

Elementary Character Builders

Daily Messages that Matter

Everybody Matters

Good morning students of _____ School, this is _____ with today's message that matters. When we say that "Everybody Matters" what do we mean by that? Simply that every single person in this school, as well as every person in the world, matters, is important, and if they are willing can make a difference. We believe that each and every person in this school is just as important as every other person whether they are the principal or a brand new student. It doesn't matter if someone else is taller, older, smarter or their family has more money than yours, you are just as important as they are. Because everybody matters, we will practice treating each person we see throughout the day with dignity, respect and honor. It simply means that we are each to be polite and nice to everyone we meet and see all day long. Here are some ways you can show dignity, respect and honor to others: Give a smile, a kind word, help someone if they fall down, refuse to gossip or listen to gossip about others, listen to others when they are talking, and respect your teachers.

Make today better and better by treating everyone with dignity, respect and honor and don't forget, Everybody Matters.

Daily Journal Entries

Think About It

Question: Do I act like "Everybody Matters"?

Read About It

People are more important than things.

Our school would be a better place if we would *respect* people and *use* things instead of *using* people and *respecting* things.

Write about it:

Tell in your own words what you could do to treat people better and live out our motto of "Everybody Matters".

Today's Positive Poster

EVERYBODY MATTERS
Starting with Me. Starting Today!

Daily Messages that Matter

People Who Bully Pass their Pain on to Others

Good morning students of _____ School, this is _____ with today's message that matters.

People who bully come in all shapes, sizes, ages, male and female, and rich and poor. They all seem to be good at hurting other people's feelings. But did you know that what a bully does to another really shows what he or she is feeling themselves. That's right. Each of our outer actions (what we do) is a reflection of our inward feelings. (How we feel inside)

It's like being in a bad mood and someone says, "Good morning, it sure is a nice day isn't it." You feel grumpy and so you bark back at them, half biting their head off as you do it. You just passed on your inner feelings of feeling lousy.

People who bully pass their pain on to others. Maybe they are being yelled at, at home, or physically forced to behave. Or possibly they feel bad that they aren't good at making friends, being kind, or sharing their things, or getting along with others. And did you notice that I refer to these people as 'people who bully' instead of 'bullies'. That's because labeling can be disabling. A person who bullies can stop and become kind and encouraging if others help bring his good parts to the surface. Sometimes people who bully continue because students and teachers keep labeling them a bully from year to year instead of giving them a fresh start.

Our goal is to help every person feel good about themselves because our pain should never be dropped on others. Why? Because everybody matters.

Daily Journal Entries

Think about it

People who bully pass on their anger and pain to others.

Read about it

A person who bullies often continues because they are labeled forever as a 'bully' and no one has taken the time to understand them, care about them, or help bring their natural leadership skills out in a positive way.

Write about it

Tell in your own words what you think most people who bully feel on the inside. Where do you think these negative feelings and attitudes come from?

Today's Positive Poster
People who bully can change
If we help them

Daily Messages that Matter

Bystanders, it's time to do more than just stand by!

Good morning students of _____ School, this is _____ with today's message that matters.

Almost every time one student bullies another student there are still others who see it happen, listen to it or at least hear about it shortly afterwards. They are called 'bystanders' because they are usually standing by. Of course they could be called by-sitters or even by-slouchers.

By-standers are the key to helping your school become what Martin Luther King Jr. would call "Free at last, free at last, Thank God Almighty, free at last of people who bully.

Here's what usually happens when one person is being picked on by another. The students nearby either do nothing or they often join in. Of course those that do nothing or refuse to tell a teacher actually make things worse by acting like it's ok and you aren't bothered by it. Those that join in are being controlled by the bully though they wouldn't admit it.

Here's what could happen: When someone is being taken advantage of, either with words or actions, those standing by can get together and calmly say to the bully, one of these magic phrases. "Could you please leave her alone? Everybody matters in this school and we should all act like it. Would you like to come and hang out with us?" If that doesn't work you might try this, "Please leave her alone. Everybody matters, remember. If you don't stop right now, we are going to get a teacher."

Michael, a 4th grader, told us that he was picked on one day one time. He said, "Some kids I didn't even know told this bully to stop bothering me, and he stopped. I still can't believe it. He stopped. I went and thanked every one of them."

Daily Journal Entries

Think about it

By-standers who refuse to stand by can stop bullying in its tracks.

Read about it

To stand by and watch someone being bullied and do nothing about it, makes you as guilty as the bully.

Write about it

Why do you think most kids stand by and don't stand up for what is right?

Today's Positive Poster

**When it comes to Bullies
Stand Up
Don't Stand By**