

# leadworthy<sup>®</sup>

## Character Lessons

Scope & Sequence for Seventh Grade



7<sup>th</sup>

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# How to Use Leadworthy® Character Lessons IN YOUR CLASSROOM

Our K-12 Leadworthy Character Lessons are intentionally designed to support the work you are already doing to build a positive school culture that inspires and empowers students to lead with heart.

Each 30-minute lesson aligns with our Capturing Kids' Hearts® EXCEL Model™. Lessons are grade-level specific, progressive, systemic, and easy to use with minimal preparation. Each month, we provide four lessons. These lessons can be taught once a week in a single sitting or as five different mini-lessons throughout the week — teaching one piece of the EXCEL lesson plan each day.

These lessons also intentionally support and reinforce state and nationally-recognized student needs and skills, including:

- 21st Century Learning Components
- College and Career Readiness Skills

Using our own research on leadership development and the recommendations for character education at the state and national levels, we identified nine initial character traits to grow leadership skills of students.

**Empathy**  
**Self-Direct**  
**Teamwork**  
**Responsibility**  
**Respect**  
**Kindness**  
**Courage**  
**Perseverance**  
**Integrity**

The recommended teaching calendar (seen below) aligns directly with the monthly themes, resources, and dashboard you see in CKH.org.

In addition to weekly lessons, you will also have access to a monthly service-learning lesson. These monthly lessons are not required but provide you with opportunities to integrate service-learning components and projects on campus that align with and support monthly themes.

Service-learning lessons can be used:

- by one class or one grade level
- by multiple classes and grade levels
- or campus wide.



## What You Need to Know to Get Started

### STEP 1:

Choose your structure.

- Whole Lesson Approach: Teach one 30-minute lesson each week.
- Mini-Lesson Approach: Teach a mini-lesson (5–7 minutes) each day using the Capturing Kids' Hearts® EXCEL Model™. For example: Engage on Monday, X-plore on Tuesday, etc.

### STEP 2:

Choose when and where to use these lessons.

- In Elementary:
  - Morning Meeting
  - Social Studies
  - Enrichment
  - End of the day
- In Secondary:
  - Advisory
  - Homeroom
  - Social Studies
  - English

### STEP 3:

Embrace the monthly theme.

- Reinforce the monthly theme through morning announcements, social media posts, and communication with parents and staff members.
- Send home the monthly family newsletter to spotlight the theme and character trait at home.
- Celebrate students and teachers who model these traits each month.

### STEP 4:

Assess your students' progress.

- Teacher Guiding Questions: Use these questions to measure your students' development for each Leadworthy® Character Trait before and after a unit.



LEADWORTHY®  
**CHARACTER TRAITS**  
Recommended Calendar

August / September  
**EMPATHY**

October  
**SELF-DIRECT**

November  
**TEAMWORK**

December  
**RESPONSIBILITY**

January  
**RESPECT**

February  
**KINDNESS**

March  
**COURAGE**

April  
**PERSEVERANCE**

May  
**INTEGRITY**



Leadworthy® Character Lessons for  
**SEVENTH GRADE**

AUGUST / SEPTEMBER

## EMPATHY

Understanding and feeling what others are experiencing.

## UNIT OBJECTIVE

Students will build better relationships by recognizing and understanding the feelings and opinions of others and by practicing active listening.

## Why Focus on Empathy?

- Empathy builds positive classroom culture. Empathy empowers students to learn to understand each other to build trust and safety in the classroom.
- Empathy strengthens community. Empathy helps students strengthen their relationships with classmates, other students and adults at school, and at home.
- Empathy prepares your students to be leaders in their community. The best leaders understand the people they lead and are able to show they care.

## Empathy in Action:

- Take a different perspective. When you take a different perspective, you put aside your own feelings and reactions to see the situation through another's eyes.
- Put aside judgment. Take a pause and rather than express conclusions about a situation based on what you see, step back and consider other things you may still need to know or understand.
- Communicate that you understand. Instead of giving advice, respond with reflective phrases like, "It sounds like you..." or "I hear that you..." to express that you understand and care.

## TEACHER GUIDING QUESTIONS

- What changes have you observed regarding your classroom culture and climate? Are students acting as a family/community? (i.e., caring for each other, helping each other.)
- Are students more apt to share their own feelings and opinions with others? Provide 2-3 examples.



## UNIT OVERVIEW: EMPATHY

### **WEEK 1:** **GET OUTSIDE OF YOUR BUBBLE**

- Students will understand the benefits of their bubbles of community.

### **WEEK 2:** **BURST YOUR BUBBLE**

- Students will practice getting out of their comfort zones by asking questions and connecting with classmates.

### **WEEK 3:** **LEADERS AT SCHOOL**

- Students will understand that a good leader listens and knows what is important to others.

### **WEEK 4:** **EMPATHY MAP**

- Students will identify ways to express empathy to others.

### **SERVICE LEARNING:** **OUR HOMELESS COMMUNITIES**

- Students will discuss and analyze the needs of homeless shelters and will complete a service project focused on donating items people living or visiting shelters might need.





Leadworthy® Character Lessons for  
**SEVENTH GRADE**  
OCTOBER

## SELF-DIRECT

Lead yourself to who you want to be.

## UNIT OBJECTIVE

Students will exercise self-control and demonstrate doing what is right no matter who is watching or listening.

### Why Focus on Self-Direction?

- Self-direction strengthens relationships. Self-direction helps to grow social skills and develop meaningful and positive relationships with others.
- Self-direction teaches personal responsibility. Learning to self-direct teaches students to take responsibility for their own actions.
- Self-direction helps us to regulate emotions. Self-direction empowers students to regulate their impulses and emotional responses to situations and circumstances in life.

### Self-Direction in Action:

- Practice goal setting and action planning. When we establish goals and develop action plans, we learn to take intentional steps to successfully achieve goals.
- Monitor and adjust. Provide students with regular feedback and opportunities to self-assess progress toward goals so they can adjust and make improvements in their behaviors.
- Reflect and evaluate. Facilitate discussions and reflection to prompt students to examine what they do, think, and say against their goals and vision for their life and learning.

### TEACHER GUIDING QUESTIONS

- What skills have you observed students utilizing to exercise self-control? (i.e., trying to problem solve on their own prior to receiving adult intervention.)
- When students are upset, are they taking the initiative to remove themselves from the situation? (i.e., going to a “cool down” spot.)



Leadworthy® Character Lessons for  
**SEVENTH GRADE**  
NOVEMBER

## TEAMWORK

Work together to reach a goal.

## UNIT OBJECTIVE

Students will understand the purpose of collaboration and will demonstrate their understanding with their peers and within their community.

### Why Focus on Teamwork?

- Teamwork improves communication. Teamwork helps us improve our verbal and non-verbal communication skills, conveying that we care and have a relevant message.
- Teamwork builds interpersonal awareness. Growing a great team requires us to first build strong relationships through a better understanding of ourselves and others.
- Teamwork celebrates diversity. Teamwork thrives from diverse ideas that come from a mixture of different genders, cultures, expertise, experiences, and problem-solving approaches.
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### Teamwork in Action:

- Call them a team — not a class or a group. A group consists of many different people. A team, however, has a common purpose and a shared responsibility for success.
- Require teams to set expectations and manage their own behavior. Do not tell teams what type of behavior is expected. Rather, let them decide for themselves using a Social Contract.
- Teach and encourage affirmations. Giving affirmations helps connect the team and builds trust, promotes engagement, and boosts a positive culture.

### TEACHER GUIDING QUESTIONS

- During student collaborations, have you observed improvements with students listening and affirming each other, and doing their part on a given group task?
- Can you list at least three students who have shown significant improvement in displaying teamwork?



## UNIT OVERVIEW: TEAMWORK

### WEEK 1:

#### **GREAT TEAMWORK MAKES GREAT FRIENDS**

- Students will understand that high-performing teams are made up of individuals who build relationships with other team members.

### WEEK 2:

#### **RELATIONAL CAPACITY**

- Students will learn how to create relational capacity on a team using purposeful affirmations

### WEEK 3:

#### **WORDS AND ACTIONS**

- Students will practice using their words and actions to create stronger relationships within a team.

### WEEK 4:

#### **WORK TOGETHER TO REACH A GOAL**

- Students will recognize the importance of being a part of a team and having a role to play to achieve the team's goal.

### SERVICE LEARNING:

#### **SENIOR CITIZENS IN OUR COMMUNITY**

- Students will interview a senior citizen and understand the importance of leaving a legacy and learning from past generations.



Leadworthy® Character Lessons for  
**SEVENTH GRADE**  
DECEMBER

## RESPONSIBILITY

Own your thoughts, words, and actions.

## UNIT OBJECTIVE

Students will learn that when they do their part, they are helping themselves, their school, their family, and their community.

### Why Focus on Responsibility?

- Responsibility teaches resilience. It is not possible to persevere and achieve our dreams without taking personal responsibility seriously.
- Responsibility empowers us to own our actions. There is great power in being able to make conscious, calculated choices to reach goals and manage those things in our control.
- Responsibility teaches us to manage our time and resources. Responsibly organizing and prioritizing needs is an executive function of the brain that improves with practice.

### Responsibility in Action:

- Give students roles and responsibilities. When students have a leadership role in class, they are accountable for contributing positively to the classroom culture.
- Empower students with self-management tools. Provide students with tools to help manage stress and impulsivity while motivating them to meet goals.
- Clearly communicate consequences. Empower students to make choices and experience the consequences of their actions, both positive and negative.

### TEACHER GUIDING QUESTIONS

- Based on student roles and responsibilities within your classroom community, are students more apt to follow through on assigned tasks/classroom jobs?
- What percentage of your students are regularly prepared for school? (i.e., supplies, materials, getting enough rest, eating breakfast, etc.)



## UNIT OVERVIEW: RESPONSIBILITY

### WEEK 1: ME, MYSELF, AND I

- Students will learn what it means to be personally responsible.

### WEEK 2: ATTITUDE EQUALS OUTCOME

- Students will understand that they are responsible for their attitudes.

### WEEK 3: MASTER THE MUNDANE

- Students will identify the little things in life where they can grow their responsibility.

### WEEK 4: DIGITAL RESPONSIBILITY

- Students will understand digital citizenship and their responsibility on social media and other online activities.

### SERVICE LEARNING: SOCIAL RESPONSIBILITY

- Students will discuss and analyze social responsibility and will complete a service project focused on a social issue the class can agree on as a group. The issue the class chooses should be focused on working together for the common good.



Leadworthy® Character Lessons for  
**SEVENTH GRADE**  
JANUARY

## RESPECT

Give honor and value to ourselves and others.

### UNIT OBJECTIVE

Students will demonstrate acts of goodwill toward themselves, others, and the community.

#### Why Focus on Respect?

- Respect contributes to a positive culture. People feel safe, supported, and engaged in the context of thoughtful social, emotional, civic, and intellectual interactions.
- Respect decreases conflict. Respect helps us and others to be able to express ourselves without fear of being judged, humiliated, or discriminated against.
- Respect encourages empathy. Respect helps us to understand each other and put ourselves in someone else's shoes.

#### Respect in Action:

- Teach students words have power. How we talk to others and ourselves can motivate or discourage, connect or destroy, and hurt or heal. We should choose our words with care.
- Create opportunities for group decision-making. Open dialogue engages students in a process where compromise is crucial to making decisions.
- Vary protocols for classroom sharing. Frequently use open-ended questions, partner sharing, and small-group activities to connect and promote understanding between students.

#### TEACHER GUIDING QUESTIONS

- What actions have you observed students participating in to show that they are mastering the concept of respect?
- Are you noticing that students are more apt to take risks? For example, responding to questions that are posed even when they aren't completely sure if they are right or wrong.



## UNIT OVERVIEW: RESPECT

### WEEK 1: RESPECT FOR AUTHORITY

- Students understand what it means to respect authority and why it is essential in growing a healthy culture.

### WEEK 2: SHOWING RESPECT WITH OUR WORDS

- Students will understand what it means to respect authority and how we demonstrate this with our words.

### WEEK 3: SHOWING RESPECT THROUGH OUR ACTIONS

- Students understand what it means to respect authority and how we demonstrate this in our actions.

### WEEK 4: RESPECT DOES NOT REQUIRE AGREEMENT

- Students will understand what it means to respect authority and demonstrate courtesy, even in times of disagreement.

### SERVICE LEARNING: RESPECT OUR COMMUNITY

- Students will define the word neighbor to include the people with whom they learn and work with, live near, and share the world with.
- Students will define social responsibility and explore how to express it using art.



Leadworthy® Character Lessons for  
**SEVENTH GRADE**  
FEBRUARY

## KINDNESS

Be appropriately friendly and compassionate to others.

## UNIT OBJECTIVE

Students will learn to increase their desire to make themselves and others feel better.

### Why Focus on Kindness?

- Kindness boosts positive emotions. Acts of kindness create neural pathways that enhance feelings of wellbeing and the natural flow of feel-good endorphins and neurotransmitters.
- Kindness is self-replicating. When we perform an act of kindness, it is likely to encourage others to act in a similar way.
- Kindness reduces stress and anxiety. Kindness promotes positive relationships with other people. When you build healthy connections with other people, it helps decrease anxiety.

### Kindness in Action:

- Celebrate small things. Start each day with Good Things as a class. Publicly and privately affirm kind and thoughtful actions and attitudes.
- Create opportunities for students to regularly affirm each other. Once a week, dedicate time for students to write notes of affirmation to classmates and school staff members.
- Model kindness. Be mindful of body language, tone, and mindset. Kindness is learned by example!

### TEACHER GUIDING QUESTIONS

- When students put forth effort and are unsuccessful with a particular task, how do they respond? Do you hear them saying things like, “It’s okay — maybe next time!” Or “I tried my best. I’ll just practice a little more.”
- How are student interactions between students who normally don’t play together or sit with each other? Are they able to greet each other? Are they polite towards one another?





## UNIT OVERVIEW: KINDNESS

### WEEK 1:

#### **KINDNESS IS AN OPPORTUNITY**

- Students will understand the definition of kindness and that it is an opportunity to give to themselves and others.

### WEEK 2:

#### **SHOWING KINDNESS TO MYSELF: POSITIVE SELF-TALK**

- Students will define self-concept and understand the impact of self-talk.

### WEEK 3:

#### **ACTS OF KINDNESS**

- Students will understand the impact kindness has on others.
- Students will perform acts of kindness for one another.

### WEEK 4:

#### **VOLUNTEERISM CHALLENGE**

- Students will understand volunteerism and what it means to be a global citizen.

### SERVICE LEARNING:

#### **PROJECT KINDNESS**

- Students will discuss and analyze the impact of kindness on themselves, their school, and their community.
- Students will complete a service project focused on cultivating kindness in their school and community.



Leadworthy® Character Lessons for

# SEVENTH GRADE

MARCH

## COURAGE

Develop strength to face something difficult.

## UNIT OBJECTIVE

Students will develop skills that will equip them to overcome difficult, uncomfortable, and uncertain situations.

### Why Focus on Courage?

- Courage encourages engagement. Courage helps students raise their hand, participate, try new things, and voice their opinions.
- Courage builds self-confidence. Courage is the choice to act. By doing something, students increase their belief in themselves and their ability to do difficult or challenging things.
- Courage can help reframe a negative. When something does not go as planned or a student gets upset about a mistake or failure, courage can help them reframe the event in a positive light.

### Courage in Action:

- Provide leadership opportunities! Students can learn and demonstrate leadership by teaching and mentoring others, classroom roles and responsibilities, or community outreach.
- Encourage discussion and debate. Foster curiosity and empower students to formulate ideas and engage in respectful discourse and conversations.
- Celebrate failures. Create opportunities to reduce fear of failure and celebrate when students try something new, even if they are not successful the first time.

### TEACHER GUIDING QUESTIONS

- Are students relying more on each other, thus creating a more student-centered learning environment? (i.e., Asking a group mate for help, reminding each other of school and classroom expectations, etc.)
- Are students taking the initiative to communicate their feelings when something or someone makes them upset?



## UNIT OVERVIEW: COURAGE

### WEEK 1:

#### WHAT DOES COURAGE MEAN TO ME?

- Students will understand the meaning of courage and be able to recognize courageous acts.

### WEEK 2:

#### GET YOUR HOPES UP

- Students will understand the benefits of having high hopes and the role failure plays in achieving our goals.

### WEEK 3:

#### THE COURAGE TO BE ME!

- Students understand the importance of standing up for themselves and demonstrating the eight cues of confidence.

### WEEK 4:

#### COURAGEOUS IN MY VALUES

- Students will understand the importance of having the courage to stand up for what they believe is right.

### SERVICE LEARNING:

#### COURAGEOUS HEROES IN OUR COMMUNITY

- Students will define and give examples of the common good.
- Students will identify characteristics and actions of everyday people who are making a difference for the common good.
- Students will celebrate everyday heroes in the community.



Leadworthy® Character Lessons for  
**SEVENTH GRADE**

APRIL

## PERSEVERANCE

Give extra effort to make it through to the end.

## UNIT OBJECTIVE

Students will learn to apply and maintain effort while working toward a goal.

### Why Focus on Perseverance?

- Perseverance encourages positive self-talk and thinking. When faced with difficult tasks, perseverance helps students reframe with positive thoughts, such as “I’m not good at this YET!”
- Perseverance develops empathy. Students gain a better understanding of who they are and develop more empathy and compassion for others who may struggle to reach a goal.
- Perseverance sparks personal growth. Pushing through complex tasks builds resilience and helps students discover how capable they are.

### Perseverance in Action:

- Share stories and challenging experiences. Be vulnerable and share personal experiences when you have struggled with a task or concept and had to work hard to push through.
- Praise effort and process, not intelligence or performance. Affirm students for the process they used to tackle tasks and point out how their abilities grow through their own hard work.
- Give your students the chance to struggle. Struggle builds self-confidence, independence, and perseverance. Resist the urge to intervene immediately and give students time to figure problems out.

### TEACHER GUIDING QUESTIONS

- When you set classroom goals, are students eager and willing to put in the work to reach those goals? (i.e., Once the classroom “kindness jar” is filled, students earn a popcorn party.)
- Are students more apt to ask for help rather than giving up when faced with a difficult task?



## UNIT OVERVIEW: PERSEVERANCE

### WEEK 1:

#### PERSEVERANCE TO FINISH STRONG

- Students will understand the meaning of perseverance and why it is essential in accomplishing our goals.

### WEEK 2:

#### HOW DO YOU PERSEVERE?

- Students will understand and practice the strategies that contribute to perseverance.

### WEEK 3:

#### RESHAPING YOUR ATTITUDE

- Students will understand the importance of reshaping their outlook as a means to persevere.

### WEEK 4:

#### PERSEVERANCE IN THE PAST

- Students will learn the importance that others play in their own success and the ability to persevere.

### SERVICE LEARNING:

#### ENTREPRENEURIAL PROJECT

- Students will discuss and analyze the needs and wants of the school and/or local community and will create a product or develop a service and related business plan to produce and market their chosen product or service.



Leadworthy® Character Lessons for  
**SEVENTH GRADE**  
MAY

## INTEGRITY

Live with honesty and excellence.

## UNIT OBJECTIVE

Students will learn the importance of being honest and trustworthy in all situations, whether good or bad.

### Why Focus on Integrity?

- Integrity generates trust. When we are honest and follow through on promises, we gain the confidence of our team. Trust allows us to collaborate and achieve more together.
- Integrity encourages self-assessment. Integrity requires our regular self-assessment to align behaviors with our goals and self-beliefs.
- Integrity is essential in leadership. Great leaders decrease anxiety and build strong teams when they are honest, consistent, and responsible.

### Integrity in Action:

- Acknowledge and affirm acts with integrity. Publicly praise students who model acts of integrity, such as honesty and honor. Encourage students to identify classmates who show integrity.
- Use scenarios and role plays. Challenge students with real-life scenarios and situations that allow them to reflect, discuss, and choose the best next step or action.
- Create a culture of accountability. Invite students to give you feedback. Ask students to rate the class based on your Social Contract. Empower students with choice-based consequences.

### TEACHER GUIDING QUESTIONS

- Are you noticing an increase in intrinsic motivation vs. extrinsic motivation? (i.e., a student notices trash on the floor and throws it away without telling you or asking you for a reward.)
- Are students taking more accountability for their actions? Are they placing less blame on others?



## UNIT OVERVIEW: INTEGRITY

### WEEK 1:

#### DEFINE INTEGRITY

- Students will define integrity and understand what living with integrity looks like and sounds like.

### WEEK 2:

#### KNOWING WHAT YOU STAND FOR

- Students will identify their core values and how they define integrity in their lives.

### WEEK 3:

#### MONITOR WHAT YOU HAVE

- Students will understand the idea that their integrity — like other resources — must be continually measured, grown, and reinforced for strength.

### WEEK 4:

#### WHAT IS YOUR INTEGRITY WORTH?

- Students will understand the value of maintaining integrity.

### SERVICE LEARNING:

#### LEADERSHIP PROJECT

- Students will discuss and analyze the qualities of a leader and will discuss ways to promote, develop, and celebrate leadership on campus.





Leadworthy® Character Lessons  
UNIT POSTERS

CONNECT  
WITH  
HEART



Empathy  
Understand and feel the heart of another

leadworthy

THINK,  
CHOOSE, ACT



Self-Direct  
Lead yourself to who you want to be

leadworthy

BETTER  
TOGETHER



Teamwork  
Work together to reach a goal

leadworthy

DO YOUR  
PART



Responsibility  
Own your thoughts, words, and actions

leadworthy

honor  
you-  
honor  
me



Respect  
Act with thoughtfulness

leadworthy

SPARK  
THE  
HEART



Kindness  
Be friendly and compassionate

leadworthy

STEP  
UP



Courage  
Develop strength to face something difficult

leadworthy

FINISH  
STRONG



Perseverance  
Give extra effort to make it through to the end

leadworthy

BE  
LEADWORTHY



Integrity  
Live with honesty and excellence

leadworthy



