



Fern Green

# The 'Roots' of good Character

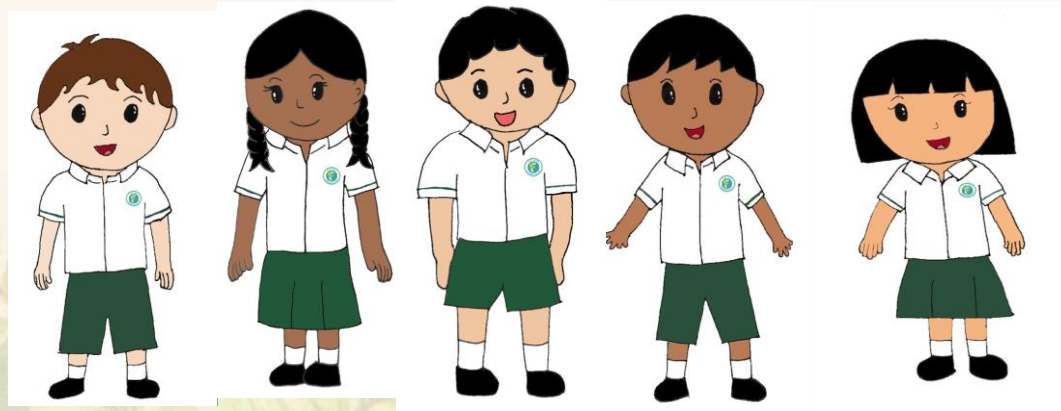


Reflective Inquirers, Aspiring Advocates, Steadfast Leaders

# What is Character?

---

- Character refers to the sum of an individual's qualities and characteristics which differentiate him/her from others.
- One's character is the amalgamation of his/her qualities which makes him unique and helps him stand apart from the rest.





Fern Green

# Two types of Character

1. Moral Character

1. **Performance Character**

# Two types of Character

1. Moral Character  
e.g.  
Honesty,  
Integrity,  
Kindness





# Two types of Character

## 1. Moral Character : other examples

- Be honest
- Play fair
- Don't cheat
- Be kind
- Act properly

# Two types of Character

## 2. Performance Character



# Two types of Character

## 2. Performance Character

e.g. Responsibility  
Resilience

### Examples

- Encourage students to strive for the best
- Try hard; don't give up
- Turn in assignments
- Pay attention
- Have goals for future
- Time management



Fern Green

# What can parents do to help build **Performance Character** in children?

*Reflective Inquirers, Aspiring Advocates, Steadfast Leaders*



- Parents can help their children develop healthy habits early in life.
- Encourage your children to learn good habits that may include a sense of responsibility, good social skills and good manners
- It takes time to acquire a habit, so parents need to be patient with their children.
- Repeating a behaviour or action on a daily basis will help your child inculcate it more promptly.

# Involve your children in setting routines

- Involving your children in setting routines makes the process more fun and exciting for them and can help turn goals into lifelong habits.



## Be a Role Model:

- One of the best ways to develop good habits for children is by setting a good example yourselves.





Fern Green

## Be Responsible:

Getting your kid to be responsible is not easy, but there are some good ways you can make your child feel accountable.

### Examples:

Hand over something important (Ezlink Card) to your kid and ask them to keep it safe, and see how they go about it.

Give them a task and see how they go about doing it.  
Encourage them to complete it properly and on time.



## Set Strong Ground Rules:

- As a parent, it is extremely important for you to set down rules for your children. Some examples include:

1. Make routines and time table.

1. Set out fixed hours for playtime, homework and screen time.

## Help them understand the “why”

- While it is important for children to learn to have some respect for authority, we should not raise them as blind followers.
- Make them understand the reason behind it.
- We know why it's important to eat healthily, sleep on time, exercise regularly, be polite, etc., but for children, all these may not make sense.



Fern Green

## Let Them Speak:

- Make sure you give your child the right to their opinion. Allow them to speak their heart out on any situation and try to see things from their point of view.

Say No: Remind them that you are in authority.

- Your child should know that when you say ‘No’ to something, it’s a final call.
- Remind them that you are in authority and you will be the one making decisions on their behalf till they grow older, and are able to make informed choices and responsible decisions. .
- Of course, make them realize the fact that they can always get a chance to voice their opinion and explain their thoughts: Help them understand how/why you have arrived at your decisions too, so that they could apply the same principles too going forward.



## Be Firm:

- Your kid may sometimes be caught for their inappropriate behaviour and lack of responsibility; at such times, be firm and try to make them understand why they shouldn't be behaving in such a way and what their actions could lead to.
- If your kid still continues to do the same, refuse to take a stand for them all the time. Let your child understand and experience the consequences for demonstrating wrong behaviour.

## Encourage consistency

- Habits are formed through repetition. It's not enough that your kids learn the task and why they have to do it, it also matters that they are consistent in doing it.
- Setting down rules and making a timetable will help them establish a routine.
- It is essential to set out fixed hours for different activities such as waking up, getting ready for school, homework, playtime, screen time, and bedtime.

## Good Manners:

- It's never too early to start finding good habits for children.
- Encourage your child to use phrases like “Thank you”, “You’re Welcome” and “Excuse Me”. Teaching them these phrases at a young age will help them make them a part of their lifestyle.





Fern Green

## Show Respect:

Respecting elders is something you would want your kid to build as their etiquette.



*Reflective Inquirers, Aspiring Advocates, Steadfast Leaders*





## Reward Your Child:

- It is a great idea to reward your children for their good behaviour.
- You can reward your children with good experiences. This will help them learn that happiness lies in enriching experiences rather than worldly possessions.
- A key point to note here is to avoid rewarding your child with materialistic things like chocolates or an hour of TV. Find other ways to celebrate good behaviour. Make the rewards intangible – a hug, a word of appreciation, etc.



## Stay Involved:

- No matter how busy you may be in your day to day work and chores, you must make it a point to be involved in your child's life.
- Make sure you are updated about how their day was, the kind of friends they have, and how they are doing at school.
- It is a great idea to have a short chat with your children after they come back home from school – it will also keep you updated of your children's emotional status.

## Encourage Family Bonding:

- Family time is extremely important for a growing child.
- Plan times for everyone in the family to get moving together.
- Take a walk in the garden or just play outside.
- Everyone will bond together.

time



## Family Dinners:

- Family dinners are an excellent way to nurture the feeling of bonding in children. If the family sits together for dinner, relationships are closer.





## Be Realistic With Your Expectations:

- Encourage children to learn from their mistakes.
- Setting realistic goals and limits are key to adopting any new behaviour.
- Small steps and gradual changes can make a big difference in your habits over time, so start small and build up.
- All children learn at their own pace.



## Positive Reinforcement

- Children do not like to hear what they cannot do, so tell them what they can do instead.
- Keep it fun and positive.
- Everyone likes to be praised for a job well done.
- Celebrate successes and help children and teens develop a positive self-image in the process.
- If your child fails and forgets to follow some of the rules even after repeated reminders, follow up with your child and engage him or her on how to do better.

- Learning good habits and manners is a dynamic process.
- Interacting with children and introducing them to good virtues in a fun way can help them develop these habits sooner.






Fern Green

- As teachers, we too are constantly learning alongside you on how to nurture good character in every child. Every child is different.
- We are your partners in this journey. Let us help each other to help your child.



Fern Green



***There is no such  
thing as a perfect  
parent so just be  
a real one.”***

*~ Sue Atkins*





Fern Green

“**Ability** may get you  
to the top,  
but it takes **character**  
to keep you there.”

– John Wooden



*Reflective Inquirers, Aspiring Advocates, Steadfast Leaders*



Fern Green

# Thank You

*Reflective Inquirers, Aspiring Advocates, Steadfast Leaders*