LifeLessonNetwork

Proactive techniques to grow ethics, values and motivation in children and young adults

Example Life Lessons for Kindergarten & Before

Contents of this Document

- **Section 1 – Advice for Parents and Others Who Present Life Lessons** – The Life Lesson process will only be effective if the child listens to what is said. This Section includes suggestions for how you might convince the child to listen to what you have to offer.

- **Section 2 – Life Lesson Journal** – In future years it will be very desirable for you to know which Life Lessons have been previously presented to each child. This Section provides a Journal that can be used to document when Life Lessons are presented (which lessons are presented, date presented, reaction, comments, etc.).

- **Section 3 – Example Life Lessons -** This Section includes example Life Lessons for this age group. These are intended to be examples. It is our expectation that you will customize the lessons to the current needs of each child.

- **Section 4 – Using Word to Tailor the Life Lessons** – If you have downloaded the .doc version of this document it is relatively easy to use Word to customize the example Life Lessons. Instructions are provided in this Section that will help those not familiar with the "Format Text Box" and "Fill Effects" features in Word.

- **Section 5 – Blank Life Lessons** – In addition to the examples provided, this Section includes several blank Life Lessons, allowing you to create new Life Lessons. If you have downloaded the Word version, you can add text as desired. If you have downloaded the PDF version of this document, you may print the blank Life Lessons and handwrite Life Lesson text.

We want to hear from you

Please tell us about your successes, your challenges, and your ideas.

E-mail us at Comments@LifeLessonNetwork.org

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Section 1 – Advice for Parents and Others Who Present Life Lessons

For the Life Lesson process to be effective, the child must accept the guidance. Children are more likely to participate when they understand that in the end they are responsible for every decision they make – and their decisions will shape the person they will become.

We encourage you to reaffirm the importance of the process each time that you present Life Lessons. Here are a few thoughts you might want to communicate when you present Life Lessons (this is written in terms of the **adult speaking to the child**.):

- **You are growing an adult** - Have you ever thought about the fact that you are growing an adult in yourself? At the end of your childhood you will be an adult. It is very important for you to grow into the adult you want to become.

- **Your decisions will determine the adult you will become** - In the coming years you will face many difficult situations. The way you react in those situations will determine the kind of person you are - honest/dishonest - caring/selfish - kind/mean – it really is up to you. You are responsible for the decisions you make. And in the end those decisions will shape the adult you will become.

- **We won't be there when the difficult situations arise** - We will give you guidance when we are with you and see you making a mistake. But we won't be with you when many of these situations occur. You might be at school, playing or visiting friends when difficult situations arise.

- **Life Lessons are our opportunity to help you grow** - The Life Lesson process is an opportunity for us to give you advice that will help you make the right decisions at the right time. It is our hope that Life Lessons will help you grow into the adult you want to become.

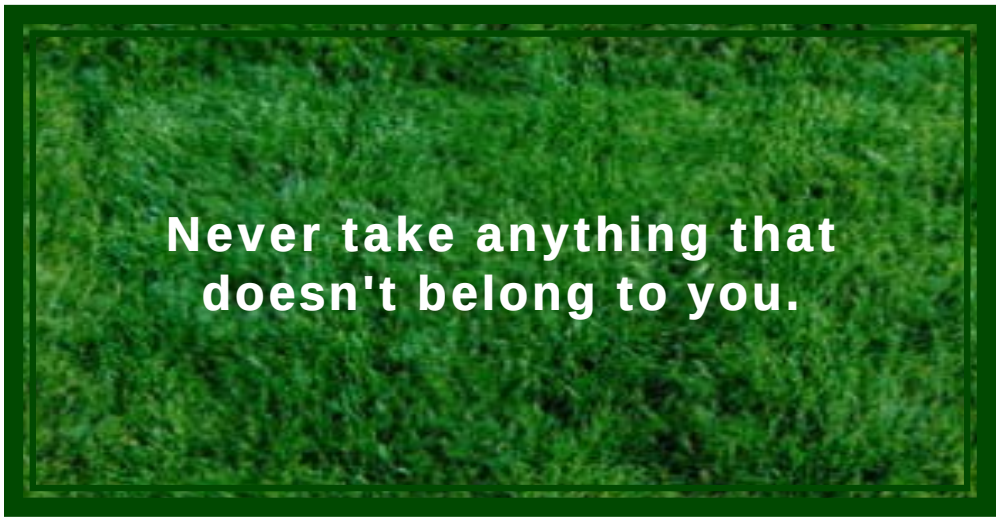
Section 2 – Life Lesson Journal

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments
▪ Never tell a lie. _			
▪ Never take anything that doesn't belong to you. _			
▪ When someone does something for you, always say "thank you". _			
▪ Help other people whenever you can. _			
▪ Never say bad things about people.			
▪ Keep your room neat and clean. _			
▪ If you make a mess, clean it up. _			
▪ Use words to say what you want. Never whine! _			
▪ If you are mad, say "I'm mad because _____". _			
▪ Never hit or hurt anyone or anything. _			
▪ Always obey your parents and teachers. _			
▪ Remember to always share. Share your toys, games, snacks . . . everything. _			
▪ When you ask for something, always say "please". __			
▪ Never take more than your share.			
▪ Always take turns. Never cut in line or take someone else's turn. _			
▪ It is important to be kind to sisters and brothers. _			
▪ Always know we are very proud of you and we love you very much. _			
▪ Remember to say your prayers			

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments
every day.			

Life Lesson	Recipient(s)	Date Presented	Reaction/Comments

Section 3 – Example Life Lessons

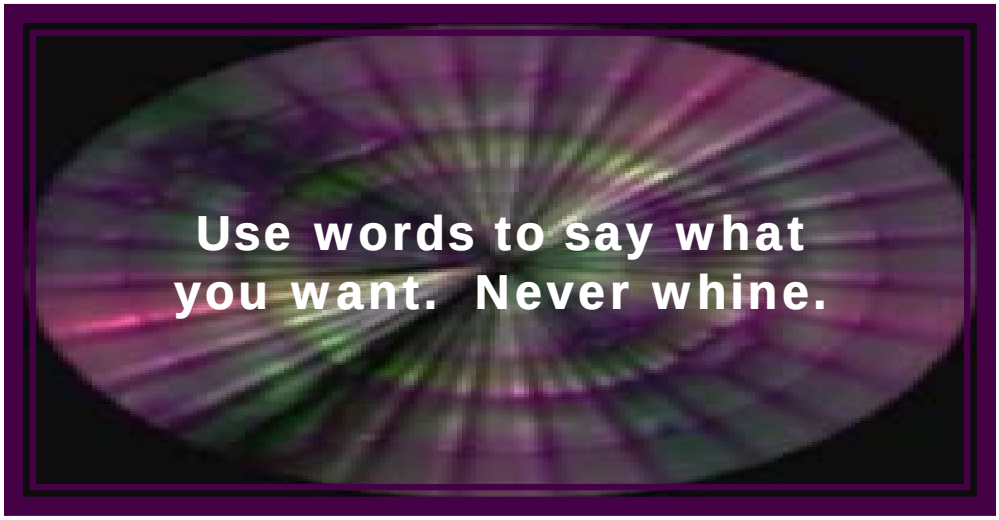


Help other people
whenever you can.

Never say bad things
about people.

Keep your room neat and clean.

If you make a mess, clean it up.



If you are mad, say "I'm mad because _____".

Never hit or hurt
anyone or anything.

Always obey your
parents and teachers.

Remember to always share.
Share your toys, games, snacks
. . . everything.

When you ask for something,
always say "please".

Never take more
than your share.

Always take turns.

Never cut in line
or take someone else's turn.

It is important to be kind to
sisters and brothers.

Always know we are
very proud of you
and we love you very much.

Remember to say
your prayers every day.

Section 4 – Using Word to Tailor the Life Lessons

We encourage you to tailor the Life Lessons for the specific needs of each child. If you have downloaded the .doc version of this document you can use Word to make modifications. The following instructions are intended to help those who are familiar with Word but may require assistance with a few of the less-common features.

- **Changing the number of lines of text within a Life Lesson** – When you change the number of lines of text within a Life Lesson you will also need to change the internal margin for the top of the text (i.e., where the text begins relative to the top of the Life Lesson box). This is accomplished as follows:

    - Right-click the border of the desired Life Lesson.
    - Click "Format Text Box".
    - Click the tab labeled "Text Box"
    - Change the "Top" internal margin as follows:
        - If you have 1 line of text, change to .85
        - If you have 2 lines of text, change to .70
        - If you have 3 lines of text, change to .55
        - If you have 4 lines of text, change to .40
        - If you have 5 lines of text, change to .25
        - If you have 6 lines of text, change to .10

- **Changing the color of the border for a Life Lesson** – When you change the border color for a Life Lesson you will also need to use the Format Text Box feature. This is accomplished as follows:

    - Right-click the border of the desired Life Lesson.
    - Click "Format Text Box".
    - Click the tab labeled "Colors and Lines".
    - Click the drop-down arrow for "Line - Color".
    - Change the color as desired.

- **Changing the font or the color of text in a Life Lesson** – When you change the font or the color of text in a Life Lesson you risk a bug in Word that causes the font and/or color of ALL Life Lessons in this document to also change. This can be avoided as follows:

    - Highlight all of the text EXCEPT the punctuation at the end.
    - Right-Click the highlighted text.
    - Click Font.
    - Change the font and/or the color as desired.

- Click OK to save.
- Delete the punctuation at the end (which is still the prior font/color).
- Click somewhere in the text that is the new font/color.
- Now click at the end of the text and then re-key the punctuation.

- **Changing the background color / graphics for a Life Lesson** – Changing the background color or graphics for a Life Lesson also requires use of the Format Text Box feature. This is accomplished as follows:

  - Right-click the border of the desired Life Lesson.
  - Click "Format Text Box".
  - Click the tab labeled "Colors and Lines"
  - Click the drop-down arrow to the right of "Fill – Color".
  - Click "Fill Effects".
  - There are four tabs here that enable you to do many things to the format of the Life Lesson background. Have fun...

Section 5 – Blank Life Lessons