

# Kleist Health Education Center



**...starting children  
and young adults on  
a lifetime journey of  
healthy living!**

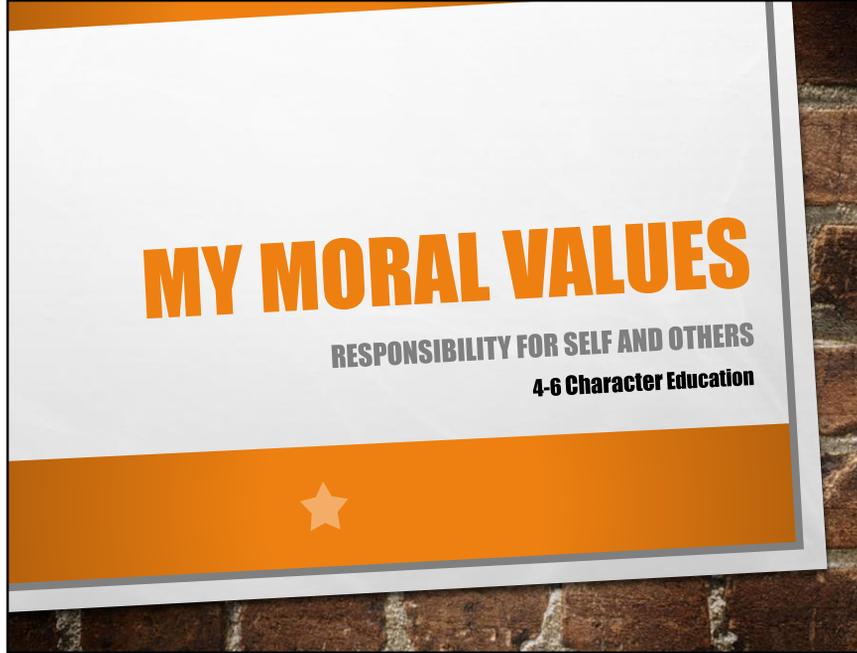
**Enabling individuals to enjoy longer,  
healthier lives!**



The Kleist Health Education Center (KHEC) is a non-profit state-of-the-art health education building on the Florida Gulf Coast University campus in Fort Myers, Florida.

The KHEC is one of only 32 health education centers in the United States and the only one of its kind in the state of Florida.

Visiting students receive motivating health education instruction from master's and doctoral level health educators. Instructors combine interactive teaching techniques with computerized visual aids to help impact student learning and decision-making skills. Students learn that the choices they make today will affect their own future and the future of our society.



This learning lesson is for children in Grades 4-6  
Please use these slides to help guide you through your learning experience with your children/students.

The **goals** of this *Learning Lesson* are:

- 1) To teach children the definition of **values and morals**.
- 2) To teach children the purpose of personal and social responsibility.
- 3) To teach children to **reflect** on personal **beliefs** and family values.

## WHAT ARE MORAL VALUES?

- **MORALS: WHAT IS RIGHT AND WHAT IS WRONG**
- **VALUES: THINGS THAT ARE IMPORTANT TO YOU AND YOUR FAMILY**
- **CREATE YOUR OWN DEFINITION OF "MORAL VALUES"**



**Morals:** what is right and wrong?

Discuss examples

**Values:** things that are important to you and your family

Discuss examples

Create a definition of moral values together.

## ACTIVITY: START A JOURNAL

### VALUES

- **INTERVIEW YOUR FAMILY ABOUT THE THINGS THAT THEY VALUE**
- **AFTER THE INTERVIEWS, WRITE DOWN 5-10 THINGS THAT YOU VALUE**
- **REFLECT ON WHAT VALUES ARE THE SAME AND WHAT VALUES ARE DIFFERENT BETWEEN YOU AND YOUR FAMILY**

### MORALS

- **CREATE A SONG, POEM, SHORT STORY OR OTHER CREATION THAT PORTRAYS A CHARACTER THAT HAS TO MAKE A DECISION IN A SITUATION WHERE ONE COULD ACT RIGHT OR WRONG**
- **THESE COULD BE SERIOUS AND SUSPENSEFUL OR SILLY AND FEATURE THE FAMILY PET AS YOUR MAIN CHARACTER**



Children can start a journal about their morals and values and add to it with other character education that they receive. Reflection is a very healthy habit for young people as they are growing and maturing. Have child/children interview the family (in person or virtually!) about their values and have them get creative about morals!

# RESPONSIBILITY

- **WHAT IS PERSONAL RESPONSIBILITY?**
- **IN WHAT WAYS CAN YOU TAKE PERSONAL RESPONSIBILITY?**
- **PERSONAL RESPONSIBILITY IS IMPORTANT, BUT UNDERSTANDING YOUR RESPONSIBILITIES TO OTHERS CAN HELP YOU UNLOCK NEW WAYS TO CONNECT TO YOUR COMMUNITY.**
- **IN WHAT WAYS CAN YOU HAVE RESPONSIBILITIES TO OTHERS?**



**Personal responsibility:** When you do the things you are **expected to do** and accept positive and negative outcomes of actions you take.

In what ways can you take **personal responsibility**?

Feed the dog, wash the dishes, clean your room, if you do something wrong- apologize or make it right, ask for permission for various things, etc.

In what ways can you have **responsibilities** to others? Examples?

If you see litter, pick it up even if it wasn't yours.

If you see someone being picked on, stand up for them or report it.

If you see someone that needs help carrying something, offer to help them.

If someone drops something, you can pick it up for them.

If you see someone post something mean on social media, don't share it, don't laugh at it, stand up for the target, and report it.

Etc.

## RINGS OF RESPONSIBILITY

- WATCH THE *RINGS OF RESPONSIBILITY* VIDEO AND DISCUSS IT WITH FAMILY OR WRITE ABOUT IT IN YOUR JOURNAL
- RINGS OF RESPONSIBILITY
- WHAT IS A RIPPLE EFFECT?
- WHAT COULD YOU DO TO CREATE A POSITIVE RIPPLE EFFECT?
- KINDNESS RIPPLE EFFECT



Watch the videos and discuss and/or write about them in your journal

## ADDITIONAL RESOURCES

- **BOOK: WONDER**
- **MOVIE: WONDER**
- **30 DAY KINDNESS CHALLENGE**
- **FREE LESSONS AND ACTIVITIES:  
RINGS OF RESPONSIBILITY**
- **RECOMMENDED CHARACTER  
EDUCATION BOOKS FOR KIDS**



Here are some additional resources to supplement your Learning Lesson

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**Thank you for using our KHEC resources.**

**We hope that you found this short learning lessons helpful!**

**Please contact us at: 239-590-7459 to make a program reservation for your school  
or class.**

**Please visit our website: [www.fgcu.edu/KHEC](http://www.fgcu.edu/KHEC)**