Keep Your Word

By
Madeleine Brehm

Build Trust,
Honor, & Respect
By Keeping Promises

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For Use With Lessons On:

Life Skills Social Skills

Friendship Behavior

Academic Success Character Education

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HOW TO USE

Keep Your Word

Reproduce copies of all or selected pages of the *Keep Your Word Self-Exploration Booklet* (pages 11-38) for each student.

Optional: Begin the first session by giving each student a copy of the *Pre/Post-Test For Keep Your Word* (page 8) and a pencil. Collect the completed tests.

Introduce the topic by reading aloud to the students or reproducing and letting the students read together the *Introduction To Keep Your Word* (page 6).

Give each student his/her *Keep Your Word Self-Exploration Booklet*, a folder, and crayons or markers. Have the students complete the pre-determined number of pages you wish to present in the first session. Then have the students put their booklet pages in their folders and collect them.

Distribute the students' folders at each session. At the last session, staple each booklet's pages together. Tell the students they may take their booklets home.

Optional: After the students have completed their self-exploration booklets, have them take the *Pre/Post-Test For Keep Your Word* (page 8) again. Compare and record the students' results.

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INTRODUCTION TO

Keep Your Word

This book is about keeping your promises and honoring your word. Your *word* is what you stand for with family, friends, teachers, and schoolmates. It is who you are in every aspect of your life.

Think! How many times a day do you say you're going to do something, be somewhere, start or finish something? How many times do you break those promises? We think it's no big deal not to keep our word. It *is* a big deal! We must respect and value being true to our word.

Too many of us tell ourselves, "It's OK if I do not keep my word. My family, friends, and teachers will get over it."

When we fail to do something we promised to do, we often say, "I was just kidding," or "I didn't mean it." Mean what you say and respect yourself and others by keeping your word. Every day.

What kind of student would you be if you kept your word? You'd turn schoolwork in on time. Study for a test like you promised.

This book is about making your word mean something and how to repair the damage you do when you don't keep your word. It's about improving friendship skills, study skills, your relationship with your family, your honesty, your integrity, and your character. You can do all these things by keeping your word.

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THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

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NAME

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How do I begin?

Begin by listening to what you are saying every day.

Every day, think about one or two things you promised

a friend,

family member,

or teacher.

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Sometimes it's easy to keep your word.

Sometimes it's not.

Aim to be good, even great, at keeping your word.

The more aware you are of keeping your word, the better you will be at keeping your word.

Think about keeping your word every day. Think about how many times a day you keep your word.

Remember what you said or did when you kept your word.

Work on one promise a day that you can keep. When you keep your word, be proud of it. Tell someone that you kept your word.

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My Weekly Tally Of Keeping My Word

Week of _____

	MORNING	AFTERNOON	NIGHT
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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Do you respect someone who shows up late most of the time?
Why or why not?

_____

_____

Do you respect someone who puts you or your friends down after promising that he/she would not?
Why or why not?

_____

_____

Do you trust your friends with your things?
Why or why not?

_____

_____

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It's hard to believe that many people do not keep their word.

Sometimes it's not your fault if you can't keep your word.

For example:

It's not your fault if you said you would go on a picnic and it rains.

It's not your fault if you plan to go to the movies with a friend and you get sick.

It's not your fault if you promised to be at every soccer practice but the doctor wants you to stay off your sprained ankle.

Write about a time when something happened and you could not keep your word.

_____

_____

_____

_____

_____

_____

_____

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It's very difficult to admit that you did not keep your word.

Honoring your word shows maturity, and restoring your word takes courage. You may be embarrassed to say, "I did not do what I said I would do." But people are forgiving when you restore your word. Check your answer:

Do you have what it takes to honor and keep your word?

☐ Yes ☐ No ☐ I am not sure

When you do not keep your word, can you admit your mistake?

☐ Yes ☐ No ☐ Sometimes

Do you think your friends and family will forgive you when you restore your word?

☐ Yes ☐ No ☐ I am not sure

Are you willing to work at keeping your word?

☐ Yes ☐ No

Do you think any good will come from keeping your word?

☐ Yes ☐ No

Do you know people who keep their word?

☐ Yes ☐ No

Do you know people who do not keep their word?

☐ Yes ☐ No

Do your friends think you keep your word?

☐ Yes ☐ No ☐ I am not sure

Does your family think you keep your word?

☐ Yes ☐ No ☐ I am not sure

Do your teachers think you keep your word?

☐ Yes ☐ No ☐ I am not sure

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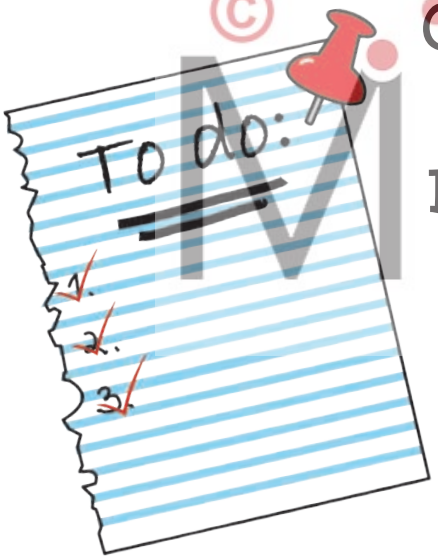
Begin today to

keep your word.



Challenge those
around you to
keep their word
at home,
with family,
at work,
at play,
with friends,

Everywhere!

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Keeping your word

means doing what you say you're going to do.

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