

Becoming a Force for Good

Module 2

Making Good Habits Personal



INSTRUCTOR NOTES:

- Print the notes page view of this presentation for reference during the class session
- Present the PowerPoint slides via a projector or monitor to students using SLIDE SHOW viewing mode


TEACHER

Becoming a Force for Good Mission & Objectives

Mission
Building champions for social justice

Objectives

1. Reinforce the importance of diversity
2. Identify actions that may lead to injustice
3. Challenge students to stand for justice
4. Encourage the adoption of habits that support social justice



Charts that have the **TEACHER INDICATOR** in the upper left corner are not intended for student viewing (Teacher discretion)

TEACHER

AGENDA

<u>Module 2</u>	<u>Slides</u>
1. Be a Force for Good Blog	4 - 8
2. Brainstorming new habits	9 -11
3. Developing list of 5 new habits	12 -13
4. The Challenge: putting habits in action	14 -16
5. Reflection	17



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Be A Force for Good Blog

- Gandhi taught us that our actions become our habits, and then our habits ultimately lead us to our destiny, or future.
- The following slides are excerpts from a blog entitled “Be a Force for Good in the World”
- As you read the blog written by Kelly’s friend Justin, think about how Kelly’s life reflected Kelly’s top ten habits on the Be the Light card

Be The Light

1. Do everything with love
2. Be compassionate
3. Give to others
4. Live with integrity
5. Create positivity
6. Be a force for good in the world
7. Keep promises to myself and others
8. Appreciate life
9. Be in the moment
10. Spread love to everyone

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FACILITATOR NOTES

- Introduce the blog from which excerpts are featured in the next three slides
- Ask students to read the “Be the Light” habits that are listed to the right and reflect on these habits as the class reads through the blog together

For me, Kelly is a bright light in a dark room—heck, a bright light in any room. When I was happy, she was right there ready to magnify, and when I was sad, she was a hug waiting to happen. For all the years I knew her, she always seemed to have a divining rod for darkness: finding and illuminating the injustices suffered by the downtrodden, disenfranchised, marginalized, or targeted. My first glimpse of Kelly's knack for this came in high school, in freshman debate, when we learned about the Rwandan genocide and discussed the extent to which the US should support UN Peacekeeping operations. Kelly's debate just had a way about it, imputed with this fervor and expression that these stories were more than words on a page; they were people. The next year, the topic was unlawful detention, and that same fervor was present again in Kelly's argument. No matter what the group or what the distance, it was as though Kelly's heart was being shared with them.

This is the same feeling I always felt when Kelly was in the room—that her heart was being shared with me and with all of us. It didn't matter if it was one-on-one or in a group. With Kelly, everyone was included; everyone had value and a voice; everyone mattered. This is one of the things I miss most about her and work ardently to seek out and to emulate. Sometimes when I'm in a random place and I least expect it, someone will do something or say something that is just "so Kelly" and, all of the sudden, I'm awash with a warmth and comfort of a friend in the room. A couple years ago, I was a press intern for the First Lady, and as I'm standing in the back of this ballroom full of kids and press and staff, the First Lady is up front taking questions from the kids.

Becoming a Force for Good in the World
Blog by Justin Prelogar



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She selects a ten-year old girl in the front row named Charlotte, who stood up, went to the First Lady, handed her a piece of paper, and in a flurry of words said "my dad's been out of a job for three years and I wanted to give you his resume." The First Lady, without missing a beat, knelt down, gave Charlotte this engulfing embrace, and assured her "I got it." So Kelly

I try every day to see people and help people and listen to people the way Kelly did so naturally. While I'm nowhere near as good at it, I know that every bit of effort I put toward that goal is a positive step. Even though I will likely never be Kelly-level at this, it's the little steps: helping others, speaking kindly, being compassionate. In the same way that one voice at a rally may seem inconsequential or like never enough, when paired with the other voices speaking out for the same cause, carrying forward the same positivity and the same light, that one voice is powerful. Kelly's light was ultraviolet; we all know it. And if we strive to be ultraviolet, we may get there. Whether we get to that level or not though, our positive efforts, that positive force will bring light into spaces of the world that otherwise would be shrouded in darkness.

Being a force for good in the world, to me, is not about scale so much as it is about persistence. Darkness, sadness, and injustice are everywhere, on scales large and small. Wherever you live, whatever you do, whenever you have an opportunity to make something better or make something brighter, if you take that opportunity to bring the greatest force and the brightest light to the situation, not only can we eliminate the darkness, we can inspire others to take up the light and spread it in their own situations and their own world.

Becoming a Force for Good in the World
Blog by Justin Prelogar



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Sometimes, no matter how much positivity and good we bring to the world, we'll stumble into black holes ourselves. The really cool thing about all this though is that if you've devote time to spreading light to your world and to those around you, those very same people will be there to relight your world.

What I've learned from Kelly is that it doesn't matter what my area of focus is, what my profession is, where I live, or where I'm from. There is a world around all of us, and if we share love and kindness and compassion with everyone, and if we listen and act in ways that improve the lives of others, the world will be a better place. Kelly showed us the incredible impact one person can make, and if we can take what we've learned from her—to be a positive force for good, to be the light—and apply it to our own situations, perhaps we can fashion a world in which we see Kelly in a lot more places in a lot more ways. Then we can always look around and say to ourselves "Ah, so Kelly."

Becoming a Force for Good in the World
Blog by Justin Prelogar



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Group Discussion: Be A Force for Good Blog

DISCUSS

- List some of the habits on the right that you think are evident in Justin's description of how Kelly treated others.
- How did the way that Kelly treated others impact Justin?
- How does Justin describe being a force for good in the world?
- Reflect on how others might describe the way you act toward them.

Be The Light

1. Do everything with love
2. Be compassionate
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7. Keep promises to myself and others
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9. Be in the moment
10. Spread love to everyone

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FACILITATOR NOTES

Habits Contributing to Social Injustice

List a few personal habits that could lead to an act of injustice toward another

Examples of habits that could lead to injustice:

- *Always sitting with the same group at lunch*
- *Judging someone based on their outward appearance*

Acts of Injustice

- Bullying
- Blaming
- Judging
- Ignoring
- Abusing
- Excluding
- Ridiculing
- Discriminating
- Misrepresenting
- Misunderstanding
- Sexual Misconduct



INSTRUCTOR NOTES:

- The focus of the habits discussion turns to the impact of habits on social injustice
- Now is the time for the students to offer their perspective on negative habits that might lead to acts of injustice
- Encourage students to share more examples


DISCUSS

Group Discussion Brainstorm: Positive Habits

List additional examples:

-Treat everyone with respect	-Be honest
-Take responsibility	-Show compassion
-Do the right thing	-Think before reacting
-Be trustworthy	-Be considerate
-Greet people with a smile	-Make new friends

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



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INSTRUCTOR NOTES:

- Try to get everyone to participate by offering input on the list of potential positive habits
- Document the additional habits offered-up during the discussion by students and keep on-hand for consideration during group review -next slide

DISCUSS

Group Discussion New Habits Can Help You Stand for Justice

Stand up against acts of injustice	Positive habits from group brainstorm	Example habits from The Kelly Way Story
	<ul style="list-style-type: none"> • Treat everyone with respect • Be honest • Take responsibility • Show compassion • Do the right thing • Think before reacting • Be trustworthy • Be considerate • Greet people with a smile • Make new friends • _____ • _____ • _____ • _____ 	



INSTRUCTOR NOTES:

- Lead the group in a discussion about how the habits identified by the group, along with Kelly’s habits, can help someone take a stand against injustice
- Take some time to discuss how a good habit can help stop an act of injustice

Champion for Social Justice Select Your 5 New Habits

Everyone can choose to become a champion for social justice!

Make a list of 5 new habits that you want to adopt on a daily basis:

1. Take time to think about which new habits will help you be a force for good.
2. The habits selected should reflect the areas of improvement that you need to focus on to become a champion for social justice
3. Don't worry about how your list might compare to the list of others, this is a personal activity that reflects what is most important to you.
4. As part of your consideration, you might think of how your behavior will need to change in order to make these habits part of your daily routines.



INSTRUCTOR NOTES:

- Challenge students to reflect on areas of needed improvement so that they can be a champion of social justice
- Provide an opportunity for students to refine their list prior to committing them to a poster

Top 5 Habits Poster

Create a poster listing your top 5 new habits.

Supplies required:

- Paper or card stock, 11 x 14 or other size
- Colored markers or pencils



INSTRUCTOR NOTES:

- Provide an opportunity for students to refine their list prior to committing them to a poster
- Have fun with this activity, creating posters will help emphasize to the students the importance of their 5 new habits
- After everyone has completed their poster, ask for volunteers to share their poster with the class

The Challenge: Be a Force for Good in the World

Making your habits last

- Add your top 5 habits to your scorecard
- Take time every day to track how well you put each habit into practice using the number coding below:

1	Right on Target!
2	Okay, but room for improvement
3	Need to work on this one

The purpose of tracking each habit is to help you focus on improving

- Continue tracking your habits for 5 *WEEKS* to complete the challenge!



INSTRUCTOR NOTES:

- Pre-print scorecard sheets
- Have each student add their 5 new personal habits to the preprinted scorecards for the 5 week challenge
- Emphasize the importance of completing the challenge – and ***Becoming a Force for Good in the World***
- Explain that once each week for the coming 5 weeks the class will take part in a Habit Check-up, during which students will be asked to share their thoughts and insights about progress related to creating and sustaining their new habits.

Tracking Your Habits

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5 Week Challenge

SCORECARD

Week: 1 2 3 4 5

#	My Top 5 Habits	MON	TUE	WED	THU	FRI	SAT	SUN
1								
2								
3								
4								
5								

- 1** Right on target!
- 2** Okay, but room for improvement
- 3** Need to work on this one

*"Somebody has to stand when other people are sitting.
Somebody has to speak when other people are quiet."
— Bryan Stevenson*



INSTRUCTOR NOTES:

Reinforce the importance of participating in the challenge by reading the quote from Brian Stevenson:

*"Somebody has to **stand** when other people are sitting. Somebody has to **speak** when other people are quiet."*

Ask the student to write their 5 habits on each of the weekly scorecards

Tracking Your Habits

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5 Week Challenge

Kelly

SCORECARD

Week: 1 2 3 4 5

#	My Top 5 Habits	MON	TUE	WED	THU	FRI	SAT	SUN
1	Do everything with love	3	2	2	1	1	2	2
2	Be compassionate	1	1	1	2	1	2	1
3	Give to others	2	2	2	2	2	2	2
4	Live with integrity	1	1	1	1	1	1	1
5	Create Positivity	2	2	2	2	1	3	2

- 1** Right on target!
- 2** Okay, but room for improvement
- 3** Need to work on this one

*"Somebody has to stand when other people are sitting.
Somebody has to speak when other people are quiet."
— Bryan Stevenson*



INSTRUCTOR NOTES:

This is a fictitious example using 5 of Kelly's habits as an example

It is important that students choose habits that apply to them personally. Be careful that all students understand that they have the choice of duplicating other habits or creating original entries that reflect what they want to achieve.

Reflection

- Share and discuss your Top 5 Habits
- Explain why you selected the list of 5 habits
- Make sure to update your scorecard each day based on how YOU think you have put your habits into action
- Share your scorecard at home and discuss why you chose to mark one of your habits as red, yellow or green



INSTRUCTOR NOTES:

- Ask students to think of a good place to put their poster as a daily reminder
- Encourage students to talk about the things they've learned and discussed at home

