



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parents or Guardians:

The Empty Pot, by Demi, is a traditional Chinese tale about a boy named Ping who lived a long time ago in China. What happens in the story teaches children the value of *courage, honesty, integrity, responsibility, and perseverance (CHIRP)*. These tools will empower students to value being true to themselves even when it is not easy.

This book illustrates the importance of attitude and behavior in building character. Students will understand that the end result isn't as important as trying your best and to trust in yourself and listen to your own judgment to make a good decision. *Honesty makes trust bloom*. In the discussions and lesson, these developmental assets and character traits are defined as:

1. **Courage**-Acknowledge your accomplishments, even if they fall short of the goal.
2. **Honesty**-Telling the truth even when it's not easy.
3. **Integrity**-Having a personal moral code and sticking to it no matter what. Doing the right thing and feeling good about it.
4. **Responsibility**-Taking ownership for your own behavior.
5. **Perseverance**-Working hard at a task until the end.

There are several ways you can extend this lesson at home:

- Create a family *circle of trust* where all members feel safe.
- *Notice, name and celebrate* when:
 - You or your child *say or do* something as an *UPstander*.
 - Tell the truth when it is hard to do so.
 - Point out when you or your child accomplish a goal.
 - Celebrate small and large accomplishments especially when you try your best.
- Look for examples of family, friends, and neighbors who model positive values.
- Make a family list of what you *say* and *do* to promote your family's positive values.

Keep your expectations realistic and allow for mistakes. Making and then learning from mistakes enables your child to understand how to live life with integrity and honesty. Your children watch everything you *do and say*—it's how they learn to behave. You are the most important role model (asset #14) in your child's life! Your own behavior is, as always, the best teaching tool.

Additional activity you can do at home:

Complete the *What's on Your List?* activity below, and help your child complete it. It will help you start a family conversation about Courage, Honesty, Responsibility, Integrity and Perseverance.



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WHAT'S ON YOUR LIST?
Courage, Honesty, Responsibility
Integrity, & Perseverance

How are you responsible for **you**, and **your** world?

Make a list using the following categories of the things you **do** ♥, and one or two new actions you **will do** ☺, to show the traits listed above.

Need ideas? Ask a friend or fellow student, "What's on your list?"

Personal/Self-How do you take care of **you**?

♥	♥
♥	♥
☺	☺

Family and Home-What do you **do** as a caring member of your family and home?

♥	♥
♥	♥
☺	☺

Neighborhood/Community/World-How are **you** an *UP-stander* in these places?

♥	♥
♥	♥
☺	☺