



Activity One

How Polite Are You?

Are you rude and full of attitude? Or are you prim and proper? Perhaps you are mean and menacing. Fill in the following questions to find out just how polite you are! Add the number of A, B and C answers at the end to get your result.

1. Your friend is wearing new shoes. You think they look terrible. You:
 - A) tell them they're wearing ugly shoes.
 - B) stay quiet.
 - C) find something nice to say about the shoes.

2. A teacher has spilled their lunch on their shirt and don't seem to notice. You:
 - A) make fun of them to your friends in class.
 - B) hope someone else will tell them they have a stained shirt.
 - C) quietly mention to your teacher they have a stain.

3. Someone smells at work. You think it is from their food at lunch time. You:
 - A) let them know they are stinking up your workplace.
 - B) mention to a manager that there is a bad smell.
 - C) say nothing and wait it out.

4. Your mother made a new recipe for dinner. It looks disgusting. You:
 - A) refuse to eat it and ask for something different.
 - B) say you've already eaten.
 - C) try a few bites and hope it's good.

If you answered mostly As:

You could be much nicer! People around you may not enjoy what you have to say. Think twice before you comment on other's actions.

If you answered mostly Bs:

You are on the fence. You are not being mean, but do not go out of your way to be nice. You are in the middle and stay neutral.

If you answered mostly Cs:

You are proper and polite!

NAME: _____



Activity Two

Great Minds in History

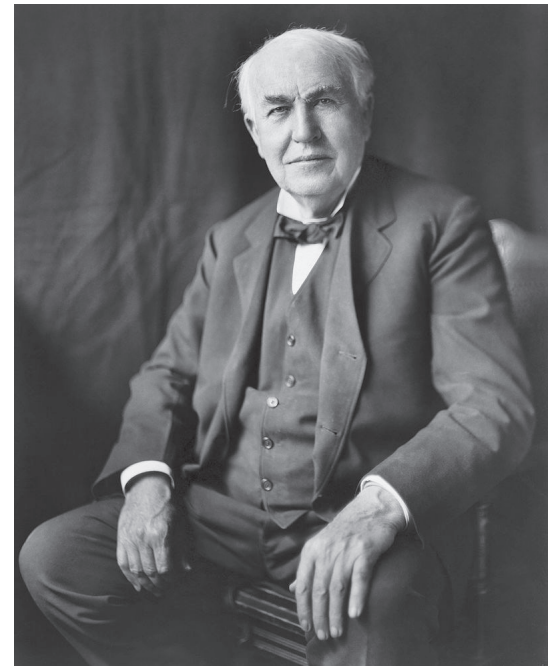
Being self-reliant also means being sure of yourself. It means being confident in your thoughts and ideas. This can be hard when there are many different opinions on issues. In history, those who make the most change are the ones who thought in a unique way. They were independent thinkers. They didn't let other people influence their ideas or stop them from moving forward.

Who comes to mind when you think of an independent thinker? Are they a famous inventor? Perhaps it is a celebrity you admire. How are they different? How about an athlete who defied logic to meet their goals? Do you have a personal hero who didn't let others hold them down?

You will research a great independent thinker. They can be from any area of life. You will want to find out the following:

- Their background, such as birth date, home country, family life.
- Area of expertise.
- What they accomplished.
- Why they are an independent thinker.

Present this information in any way you like. You can choose to write a research paper, draw a poster or give a presentation. Motivate others to follow in the footsteps of the great thinkers of history!



Thomas Edison

NAME: _____



Activity Three



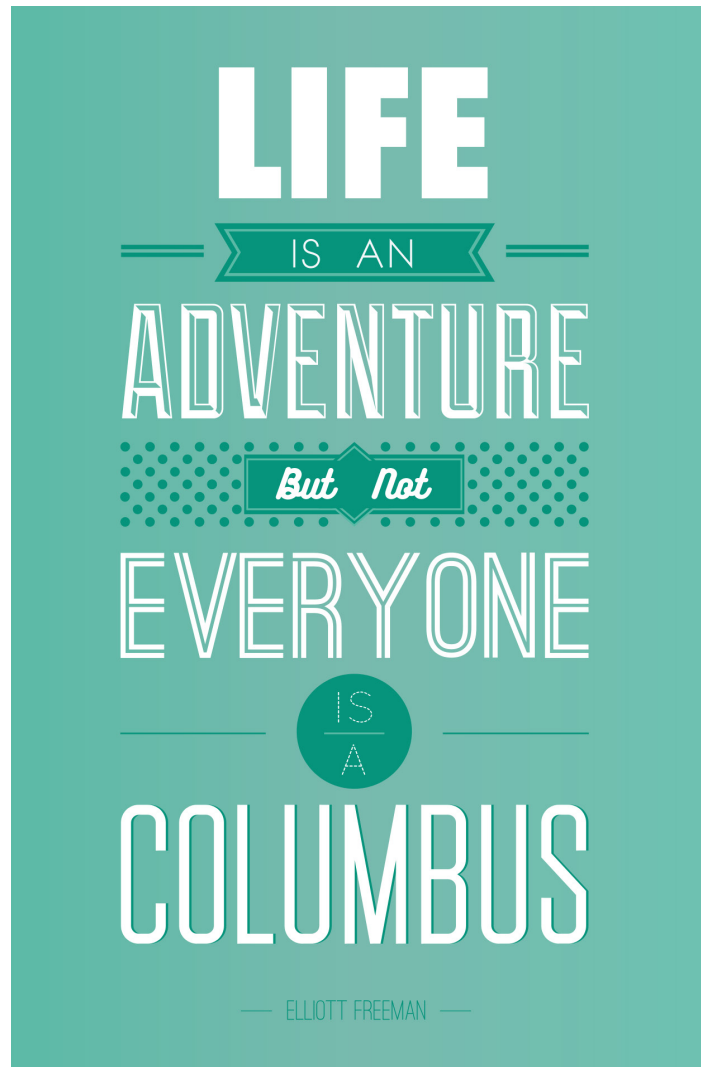
Make a Mantra

You've thought long and hard about a goal. You know what you want to accomplish. You've made a plan and mapped it out. Now that you've started, you've realized it's hard to stay on track. How do you stay motivated?

A mantra is a simple saying. It inspires and encourages people. There are many phrases that come from many cultures. Some sayings are religious and others are for everyone. Do you have a favourite one already? Maybe your family has a favourite saying.

Find a mantra that will help you meet your goal. What will make you focus? A quick search online will show you many helpful sayings. Search terms could be "inspirational quotes", "motivating words" among many others. You will notice that these often have illustrations with them.

You will illustrate a mantra of your choice. Often the art is abstract. It can be based on a family of colours or a themed picture. For example, if your quote talks about nature, you could draw a natural setting. If your quote fires you up, use bright, warm colours. Be creative! Make sure your quote is easy to read. Hang it on your wall for those days when you need a little boost! You will reach your goal in no time!





Activity Four



Plan a Party!

Social life often revolves around parties. We go to birthday parties, retirement parties, housewarming parties. We can celebrate everything with our friends and families! Some people like to celebrate in small groups. Others like to celebrate with a huge crowd.

You are going to plan a party. It can be for an event you have coming up, or one you wish to have. There are some important things to consider when you're planning:

- Date and time.
- How many guests.
- Location.
- Food available.
- Activities for guests.
- How guests will interact with each other.



Be creative! How will you be a great host? You can look up local venues in your area. What does your vision look like for a great party? Your final product can either be:

- A paper invitation to the party.
- A vision board of your event.
- A drawing of what your party would look like.
- A written text message of you inviting your friend.

Don't forget to remember your etiquette and self-awareness when you are being social! It is important to interact well with others to have the best time possible!



NAME: _____



Activity Five

Who Am I?

A good friend is a treasure. They will be there to help you when you have a problem. They will make you laugh and have fun. They are the first people you call when you want to hang out. Close family members can be like good friends too. Its important to have a circle of people around that will support you.

How would you describe a good friend? Some common words are:

KIND

FUN

honest

RELIABLE

TRUSTWORTHY

PATIENT

Get together with a group of your friends or family. Each person will choose one member to write about. On a piece of paper, write down ten things about your person. You should include their personality traits. If you need to, you can include things about what they look like. Don't put the other person's name on the paper.

Once everyone is finished, take turns reading your clues. The group will try to guess which person you are describing. How are people described? How are you described? Get to know your friends!





Activity Six



Standing Up For Others

Being self-reliant and independent means doing things for yourself. There may be times when you may need a little extra help. This is often called self-advocacy. You may need to advocate for yourself at work, school, or with your friends. It is important to ask for what you need in order to be successful.

As we get more used to advocating for ourselves, it gets easier. Soon, it will be second nature. There are still others in the world who do not have the ability to do this. Charity groups use their resources to help speak for others. There are non-profit organizations that help people with disabilities, endangered animals and environmental causes. Some examples include *Innocence Canada* and *Amnesty International*.

Which cause do you want to support? Research any charity groups that may support that cause or group of people. How do they help? How do they want others to help their charity?

You will present your findings to others. Pretend you oversee the charity. What is the most important message for people? What can they do for your cause? Be prepared with facts. How important is this issue? Why should people care? Be passionate! Be convincing! Make a difference!

