



Building Character Through Health and Life Skills Activities

Category: Character Education

Workshop Overview

Following is a general overview of this workshop, including desired participant outcomes, an explanation of the workshop’s alignment with Learning Forward Standards for Professional Learning, and resources that are included in print and electronic form.

Category: Character Education

Duration: Full workshop – 3 hours

Desired Outcomes:

Participants will...

- Identify the educator’s role in character education.
- Learn strategies for using health and life skills instruction in character building.
- Apply activities that build student character through health and life skills.

Learning Forward Standards for Professional Learning:

- **Leadership:** Requires skillful leaders who develop capacity, advocate, and create support systems for professional learning.
- **Resources:** Requires prioritizing, monitoring, and coordinating resources for educator learning.
- **Data:** Uses a variety of sources and types of student, educator, and system data to plan, assess, and evaluate professional learning.
- **Learning Designs:** Integrates theories, research, and models of human learning to achieve its intended outcomes.
- **Implementation:** Applies research on change and sustains support for implementation of professional learning for long term change.
- **Outcomes:** Aligns its outcomes with educator performance and student curriculum standards.

Resources in This Binder:

- Handouts
 - Handout 1: Character Building Activities: Health
 - Handout 2: Character Building Activities: Life Skills
 - Handout 3: Character Building Activities: Health and Life Skills
 - Workshop Agenda
 - Attendee Notes
 - 3-2-1 Evaluation Form
 - Certificate of Completion
- “Think About It” Exercise
- Ready, Set, Go Planning Activity





Topic Outline

Understanding the general flow of topics to be covered is an important part of giving a strong presentation. This allows the presenter(s) to lead effective group discussions and speak extemporaneously. Following are the main topics covered in this PowerPoint presentation. As you prepare to give the workshop, you may want to refer to this page often.



Main Topics:

1. Character Education
2. Character Building Through Health
3. Character Building Through Life Skills
4. Character Building Through Health and Life Skills

Subtopics:

1. Character Education

- a. What Is Character?
- b. What Is Character Education?
- c. Why Teach Character Education?
- d. How Do I Teach Character Education?
- e. Research Shows...

2. Character Building Through Health

- a. Health Education
- b. Health Activities

3. Character Building Through Life Skills

- a. Life Skills Education
- b. Life Skills Activities

4. Character Building Through Health and Life Skills

- a. Health and Life Skills Education
- b. Health and Life Skills Activities

Presentation Outline



This outline is designed for you to see the PowerPoint presentation at a glance. Note that slide numbers and the approximate amount of time needed per slide are shown in the right two columns. **The times in bold print show the approximate total time needed for that topic, which includes the approximate times for the activities, shown in parentheses.** You might consider keeping this page within reach during the presentation.

Section of Presentation	Slide #	Timing (mins)
Getting Started		
Introduce self, co-teacher, participants	1-2	
Explain materials issued to participants		
Cover objectives (from Workshop Overview)	2	10
Topic 1 – Character Education	3-10	40
Activity – Think in Threes	10	(15)
Topic 2 – Character Building Through Health	11-14	20
Discussion Point – Have you used any health-related activities in your classroom?	12	(5)
Break		
Topic 3 – Character Building Through Life Skills	15-19	25
Discussion Point – What other life skills do you believe students should be taught?	19	(5)
Topic 4 – Character Building Through Health and Life Skills	20-29	70
Activity – Walk the Talk!	29	(25)
Closing Thoughts	30	5
Total of 2 hours and 50 minutes (not including break)		

Helpful tip!

This workshop can be broken up into shorter sessions so that you can adapt the presentation according to your time constraints.

“Think About It” Exercise

Have staff complete this exercise to begin implementing what they learned during the workshop. Distribute this document to staff by attaching the file to the Next Day Follow-Up Email, or make copies for the staff.



1. Circle the activities in the list below that you are familiar with or have used in your classroom for character education, health, and/or life skills education.

Acceptable Classroom Behavior.

Drug Awareness.

Accountability Role-Playing.

How Have I Changed?

Always Wear Your Bike Helmet.

Knowing the Difference
Between Needs and Wants.

Anonymous Gifts.

Positive Character Traits.

Avoiding Fights.

Positive vs. Negative
Body Language.

Complimenting Good Behaviors.

Conflict Posters.

2. Are there any aspects of health and life skills activities for character education that the presentation did not cover? What are they and how do you propose handling these aspects?

3. In what particular situations outside of the school could students apply the activities that you have learned? How could you improve on these activities to better equip your students with the knowledge, skills, and attitude to survive in the real world?
