Do you think this is a fair punishment? If you were the judge, what punishment would you have given Peak?



Activity #4: Socratic Seminar (cont.)

Chapter 5: The Twins

If you were Peak, how would you feel leaving your family so quickly? What emotions come to mind?

Peak is a good big brother and he loves his little twin sisters. He says that they are "...the best birthday presents..." he ever received. He feels badly that he's not going to be there for them. Do you have younger siblings that you are responsible for? What sorts of things do you do for them? How does this make you feel?

Peak comments on his step-father several times in this chapter. How do you think Peak feels about living in a blended family? What challenges might exist? What benefits?

Chapter 6: Rock Rats

Peak mentions that his mother packed him clothes that she likes, not necessarily ones that were his favorites. Do you have a sense of style that you feel might be under-appreciated by your family? In what way does this style reflect who you are? In what way does it conflict with your family's values/concerns?

This chapter talks about Peak's father, Joshua Wood and Peak's step-father, Rolf. Compare and contrast the characters. What do you think that Peak has learned from each of them?

Activity #5: Reflection

Date: _____

Try It: Reflect on an “aha moment” that you have experienced during these first two lessons. How did this “aha moment” change your thinking? How might this moment help you in the future?

[illegible]

Home Connection Activity

Practice journaling at home. You can choose to free write, make a list, draw, or sketch on a piece of paper at home this week. You do not have to turn in your work, but think about whether journaling is something that you'd like to do more regularly at home. It can be a great tool for calming or working through complex thoughts and feelings.