

SASO MIDDLE SCHOOL CHARACTER EDUCATION LESSON

TOPIC: HUMILITY & BEHAVIOR

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Note to Teacher: This lesson encompasses all of the Six Pillars of Character (josephsoninstitute.org): Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Specifically, it focuses on demonstrating proper behavior in all of life's circumstances and being a humble individual. It offers the teacher guidelines to follow after students have viewed the SASO DVD of Dorrell Jalloh (*Volume II. Humility and Behavior*) and the SASO VIDEO (*Character. Own it.*) which features Isaiah Bruce (Humility).

Discussion questions, scenarios, and suggestions for writing and speaking assignments have been designed to develop student critical thinking, reflection, interaction, and creativity. They are interchangeable and should be determined by the teacher.

With regard to discussion questions and scenarios, teachers may pose questions to students individually or in small groups. With regard to the latter, a spokesperson for each group should be selected to summarize his or her group's discussion to the rest of the class.

Discussion Questions:

1. How do you define humility? Explain whether it is or is not related to modesty.
2. What is the difference between humility and humiliation?
3. How do you define egotism? Is it the same as arrogance?
4. Discuss some general characteristics of an egotistical person.
5. How do you learn about behavior and humility?
6. Who is an example of a humble person?
7. Discuss different ways in which people demonstrate humility?
8. Discuss and give examples of how you handle inappropriate behavior of others.
9. Name and discuss someone in the media who demonstrates good behavior.
10. Name and discuss someone in the media who demonstrates poor behavior.
11. Define and give an example of "swallowing your pride."
12. How can schools reinforce good behavior of students?

13. How can schools regulate inappropriate behavior of students?
14. What are examples of appropriate consequences for poor behavior in school?
15. What are examples of appropriate consequences for poor behavior at home?
16. Discuss whether or not someone who admits making a mistake is a weak individual.
17. Discuss a time when you had inappropriate behavior. Did you change it? If so, how?
18. Write a nonfiction or fiction story about values.
19. Write a poem or song about values.
20. Select one of the quotes related to humility and/or behavior and explain what it means. Or, find a quotation about humility and behavior and explain what it means. Identify the author of the quote and describe who that individual is (e.g., Michelle Obama, First Lady).

Scenarios: What would you do?

1. You got a perfect score of 100 on your history test, but nobody knows it. One of the students in your class is bragging to everyone that he got the highest grade in the class on the test, a 96. What would you do?
2. You are on a school sports team. At the last game, you scored the winning point and everyone is giving you the credit for the victory. What would you do?
3. You are working on a group project with some of your classmates. One girl in the group takes credit for doing work that you did, even though she did very little on the project. What would you do?
4. You are sitting in class listening to the teacher. Students around you are talking to each other instead of paying attention to the teacher. Your best friend, who is seated beside you, begins talking to you. What would you do?

Writing/Speaking Assignments: Students either may write a paper or give an oral presentation about the topic (length and guidelines to be determined by the teacher).

1. Define self-image and how is it related to behavior.
2. Discuss humility and whether it is or is not important to demonstrate it. Give examples.
3. Discuss whether or not humility and popularity are related.
4. Are you a humble person? Why or why not?

5. Discuss what, if anything, keeps you from being humble.
6. Interview a family member who is a humble person and ask that person to describe humility and why he/she is a humble person.
7. Are humble people happier than those who are not humble? Why or why not?
8. Discuss a time when you were humble. Compare it to a time when you were not humble and should have been.
9. Discuss someone who is well known because of his/her good behavior or humility.
10. Discuss someone who is well known because of his/her poor behavior or lack of humility.
11. Compare and contrast examples of good behavior at home and at school.
12. Compare and contrast examples of poor behavior at home and at school.
13. Compare and contrast examples of good behavior with your family and with your friends.
14. Compare and contrast examples of poor behavior with your family and with your friends.
15. Discuss a time when you had to “swallow your pride.” Was it the right or the wrong thing to do?
16. List and discuss three qualities related to good behavior.
17. List and discuss three qualities related to humility.
18. Compare and contrast how society perceives humility v. arrogance.
19. Write a nonfiction or fiction story about humility or behavior.
20. Write a poem or song about humility or behavior.
21. Select one of the quotes below and explain what it means. Or, find a quotation about humility and/or behavior and explain what it means. Identify the author of the quote and describe who that individual is (e.g., Abraham Lincoln, 16th President of the United States).

Quotations about Humility:

1. Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all. (William Temple)
2. I never had a policy; I have just tried to do my very best each and every day. (Abraham Lincoln)
3. What kills a skunk is the publicity it gives itself. (Abraham Lincoln)
4. A man wrapped up in himself makes a very small bundle. (Benjamin Franklin)

5. Too many people overvalue what they are not and undervalue what they are. (Malcolm S. Forbes)
6. Don't try to be different. Just be good. To be good is different enough. (Arthur Freed)
7. I believe the first test of a truly great man is humility. (John Ruskin)
8. Don't talk about yourself; it will be done when you leave. (Wilson Mizner)
9. True merit, like a river, the deeper it is, the less noise it makes. (Edward Frederick Halifax)
10. Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work. (Mother Teresa)
11. Egotism is the anesthetic that dulls the pain of stupidity. (Frank Leahy)
12. Pride makes us artificial and humility makes us real. (Thomas Merton)
13. It is always the secure who are humble. (Gilbert Keith Chesterton)
14. In all that surrounds him the egotist sees only the frame of his own portrait. (J. Petit-Senn)
15. Humility is nothing else but a right judgment of ourselves. (William Law)
16. Some people are born on third base and go through life thinking they hit a triple. (Barry Switzer)
17. Blushing is the color of virtue. (Diogenes)
18. Glory is largely a theatrical concept. There is no striving for glory without a vivid awareness of an audience. (Eric Hoffer)
19. When someone sings his own praises, he always gets the tune too high. (Mary H. Waldrip)
20. None are so empty as those who are full of themselves. (Benjamin Whichcote)
21. A man will act out what he believes himself to be. (Jacquelyn K. Heasley)
22. Wear your learning like your watch, in a private pocket; and do not pull it out, and strike it, merely to show that you have one. (Lord Chesterfield)
23. The man who thinks he can live without others is mistaken; the one who thinks others can't live without him is even more deluded. (Hasidic Saying)
24. Any party which takes credit for the rain must not be surprised if its opponents blame it for the drought. (Dwight Morrow)

25. You shouldn't gloat about anything you've done; you ought to keep going and find something better to do. (David Packard)
26. Nobody stands taller than those willing to stand corrected. (William Safire)
27. Modesty is the gentle art of enhancing your charm by pretending not to be aware of it. (Oliver Herford)
28. Flattery is all right so long as you don't inhale. (Adlai Stevenson)
29. Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them. (John (Jay) McCloy)
30. Humility is the only true wisdom by which we prepare our minds for all the possible changes of life. (George Arliss)
31. It is far more impressive when others discover your good qualities without your help. (Author Unknown)

Quotations about Behavior:

1. Human behavior flows from three main sources: desire, emotion, and knowledge. (Plato)
2. We judge others by their behavior. We judge ourselves by our intentions. (Ian Percy)
3. The time is always right to what is right. (Martin Luther King, Jr.)
4. Morality cannot be legislated but behavior can be regulated. Judicial decrees may not change the heart, but they can restrain the heartless. (Martin Luther King, Jr.)
5. To change a habit, make a conscious decision, then act out the new behavior. (Maxwell Maltz)
6. You can stand tall without standing on someone. You can be a victor without having victims. (Harriet Woods)
7. The self-image is the key to human personality and human behavior. Change the self-image and you change the personality and the behavior. (Maxwell Maltz)
8. A long habit of not thinking a thing wrong gives it a superficial appearance of being right. (Thomas Paine)
9. A lot of people mistake a short memory for a clear conscience. (Doug Larson)
10. There is no pillow so soft as a clear conscience. (French Proverb)

11. Try not to become a man of success but rather try to become a man of value. (Albert Einstein)
12. When I do good, I feel good. When I do bad, I feel bad. That's my religion. (Abraham Lincoln)
13. Goodness is the only investment that never fails. (Henry David Thoreau)
14. Live in such a way that you would not be ashamed to sell your parrot to the town gossip. (Will Rogers)
15. To speak ill of others is a dishonest way of praising ourselves. (Will Durant)
16. It takes less time to do a right thing than it does to explain why you did it wrong. (Henry Wadsworth Longfellow)
17. Conscience is what hurts when everything else feels so good. (Mahatma Gandhi)
18. I don't have to attend every argument I'm invited to. (W. C. Fields)
19. Every job is a self-portrait of the person who does it. Autograph your work with excellence. (Author Unknown)