**Commitment**:

Objective: Help kids understand what commitment is and come up with ideas of how they can show commitment to others.

Definition: Is the state or quality of being dedicated to a cause, activity, etc.

Video: <https://www.youtube.com/watch?v=kZIXWp6vFdE>

Talking points:

* What does Commitment look like? (Being Committed to those around you, whether by action or word. To your teachers, parents, and friends.)
* How does it feel to be committed?
* Commitment is a way to show respect and responsibility.
* How can you show commitment at school every day? (Suggestions: Don’t give up. When you say you’re going to do something, do it.)

Books that illustrate Respect: (\*Indicates this book can be found in Cassie’s Library)

* Hugo the Happy Starfish & The Promise by, Suzy Biebermann
* What Pet Should I Get? By, Dr. Seuss
* Slow & Steady by, Eallace E. Keller\*

Activities:

* Read the children a story and change events by either increasing or decreasing different commitment behaviors identified in the story. Discuss how the changes might affect the rest of the story.
* Type up and print out different acts, acts of commitment, acts of non-commitment, and acts of commitment executed in a negative way. Cut them into strips. Split the class into teams of two, three, or four (depending on class size). Either have place a strip in each group, and have them come up with which category it fits in, or read the strips aloud and call on the groups individually (in order) to have them say what the answer is. If they say the incorrect answer, move to another group to answer.