



CHARACTER EDUCATION



www.PEPnonprofit.org



Be: Peaceful, Positive, Patient, Proud, Proactive, Prompt, and a Partner

“We must remember that intelligence is not enough. Intelligence plus character – that is the goal of true education.” - Martin Luther King Jr.

The underlying principle of character education is to develop students socially, ethically and academically by instilling character development into every aspect of the school culture and curriculum. Character education is as important as academics; the social, ethical and emotional development of young people is just as significant as their academic development.

The B7P program hopes that pro-social behaviors such as being **Peaceful, Positive, Patient, Proud, Proactive, Prompt**, and a **Partner** will replace negative behaviors such as aggression, violence, disrespect, apathy and underachievement. This program is not a “quick fix”, but it can provide long-term solutions that address ethical, moral and academic issues of growing concern to our society. Strong character is not formed automatically; it is developed over time through a continuous process, or what we call **STAR**. Being a **7P STAR** is **Showing** (role model) others what strong character looks like. **Teaching** others about the 7Ps of strong character. Being an **Advocate** and helping others reach their goals. Finally, **Recognizing** others when they display deeds of desirable character. B7P is more than a philosophy, but includes lessons, activities and expectations to be done school wide or in an individual classroom. The intentional teaching of good character is particularly important in today’s society since our youth face many opportunities and dangers unknown to earlier generations. They are inundated with many more negative influences through the media and other external sources prevalent in today’s culture.

Studies show that children spend only 38.5 minutes a week (33.4 hours a year) in meaningful conversation with their parents, while they spend 1,500 hours watching television (American Family Research Council). Since children spend roughly 900 hours a year in school, it is imperative that schools resume a proactive role in assisting students, families and communities by developing caring, respectful environments where students learn core, ethical values in conjunction with ever increasing state academic standards. In order to create good character in young people, we must first start with ourselves and from there be intentional, proactive and comprehensive in our work to develop an environment that breaths strong moral conduct.

B7P Class Expectations

The B7P Character Education Program is predicated on the belief that we live by expectations and not by rules. Rules in nature have a negative connotation associated with them, but classrooms need them. With that in mind, here are some classroom rules to start off your year:

- Keep Your Hands to Yourself
- Celebrate Achievements
- Raise Hand (to speak, go to the bathroom, sharpen your pencil, etc...)
- Try Your Best
- Teamwork
- Listen
- Follow Directions

Once you get your “rules” established, begin the process of introducing the 7 characteristics of the B7P program.

Be: Peaceful, Positive, Patient, Proud, Proactive, Prompt, and a Partner

Peaceful: Being peaceful can mean being respectful of others and their things. A peaceful person tries to avoid conflicts by being nonviolent.

Rule associated with expectation: *Hands to Yourself*

Positive: Being positive is being optimistic; the glass is half full type of view. It can also mean being constructive with your comments and actions.

Rule associated with expectation: *Celebrate Achievements*

Patient: Being patient is showing empathy toward others, diligent with work and situations, and finally being respectful of others and their rights.

Rule associated with expectation: *Raise Hand*

Proud and Persevere: Being Proud and persevering means caring about yourself, your work, your school, your family and your world. Perseverance is when you keep doing what you're supposed to be doing, no matter the circumstances. Maintain strong character and stay focused, even when life becomes difficult.

Rule associated with expectation: *Try Your Best*

Proactive: Being proactive is having self awareness and having the ability to choose how you respond to any stimulus; in other words, being responsible for yourself and your actions. We must control our world and how we react to it.

Rule associated with expectation: *Listen*

Prompt: Being prompt is doing things quickly, but also, to the best of your ability. Time is a precious thing, you should never waste it.

Rule associated with expectation: *Follow Directions Quickly*

Partner: Being a partner means working together with other students, teachers, school staff, family, etc.. Other words associated with being a partner are: collaboration, cooperation, synergy

Rule associated with expectation: *Teamwork*

After defining your class rules and introducing the B7P expectations, begin the process of figuring out where the class rules would fit into the character traits. Allow your students to come up with ways on what the character trait would look like at school.

Here are some samples from a 5th grade class in San Jacinto, California:



Be Patient: Raise your hand to speak or leave your seat, wait your turn, don't push or shove, don't yell out, be honest, wait your turn in line, do not interrupt others who are speaking in a conversation or working.



Be Peaceful: don't fight, respect adults, respect everyone, don't take things, be honest, stay calm, not shouting (quiet), nice, kind, helping others, friends, respectful, don't hit others, kind to new students, be a friend to everyone.



Be Positive: say "yes", confident, nice towards others, believe in yourself, don't fight, don't be mean, be honest, believe in yourself, believe in others.



Be Proud: try your best, confident, happy, sportsmanship, proud of others, don't worry about what others say, believe in yourself, thankful for what you have, share your mistakes, thankful for work.



Be Proactive: leave others problems alone, work it out, don't fight, ignore negative, be kind to everyone, don't make bad choices, watch your own actions, be honest, make smart choices.



Be Prompt: done on due date, Get It Done!, don't try to get out of doing something, don't wander around aimlessly, do things quickly.



Be a Partner: help others, work together, check answers, friends, share, show new kids around, don't fight, careful what you say.

Once you and your class have determined how the class rules and character traits relate, change the dynamics of your classroom by having the class rules disappear and the expectations come to the forefront. The shift is class rules to class expectations to school expectations to life expectations.



As the shift to expectations takes place, you can introduce each part of the B7P pledge and Class Mission Statement. For example, as you trade the “celebrate achievements” rule for the “Be Positive” expectation, depending on your grade level, teach them the first two lines of the pledge:

What does it mean to B7P?
It means to treat others as I would like them to treat me.

Being peaceful in words, actions, and mind
Respecting others all of the time.

And the first line and P of the Class Mission Statement:

In our class we demonstrate the seven Ps.
We are:

Peaceful (two fingers)

** The Class Mission Statement is on this page and the B7P Pledge is on the top of the next page.*

Class Mission Statement

In our class we demonstrate the seven Ps.
We are:

- Peaceful (two fingers)
- Positive (thumbs up)
- Patient (raise hand)
- Proud (hand on heart)
- Proactive (point at yourself)
- Prompt (look at watch)
- And good partners (open palm to fist)

B7P Pledge

What does it mean to B7P?

It means to treat others as I would like them to treat me.

Being peaceful in words, actions, and mind
Respecting others all of the time.

Being positive in how I act and what I say
Focusing on the good things that happen every day

Being patient and calm and waiting my turn
Respecting others as we all grow and learn

Being proud of myself, my work, and my things
Never giving up, no matter what life brings

Being proactive in the ways that I choose to respond
Taking charge of myself and staying calm

Being prompt in every thing that I do
From turning in my work to saying "Thank You!"

Being a partner and working as a team
Because together we can accomplish anything that we dream

These are the things that make up me
I am proud of who I am and to B7P!

B7P WOW Quotations

Inspirational sayings and quotes have enormous power. The key to their power, however, lies not in the sayings themselves, but in their ability to inspire and motivate you to take action. When we hear positive affirmations and quotations which we can relate to our lives, we in turn feel that positive energy internally. The more motivated and inspired we are, the more we are able to proactively work towards our dreams and our goals.

PEPnonprofit has compiled seven lists of B7P WOW (words of wisdom) quotes to use as you introduce the seven character expectations. There are endless ways to use the quotes, the next page outlines only a few.

Some ways to use B7P WOW quotes in your classroom:

- * Post a new WOW quote on your whiteboard everyday.

- * Post WOW quotes on your computer monitors that match the character expectation you are working on.

- * Decorate a small box and fill it with great WOW quotes. When your class is in need of a bit of extra inspiration simply pull out a quote or two from the box.

- * Have your students read through the WOW quotes for the expectation you are working on, Being Proactive for example. Let them choose 2-3 of their favorite quotes and write them in their own style (i.e. in their own colors, own lettering, etc) on a blank piece of paper.

- * You can also have them choose one of those inspirational quotes and have them memorize it. Give them a few days, maybe even a week, and tell them they'll be reciting their favorite WOW quote to a partner or group.

- * Students can work in pairs or collaborative groups to read teacher-selected WOW quotations and discuss their meanings.

- * Teachers can ask students to make connections between these quotes and their own life experiences.

- * Teachers can design structured activities to help students delve more deeply into the meaning of these quotations.

- * Specific lessons can be created around the use of quotations.

The following pages contain B7P WOW quotations that have been sorted into the seven character traits that make up the B7P program. They are a fabulous collection from some famous and not so famous people. Use them for your students. Use them for yourself.



"Trust is the easiest thing in the world to lose, and the hardest thing in the world to get back." - **R. Williams**

Being honest is easy IF the truth is told the FIRST time. – **author unknown**

A word of encouragement during a failure is worth more than an hour of praise after success. – **author unknown**

You can be trusted when you are honest. – **author unknown**

Good choices are available to everyone. – **author unknown**

Only a life lived for others is a life worth while. - **Albert Einstein**

A smile is the beginning of peace. - **Mother Teresa**

Peace is not merely a distant goal that we seek but a means by which we arrive at that goal. - **Martin Luther King, Jr.**

Set peace of mind as your highest goal, and organize your life around it. - **Brian Tracy**

It isn't enough to talk about peace, one must believe it. And it isn't enough to believe in it, one must work for it. - **Eleanor Roosevelt**

Make the most of every moment. – **author unknown**

Honor the past. Live in the present. Create the future. – **author unknown**

Peace cannot be achieved through violence, it can only be attained through understanding. - **Ralph Waldo Emerson**

An eye for an eye only makes the whole world blind. - **Mahatma Gandhi**

We look forward to the time when the power of love will replace the love of power. Then will our world know the blessings of peace. - **William Ewart Gladstone**

You can not shake hands with a clenched fist. - **Indira Gandhi**

Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures. - **John F. Kennedy**



I'm not concerned with your liking or disliking me . . . All I ask is that you respect me as a human being. - **Jackie Robinson**

If you want to be respected, you must respect yourself. - **Spanish Proverb**

I prefer the most unfair peace to the most righteous war. - **Lord Byron**

Peace has no borders. - **Yitzhak Rabin**

Peace has its victories, but it takes a brave man to win them. - **Ralph Waldo Emerson**

Peace starts with a smile. - **Mother Teresa**

Peace is a journey of a thousand miles and it must be taken one step at a time.
- **Lyndon B Johnson**

There is no way to peace. Peace is the way. - **A.J. Muste**

Peace is our gift to each other. - **Elie Wiesel**

Never take a person's dignity: it is worth everything to them, and nothing to you.
- **Frank Barron**

Men are respectable only as they respect. - **Ralph Waldo Emerson**

The friendships which last are those wherein each friend respects the other's dignity to the point of not really wanting anything from him. - **Cyril Connolly**

Judging others against our own standards is being egoistical. Respect everyone's right to be different! - **Wai-Fatt Yee**

Be more humble than a blade of grass, more tolerant than a tree, always offering respect onto others and never expecting any in return. - **Chaitanya Mahaprabhu**

Be a major influence in your own life. - **Irene Kassoria**

Standing up for what you believe does make a difference. – **author unknown**

Be the person you would like to have as a friend. – **author unknown**

Life is more fun when you don't keep score. – **author unknown**

Leave things a bit better than how you found it. – **author unknown**

I must respect the opinions of others even if I disagree with them. - **Herbert Lehman**

How you carry yourself, what you stand for – that's how you gain respect. - **M. Taylor**



Everything has beauty, but not everyone sees it. – **author unknown**

Give to every other human being every right that you claim for yourself. - **Thomas Paine**

You cannot do a kindness too soon, for you never know how soon it will be too late.

- **Ralph Waldo Emerson**



“Remember your courage and patience with others and show them your strong character.” - **Donna B. Forrest**

I had the blues because I had no shoes until upon the street, I met a man who had no feet.
- **Ancient Persian**

The quieter you become, the more you can hear. - **Ram Dass**

Writing is good, thinking is better. Cleverness is good, patience is better.
- **Hermann Hesse**

Patience is the ability to count down before you blast off. - **author unknown**

Genius is nothing but a great aptitude for patience. - **George-Louis de Buffon**

Adopt the pace of nature: her secret is patience. - **Ralph Waldo Emerson**

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. - **John Quincy Adams**

Patience is the companion of wisdom. - **St. Augustine**

Patience is also a form of action. - **Auguste Rodin**

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life. - **Chinese Proverb**

"Have patience with all things, but chiefly have patience with yourself."
- **Saint Francis De Sales**

"Patience is waiting. Not passively waiting. That is laziness. But to keep going when the going is hard and slow - that is patience." - **author unknown**

"You are educated when you have the ability to listen to almost anything without losing your temper or self-confidence." - **Robert Frost**

"One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life." - **Chinese Proverb**

"Patience is bitter, but its fruit is sweet." - **Phaedrus**



"Acquaintance without patience is like a candle with no light." - **Proverb**

"Everything comes to him who hustles while he waits." - **Thomas A. Edison**

"Patience can conquer destiny." - **Irish Saying**

"All things come to him who waits - provided he knows what he is waiting for."
-**Woodrow T. Wilson**

"Patience, persistence and perspiration make an unbeatable combination for success."
- **Napoleon Hill**

"If you are patient in one moment of anger, you will escape a hundred days of sorrow."
- **Chinese Proverb**

Patience is the art of caring slowly. - **John Ciardi**

The strongest of all warriors are these two: Time and Patience. – **Leo Tolstoi**

Patience, persistence and perspiration make an unbeatable combination for success.
-**Napoleon Hill**

Patience can't be acquired overnight. It is just like building up a muscle.
Every day you need to work on it. - **Ek Nath Easwaran**

Peaceful warriors have the patience to wait until the mud settles and the water clears. They remain unmoving until the right time, so the right action arises by itself. They do not seek fulfillment, but wait with open arms to welcome all things. - **Dan Millman**

Patience and time do more than strength or passion. - **Jean de La Fontaine**

You must learn to live in the present and accept yourself for what you are now. What you lack in flexibility and agility you must make up with knowledge and constant practice. - **Bruce Lee**

If we could have a little patience, we should escape much mortification; time takes away as much as it gives. - **Marquise de Sevingne**

Our patience will achieve more than our force. - **Edmund Burke**

He that can have patience can have what he will. - **Benjamin Franklin**

To lose patience is to lose the battle. - **Mahatma Gandhi**

The key to everything is patience. You get the chicken by hatching the egg, not by smashing it. - **Arnold H. Glasgow**



Good ideas are not adopted automatically. They must be driven into practice with courageous patience. - **Hyman George Rickover**

Patience is necessary, and one cannot reap immediately where one has sown.
- **Soren Kierkegaard**

Patience and Diligence, like faith, remove mountains. - **William Penn**

The practice of patience toward one another, the overlooking of one another's defects, and the bearing of one another's burdens is the most elementary condition of all human and social activity in the family, in the professions, and in society.
- **Lawrence G. Lovasik**

I never failed once. It just happened to be a 2000-step process. - **Thomas Edison**

An ounce of patience is worth a pound of brains. - **Dutch Proverb**

All fruits do not ripen in one season. - **Laurie Junot**

People say they wish they had my patience. I tell them I wasn't born with it. I had to learn it. Everybody has patience. Some of us just make better use of it than others.
- **Bruce Law**

Patience is the best remedy for every trouble. - **Titus Maccius Plautus**

You must first have a lot of patience to learn to have patience. - **Stanislaw J. Lec**

All's well in the end, if you've only the patience to wait. – **Rabelais**

All things come to him who waits - provided he knows what he is waiting for.
- **Woodrow Wilson**

There will be a time when loud-mouthed, incompetent people seem to be getting the best of you. When that happens, you only have to be patient and wait for them to self destruct. It never fails. - **Richard Rybolt**

Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success. - **Brian Adams**

You are educated when you have the ability to listen to almost anything without losing your temper or self-confidence. - **Robert Frost**

The trees that are slow to grow bear the best fruit. - **Moliere**

It is better to be patient, than it is to become one. – **author unkn**



Individually, we are one drop. Together we are an ocean. - **Ryunosuke Satoro**

Coming together is a beginning. Keeping together is progress. Working together is success. - **Henry Ford**

Teamwork divides the task and multiplies the success. – **author unknown**

Sticks in a bundle are unbreakable. - **Kenyan Proverb**

Team means Together Everyone Achieves More! - **author unknown**

If I have seen farther than others, it is because I was standing on the shoulder of giants.
- **Isaac Newton**

If all my friends were to jump off a bridge, I wouldn't follow. I'd be at the bottom to catch them when they fall. - **author unknown**

Only surround yourself with people who will lift you higher. - **Oprah Winfrey**

Teamwork divides the task and multiplies the success. - **author unknown**

No one can whistle a symphony. It takes a whole orchestra to play it. - **H.E. Luccock**

Teamwork is the ability to work as a group toward a common vision, even if that vision becomes extremely blurry. - **author unknown**

Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work. - **Vince Lombardi**

The nice thing about teamwork is that you always have others on your side.
- **Margaret Carty**

Many hands make light work. - **John Heywood**

One piece of log creates a small fire, adequate to warm you up, add just a few more pieces to blast an immense bonfire, large enough to warm up your entire circle of friends; needless to say that individuality counts but team work dynamites. - **Jin Kwon**

No man is an island, entire of itself; every man is a piece of the continent. - **John Donne**



Cooperation is the thorough conviction that nobody can get there unless everybody gets there. - **Virginia Burden**

Coming together is a beginning. Keeping together is progress. Working together is success. - **Henry Ford**

None of us is as smart as all of us. - **Ken Blanchard**

It is amazing how much you can accomplish when it doesn't matter who gets the credit.
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Team means Together Everyone Achieves More! - **author unknown**

Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishment toward organizational objectives. It is the fuel that allows common people to attain uncommon results. - **Andrew Carnegie**

Regardless of differences, we strive shoulder to shoulder...Teamwork can be summed up in five short words: "We believe in each other." - **author unknown**

A chain is only as strong as its weakest link. - **author unknown**

Contrary to popular belief, there most certainly is an "I" in "team." It is the same "I" that appears three times in "responsibility." - **Amber Harding**

We must all hang together or most assuredly we shall hang separately.
- **Benjamin Franklin**

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has. - **Margaret Meade**

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime. - **Babe Ruth**

If everyone is moving forward together, then success takes care of itself. - **Henry Ford**

The ratio of We's to I's is the best indicator of the development of a team.
- **Lewis B. Ergen**

Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it. - **Bill Bradley**

I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion. - **Mia Hamm**



Teamwork is so important that it is virtually impossible for you to reach the heights of your capabilities or make the money that you want without becoming very good at it.
- **Brian Tracy**

No member of a crew is praised for the rugged individuality of his rowing.
- **Ralph Waldo Emerson**

A snowflake is one of God's most fragile creations, but look what they can do when they stick together! - **author unknown**

In union there is strength. - **Aesop**

Remember upon the conduct of each depends the fate of all. - **Alexander the Great**

If you want to build a ship, don't drum up people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea. - **Antoine de Saint-Exupery**

A group becomes a team when each member is sure enough of himself and his contribution to praise the skills of the others. - **Norman Shidle**

Gettin' good players is easy. Gettin' 'em to play together is the hard part.
- **Casey Stengel**

It is a fact that in the right formation, the lifting power of many wings can achieve twice the distance of any bird flying alone. - **author unknown**

The whole is greater than the sum of the parts. – **author unknown**

Teamwork divides the task and doubles the success. – **author unknown**



What we do in life echoes in eternity. - **Maximus (Gladiator)**

Success comes in can's; failure in cant's - **author unknown**

There are no secrets to success. It is the result of preparation, hard work, and learning from failure. - **Colin Powell**

I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be. - **author unknown**

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. - **Nelson Mandela**

Stand straight, walk proud, have a little faith. – **author unknown**

It's not how good you are. It's how good you want to be. - **Paul Arden**

Don't let what you can't do stop you from doing what you can do. - **John Wooden**

Never let the odds keep you from doing what you know in your heart you were meant to do. - **H. Jackson Brown, Jr.**

Always be a first-rate version of yourself, instead of a second-rate version of somebody else. - **Judy Garland**

Make each day your masterpiece. - **John Wooden**

It's not that I'm so smart, it's just that I stay with problems longer. - **Albert Einstein**

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. - **Dr. Seuss**

The man who has done his best has done everything. - **Charles M. Schwab**



A positive attitude helps others respect you more. - **Donna B. Forrest**

You are not only responsible for what you say, but also for what you do not say.
- **Martin Luther**

The difference between the impossible and the possible lies in a man's determination.
- **Tommy Lasorda**

Whatever the mind can conceive and believe, the mind can achieve. - **Dr. Napoleon Hill**

You have to learn the rules of the game. And then you have to play better than anyone else. - **Albert Einstein**

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. - **Winston Churchill**

Once you replace negative thoughts with positive ones, you'll start having positive results. - **Willie Nelson**

You can think best when you're happiest. - **Peter Thomson**

Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. - **Norman Vincent Peale**

You don't stop laughing because you grow old. You grow old because you stop laughing.
- **Michael Pritchard**

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them. - **Denis Waitley**

When we are ready to make positive changes in our lives, we attract whatever we need to help us. - **Louise Hay**

Surround yourself with positive people and situations, and avoid negativity.
- **Doreen Virtue**

Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone. The future is not guaranteed. - **Wayne Dyer**

Your big opportunity may be right where you are now. - **Napoleon Hill**

If you can dream it, you can do it. Your limits are all within yourself. - **Brian Tracy**



Optimists are right. So are pessimists. It's up to you to choose which you will be.
- **Harvey Mackay**

The difference between can and cannot are only three letters. Three letters that determine your life's direction. – **author unknown**

You can close the windows and darken your room, and you can open the windows and let light in. It is a matter of choice. Your mind is your room. Do you darken it or do you fill it with light? – **author unknown**

Think like a man of action, and act like a man of thought. - **Henri L. Bergson**

I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything I will not refuse to do the something that I can do.
– **Hellen Keller**

If you change the way you look at things, the things you look at change.
- **Dr Wayne Dyer**

Pessimist : A person who says that O is the last letter of ZERO, instead of the first letter in word OPPORTUNITY. - **Anonymous**

Yesterday is history, tomorrow is a mystery. And today? Today is a gift. That's why we call it the present. - **B. Olatunji**

Champions aren't made in gyms. Champions are made from something they have deep inside them a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than the skill. - **Muhammad Ali**

Hard work beats talent when talent doesn't work hard. – **author unknown**

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all. - **Dale Carnegie**

Our greatest glory is not in never falling, but in rising every time we fall. - **Confucius**

You must be the change you want to see in the world. - **Mahatma Gandhi**

The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goals to reach. - **Benjamin Mays**

Anyone who has never made a mistake has never tried anything new. – **Albert Einstein**



Even if you're on the right track, you'll get run over if you just sit there. - **Will Rogers**

Your character is your choice. – **author unknown**

Whatever you are, be a good one. - **Abraham Lincoln**

Management is doing things right; leadership is doing the right things.
- **Peter F. Drucker**

It's kind of fun to do the impossible. - **Walt Disney**

Opportunity is missed by most people because it is dressed in overalls and looks like work. - **Thomas A Edison**

Do not go where the path may lead, go instead where there is no path and leave a trail.
- **Ralph Waldo Emerson**

You cannot escape the responsibility of tomorrow by evading it today.
- **Abraham Lincoln**

“You can never cross the ocean unless you have the courage to lose sight of the shore.”
- **Christopher Columbus**

Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws. – **Plato**

The difference between school and life? In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson. - **Tom Bodett**

Wise men speak because they have something to say; Fools because they have to say something. – **Plato**

Striving for success without hard work is like trying to harvest where you haven't planted.
- **David Bly**

Every success is built on the ability to do better than good enough. - **author unknown**

Let everyone sweep in front of his own door, and the whole world will be clean.
- **Johann Wolfgang von Goethe**

Minds are like parachutes. They only function when they are open. - **Sir James Dewar**



Stay committed to your decisions, but stay flexible in your approach. - **Tom Robbins**

If you can dream it, you can do it. - **Walt Disney**

The only safe ship in a storm is leadership. - **Faye Wattleton**

A man who stands for nothing will fall for anything! - **Malcolm X**

A leader is one who knows the way, goes the way, and shows the way.
- **John C. Maxwell**

A good leader inspires people to have confidence in the leader, a great leader inspires people to have confidence in themselves. - **author unknown**

Whenever you fall, pick something up. - **Oswald Avery**

No one can make you feel inferior without your consent. - **Eleanor Roosevelt**

Wise people learn when they can; fools learn when they must. - **Arthur Wellesley**

It's not what happens to you, but how you react to it that matters. - **Epictetus**

You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have. - **Jim Rohn**

Remember, happiness doesn't depend upon who you are or what you have; it depends solely upon what you think. - **Dale Carnegie**

The wisest men follow their own direction. – **Euripides**

Teachers open the door. You enter by yourself. - **Chinese saying**

Excellence is not a skill. It is an attitude. - **Ralph Marston**

You have brains in your head.
You have feet in your shoes.
You can steer yourself in any direction you choose.
You're on your own.
And you know what you know.
You are the guy who'll decide where to go.

- **Dr. Seuss**



Better three hours too soon, than one minute too late. - **William Shakespeare**

Time is the best teacher. – **author unknown**

Time is the wisest counselor of all. - **Pericles**

Time is the school in which we learn, time is the fire in which we burn.
- **Delmore Schwartz**

Nothing is a waste of time if you use the experience wisely. - **Rodin**

Time is what we want most, but what we use worst. - **William Penn**

The common man is not concerned about the passage of time, the man of talent is driven by it. - **Shoppenhauer**

Time = life; therefore, waste your time and waste of your life, or master your time and master your life. - **Alan Lakein**

Don't be fooled by the calendar. There are only as many days in the year as you make use of. One man gets only a week's value out of a year while another man gets a full year's value out of a week. - **Charles Richards**

The key is in not spending time, but in investing it. - **Stephen R. Covey**

Ordinary people think merely of spending time. Great people think of using it.
- **author unknown**

Determine never to be idle. No person will have occasion to complain of the want of time who never loses any. It is wonderful how much can be done if we are always doing.
- **Thomas Jefferson**

Make use of time, let not advantage slip. - **William Shakespeare**

This time, like all times, is a very good one, if we but know what to do with it.
- **Ralph Waldo Emerson**

A man who dares to waste one hour of life has not discovered the value of life.
- **Charles Darwin**



Dost thou love life? Then do not squander time, for that is the stuff life is made of.

- **Benjamin Franklin**

Once you have mastered time, you will understand how true it is that most people overestimate what they can accomplish in a year – and underestimate what they can achieve in a decade! - **Anthony Robbins**

If you want to make good use of your time, you've got to know what's most important and then give it all you've got. - **Lee Iacocca**

It's not enough to be busy, so are the ants. The question is, what are we busy about?

- **Henry David Thoreau**

Take care of the minutes and the hours will take care of themselves. - **Lord Chesterfield**

You're writing the story of your life one moment at a time. - **Howard Martin**

To do two things at once is to do neither. - **Publius Syrus**

One cannot manage too many affairs: like pumpkins in the water, one pops up while you try to hold down the other. - **Chinese Proverb**

Never let yesterday use up today. - **Richard H. Nelson**

I don't think of the past. The only thing that matters is the everlasting present.

- **W. Somerset Maugham**

It's how we spend our time here and now, that really matters. If you are fed up with the way you have come to interact with time, change it. - **Marcia Wieder**

Realize that now, in this moment of time, you are creating. You are creating your next moment. That is what's real. - **Sara Paddison**

The time for action is now. It's never too late to do something. - **Carl Sandburg**

You cannot do a kindness too soon, for you never know how soon it will be too late.

- **Ralph Waldo Emerson**

Whether it's the best of times or the worst of times, it's the only time we've got.

- **Art Buchwald**

The great dividing line between success and failure can be expressed in five words: "I did not have time." - **Franklin Field**



This is the beginning of a new day.
I have been given this day to use as I will.
I can waste it or use it for good.
What I do today is important, because
I am exchanging a day of my life for it.
When tomorrow comes,
this day will be gone forever,
leaving in its place something
that I have traded for it.
I want it to be gain, not loss;
good not evil; success not failure;
in order that I shall not regret
the price I paid for it.

- **author unknown**

He lives long that lives well; and time misspent is not lived but lost. - **Thomas Fuller**

He who know most grieves most for wasted time. - **Dante**

Lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine, but lost time is gone forever. - **Samuel Smiles**

Money, I can only gain or lose. But time I can only lose. So, I must spend it carefully.
- **author unknown**

One thing you can't recycle is wasted time. - **author unknown**

Lost time is never found again. - **Proverb**

All that really belongs to us is time; even he who has nothing else has that.
- **Baltasar Gracian**

Time is the most valuable thing a man can spend. - **Theophrastus**

Time is money. - **Benjamin Franklin**

Gaining time is gaining everything in love, trade and war. - **John Shebbeare**

Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it. - **M. Scott Peck**

Your greatest resource is your time. - **Brian Tracy**

You cannot kill time without injuring eternity. - **Henry David Thoreau**

Time is the most valuable thing a man can spend. - **Laertius Diogenes**



Time is at once the most valuable and the most perishable of all our possessions.
- **John Randolph**

Time is really the only capital that any human being has, and the only thing he can't afford to lose. - **Thomas Edison**

Until we can manage time, we can manage nothing else. - **Peter F. Drucker**

What may be done at any time will be done at no time. - **Scottish Proverb**

A wise person does at once, what a fool does at last. Both do the same thing; only at different times. - **Baltasar Gracian**

One worthwhile task carried to a successful conclusion is worth half-a-hundred half-finished tasks. - **Malcolm S. Forbes**

To think too long about doing a thing often becomes its undoing. - **Eva Young**

A year from now you will wish you had started today. - **Karen Lamb**

The surest way to be late is to have plenty of time. - **Leo Kennedy**

While we are postponing, life speeds by. - **Seneca**

You may delay, but time will not. - **Benjamin Franklin**

Never leave 'till tomorrow which you can do today. - **Benjamin Franklin**

You will never "find" time for anything. If you want time, you must make it.
- **Charles Bruxton**

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein. - **H. Jackson Brown**

The bad news is time flies. The good news is you're the pilot. - **Michael Altshuler**

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.
- **Carl Sandburg**

In truth, people can generally make time for what they choose to do; it is not really the time but the will that is lacking. - **Sir John Lubbock**

Those who make the worse use of their time are the first to complain of its shortness.
- **Jean De La Bruyere**

B7P Character Cards

The Character Card System is based on recognizing the seven core character traits and praising people for random acts of character demonstrations. The only materials needed are a pocket chart, or some way to identify individual students, and twenty character cards of each of the B7P principles. Instead of the traditional pocket chart, where bad behaviors are recognized, the B7P Character Card System flips the entire process on its head and only recognizes strong representations of character.

B7P Celebrations (140 Displays of Strong Character)

The pocket chart is traditionally used for indicating classroom behavior, but generally focusing on the negative. With the B7P character cards, place them in the pocket chart whenever a student displays that character. When all 140 character cards are given out (placed in pocket chart), have a celebration. These may include: BINGO, Store, Raffle

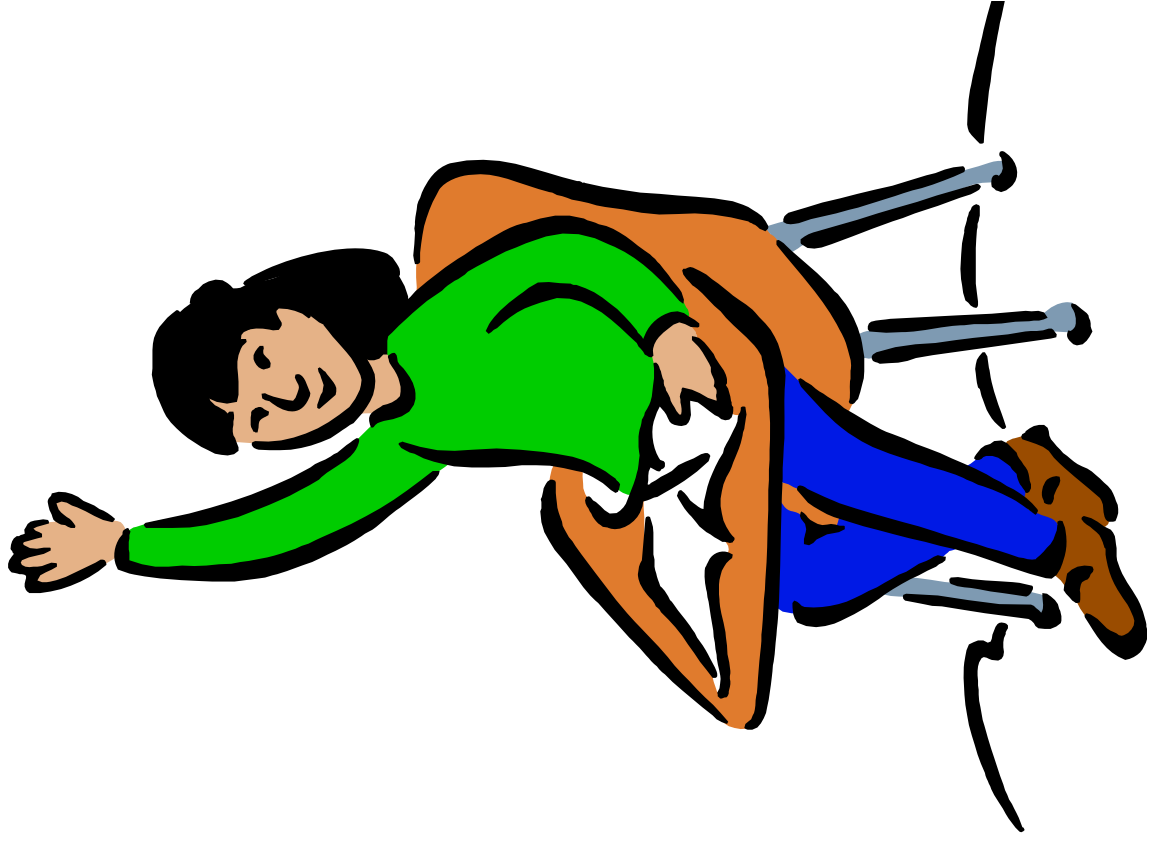
BINGO: Use the B7P Bingo grid. For however many character cards a student received, that is how many spaces they get to sign their name in on the grid. For example, Abigail received eleven character cards; she gets to write her name in eleven different spots on the Bingo card.

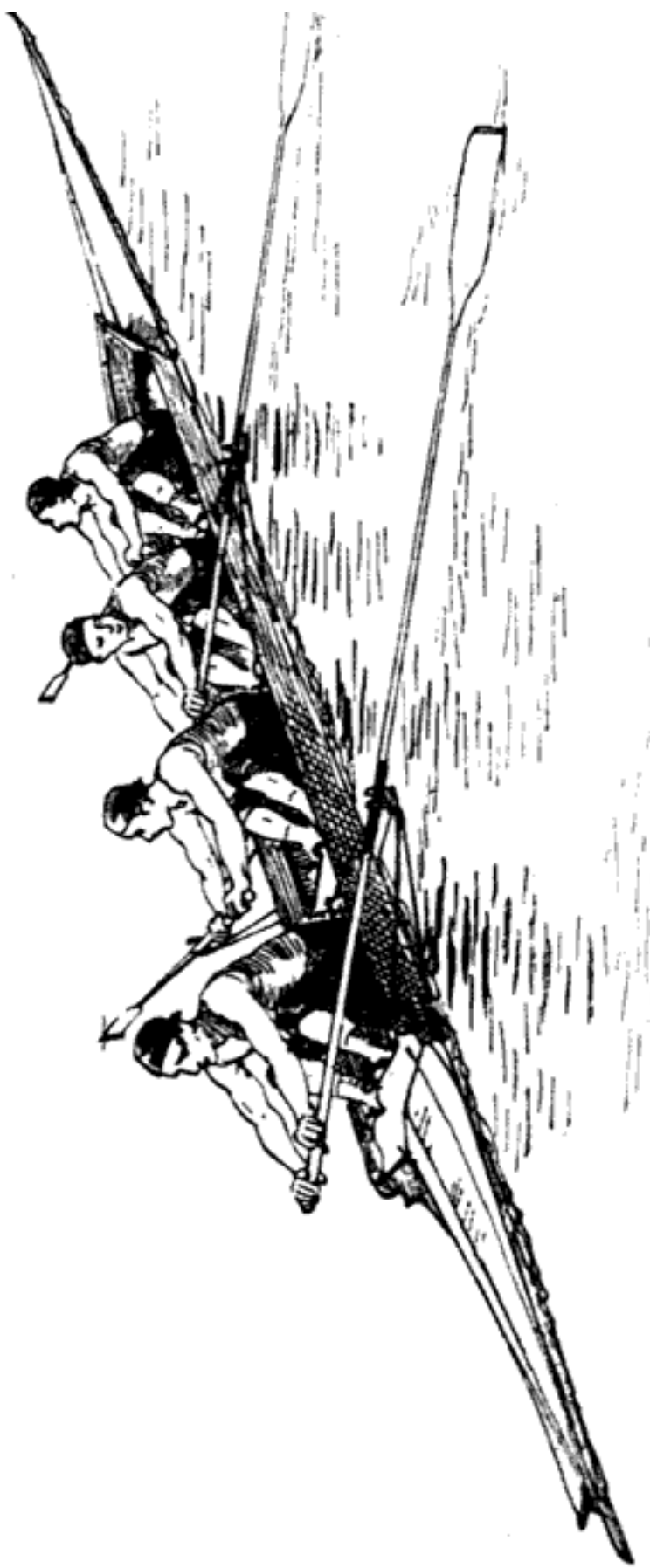
Store: Using the same premise throughout the celebrations, for however many character cards a student received, that is how many items they can purchase from the store. For example, Nola received six character cards; she can pick six items from your classroom store.

Raffle: Using the same premise throughout the celebrations, for however many character cards a student received, that is how many raffle tickets they receive for the drawing. For example, Gwyneth received four character cards; she will get four raffle tickets, or four opportunities, for the raffle drawing.



Raise Your Hand





Teamwork

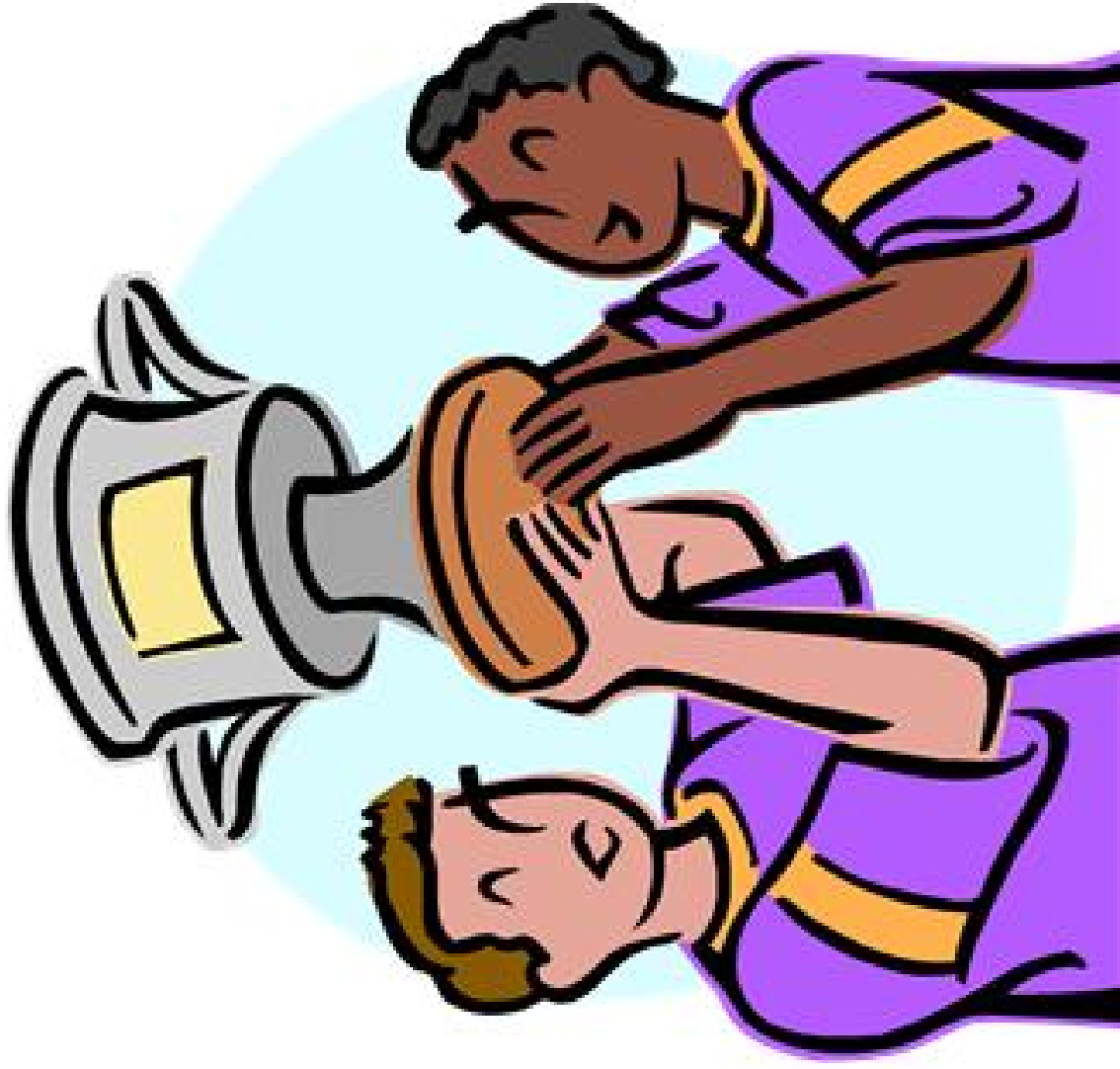
A stylized graphic of a face, composed of thick black lines. The eyes are represented by two curved lines, the nose by a central dot, and the mouth by a simple upward curve. The face is positioned on the left side of the page, with the word 'Listen' written across its forehead.

Listen





Hands To Yourself

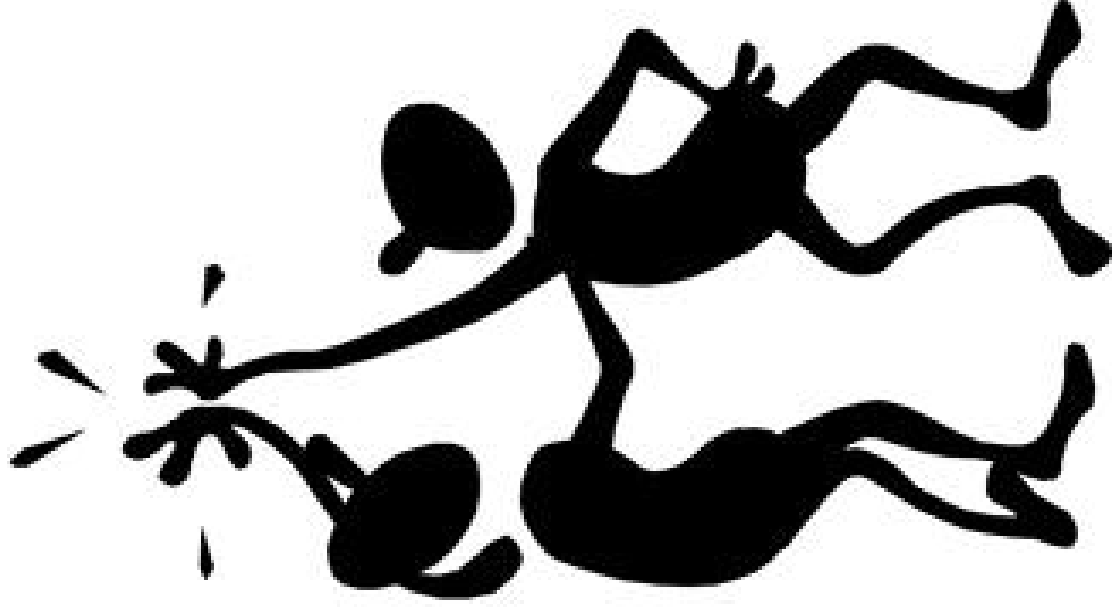


Do Your Best

Follow Directions



Celebrate Achievements

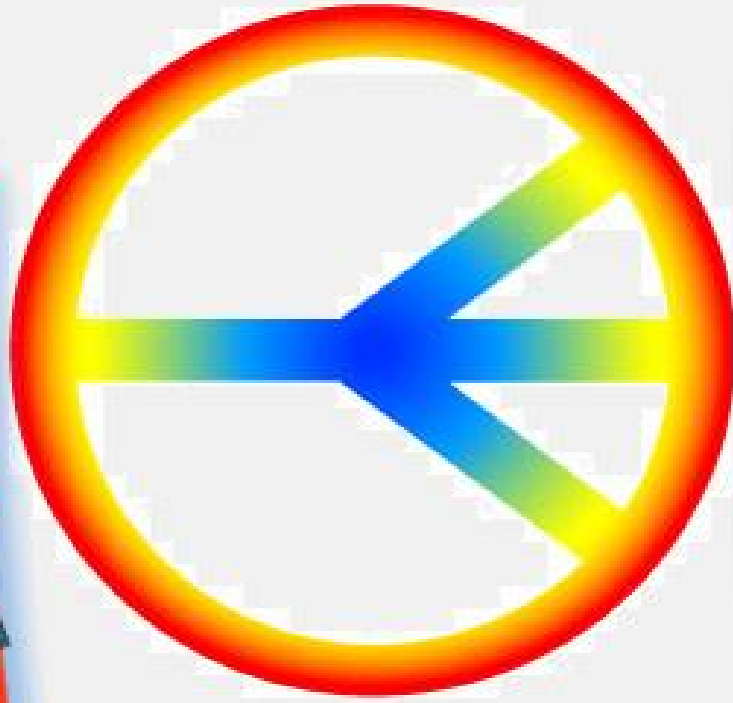




ARTNER

IP PATIENT

PEACEFUL



Positive

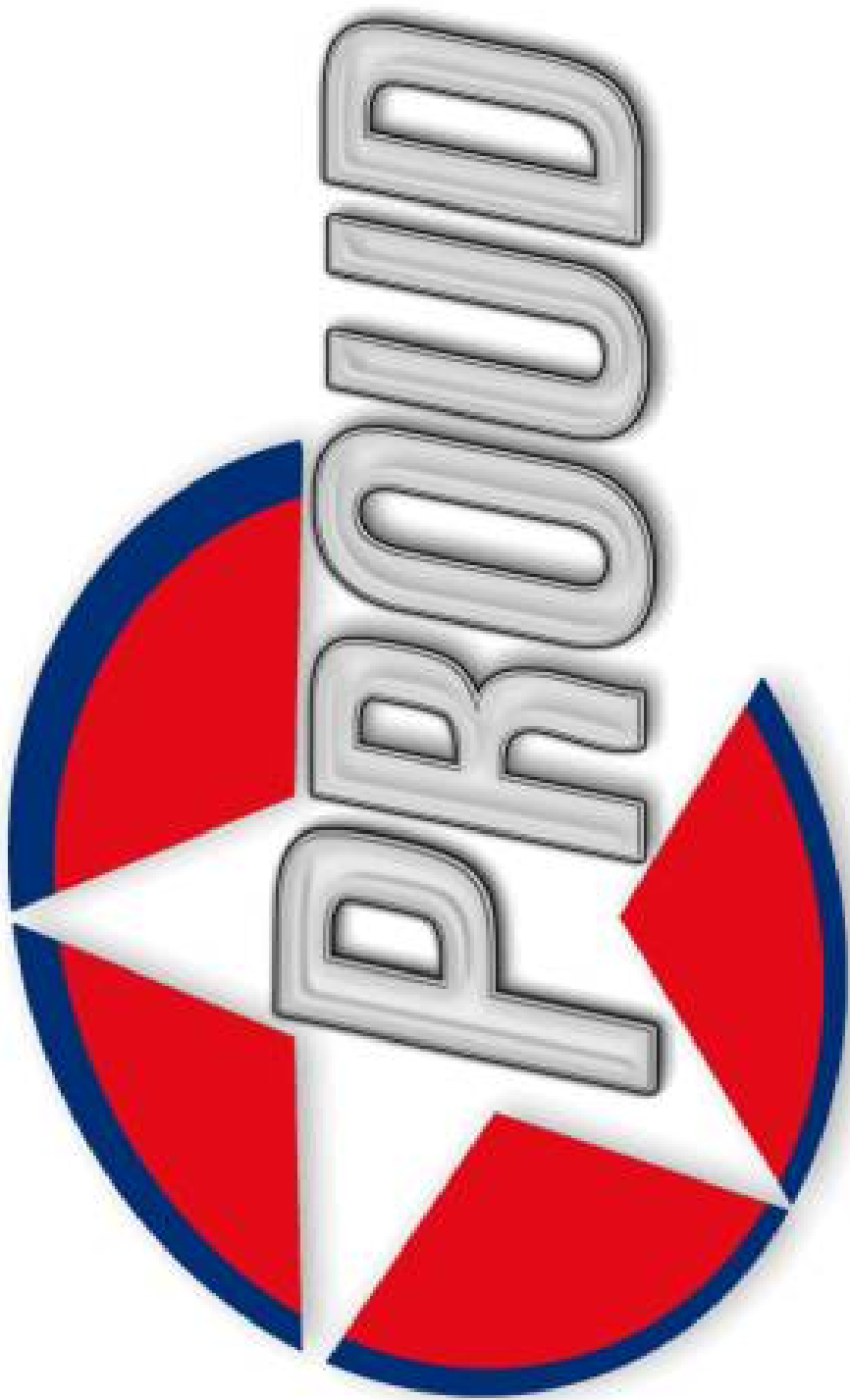


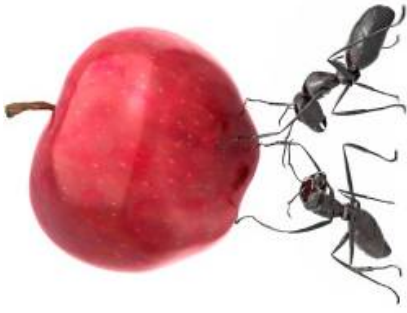
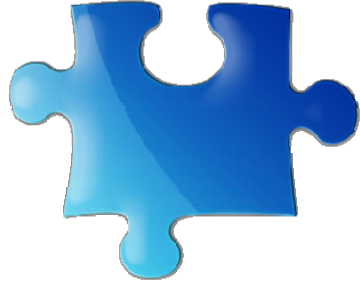


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