



The Oklahoma Cooperative Extension Family and Consumer Sciences and 4-H Youth Development programs provide research-based life skills education to communities and families, enabling all to become self-reliant and nurturing individuals.

Contact Information

For more information or to schedule the use of Exercising Character, please contact:

*A collaborative program
from*

FAMILY & CONSUMER SCIENCES
Oklahoma Cooperative Extension Service

and



4-H Youth Development



Exercising Character is one of the Character Education Programs offered by the Cooperative Extension Service in collaboration with community and private partners. Other programs include: Character Critters, Showing Character, and Character in the Workplace.

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Exercising Character



A Character Education Program for School Age Children and their Parents

Character Education gives today's youth the keys to a happy, healthy future.

The Philosophy

Physical exercise is the key to keeping your body physically fit. Strong muscles and physical stamina are the products of commitment and conscious effort. Sometimes it hurts to exercise but to keep building you have to keep trying.

Exercising your character works somewhat the same way. You exercise your character for moral strength and stamina, for the times when you will be tested – and you will be tested. A sturdy character results from a commitment to do the right thing, consciousness of what is right, and competence in making ethical decisions. A sturdy character is able to withstand temptations to put popularity, wealth, and comfort above ethics.



The Program

Exercising Character is a series of activity-based lessons that teach teenagers and school-aged children how to develop and strengthen personal character. The lessons are designed to use with specific age groups: 6 to 9 year olds, 11 to 13 year olds, and teenagers.



The Lessons

The idea that these character traits unite us as a nation is the key component of these lesson plans. The lessons focus on six pillars of character as defined by the Josephson Institute:

- Trustworthiness
- Responsibility
- Respect
- Caring
- Fairness
- and Citizenship.

These concepts are taught through:

- Games
- Visual Aids
- Skits
- Work sheets
- and Group Activities.



The curriculum for teenagers includes:

- Guidelines for ethical decision-making
- Ethics Screening System
- Do's and Don'ts

The curriculum for 11-13 year-olds includes:

- Weighty Questions
- Trust walks
- What Would You Do? - role play
- Do's and Don'ts

The curriculum for 9-11 year-olds includes:

- Do's and Don'ts
- Sticky Situations
- Finger Puppets
- What Would You Do? - role play

The curriculum for 6-9 year-olds includes:

- Craft projects
- Do's and Don'ts
- Fairplay games