**GRADE 6 Health Lesson #6 – Page 1**

**TRAITS OF GOOD CHARACTER** (A-14)

There are 6 traits of Good Character

1 - **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means telling the truth and acting on it. It also means not cheating.

**Write down 2 examples of being Trustworthy.**

2 - **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means treating others with dignity and consideration. It also means not making fun of others. It means you should follow the “Golden Rule”.

**What is the Golden Rule? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Write down 1 example of showing respect.**

**Write down the two most important words in the dictionary that show respect.**

1. 2)

3 - **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means making healthful decisions and honoring your promises.

**Write down 2 examples of being responsible.**

4 - **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means following and playing by the rules. It also means caring about everyone’s point of view.

**Write down 2 examples of demonstrating fairness.**

5 - **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means sharing the pain and happiness of others. It means helping those in need.

**Write down 2 examples of being caring to others.**

6 - **\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** means doing your part as a member of the community. It means obeying laws and advocating for the health of others. It means volunteering your time. It means doing something nice without being told.

**Write down 1 example of being a Good Citizen for others.**

**Write down 1 example of being a Good Citizen for your community.**

**GRADE 6 Health Lesson #6 - Page 2**

BREAKING HARMFUL HABITS

When you listed your strengthens and weaknesses, you might have realized that you had some harmful habits.

Harmful habits can be related to lack of character. They may harm your physical health. For example, watching too much TV can prevent you from getting enough exercise.

**NAME 2 HARMFUL HABITS AND HOW THEY EACH AFFECT YOUR HEALTH.**



How do you break a harmful habit? There are 4 steps.

1 – Begin by **A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** that you have a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

2 – Ask for **\_\_\_\_\_\_\_\_\_.** Ask a **F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** or trusted **\_\_\_\_\_\_\_\_\_\_\_\_** for encouragement.

3 – Make a **P\_\_\_\_\_\_\_\_\_** to **B\_\_\_\_\_\_\_\_\_** the **H\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** habit.

Set a goal and make a plan to reach your goal of breaking the harmful habit.

Check and evaluate your progress on how you are doing trying to reach your goal.

4 – Promise yourself a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for achieving your **\_\_\_\_\_\_\_\_\_\_\_.**