



## Terrific Kids journal

This is a fun journaling activity that will help you learn and live the Terrific Kids character traits.

What is a journal? A journal is a book where you write your thoughts. You can write what happens during the day and how you feel about what happens.

Here's an example of what someone might write in a journal:

I had a great day today. I got a B+ on my math test. This is huge because I struggle in math. This proves to me that all the studying I did the week before the test worked. I guess studying really does make a difference!

In the Terrific Kids journal the focus will be living the Terrific Kids character traits.

**TERRIFIC** is an acronym for **T**houghtful, **E**nthusiastic, **R**espectful, **R**esponsible, **I**nclusive, **F**riendly, **I**nquisitive and **C**apable. These are character traits.

Here is a definition for each of the Terrific Kids character traits.

Thoughtful:	Considering the feelings and needs of others.
Enthusiastic:	Demonstrating feelings of excitement and interest.
Respectful:	Considerate, polite and courteous.
Responsible:	Dependable and can be trusted.
Inclusive:	Everyone is welcome.
Friendly:	Kind and helpful.
Inquisitive:	Questioning or curious, eager to learn.
Capable:	Able to do a task or job.

Your assignment is to use one character trait every week and write a journal entry about how other people respond to you and good character.

Here are examples of ways you can practice being thoughtful for a week:

- I'm going to wash the dirty dishes for my mom without being asked.
- I'm going to carry the groceries inside without being asked.
- I'm going to ask other people how I can help.
- I'm going to help the art teacher straighten the room after class.

In your journal write down how people responded to you practicing this character trait. Did you make someone happy? Did this person thank you? Write down how you felt after trying to be more thoughtful. Did you feel happy because you helped someone?

To do this activity you will need a journal or composition book. Decorate the front of the book with the word TERRIFIC and personalize it with your name.

Writing in a journal is a great way to track how using the Terrific Kids character trait makes a difference in the lives of others.

When you've finish practicing a character trait, sit down with other Terrific Kid participants and talk about the following:

- What did you learn?
- How did the experience make you feel?
- Did this activity impact the people around you?
- What do you feel you'll do differently from this point on as a result of this experience?
- How can you encourage other people to practice using good character?