

# Character Traits

Unit 1, Lesson 2

# AGENDA



Describe a character in a book or movie that you have seen recently and reflect on their character traits.



Learn what character traits are, how they are shaped, and how they can help us achieve our goals.



Reflect on the importance of character traits.





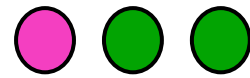
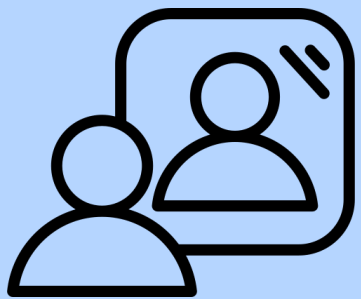
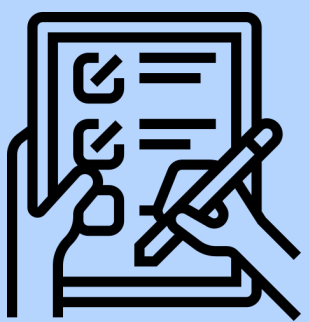
# ***Warm Up***



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?





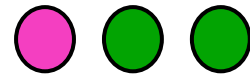
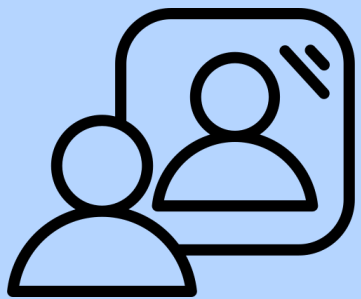


# ***DISCUSS - Explain***



The words that we used to describe characters in books or movies are called **character traits**.

Character traits describe who we are and are shown to the outside world through our actions and words. Just like characters in stories, we have character traits that are positive and negative, and just like characters in stories, our character traits can change over time.



## ***DISCUSS- Ask***

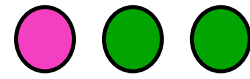


If we take a look at our list of character traits that we created during the Warm Up, which are positive character traits, and which are negative?



Which of these character traits would you look for in a friend?  
Why?





## ***DISCUSS- Detail***



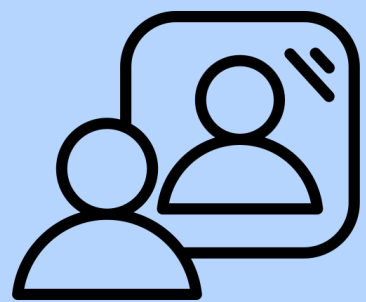
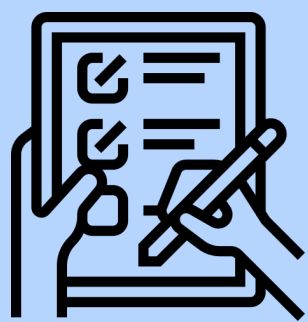
Often when we are very young, we learn from the people around us, such as parents, grandparents, aunts, uncles, and siblings. Our character traits start developing at a young age, depending on what we believe and how we view the world. As we get older, we are exposed to more people, such as friends, classmates, and co-workers.



By choosing to be around people who have positive character traits, we are better able to develop our own positive character traits.







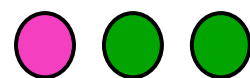
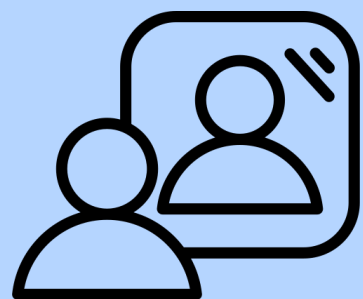
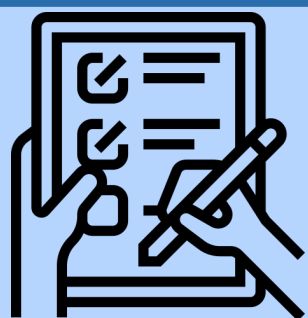
# ***Model***



Let's think about your life as a garden. What does it need to flourish?







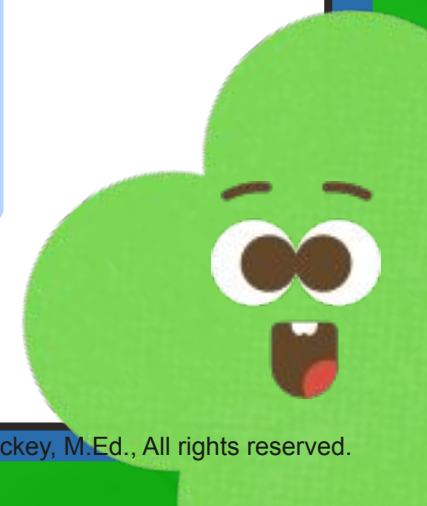
# Try It



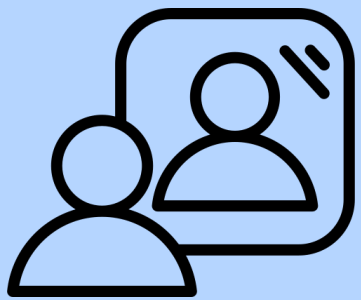
Think about 2 or 3 short-term or long-term goals you have, and think of one positive character trait that is important to develop for achieving each goal.

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?





# Extend the Lesson

If time permits, check out the online Support Materials for additional resources on character traits.







**Lesson Complete!**

