



January 2007

Character Council Educator Quality of the Month Enthusiasm

Enthusiasm:
**Expressing joy in each task as I
give it my BEST effort.**

I will:

- be an energy-giver
- smile
- treat every job as important
- put my whole heart into what I do
- not be discouraged by failure

Not long ago, Oak Hills High School had a Respect Day that was totally planned and orchestrated by the Senior Class. They started the day enthusiastically greeting the rest of the student body, staff and faculty as they entered the building. They cheered, clapped, shook hands, and handed out business card size notes with greetings and positive messages, to make each person feel welcome. The response from the receiving students was amazing. They felt like celebrities. What was even more amazing is the how the senior class felt being that enthusiastic. It was a win-win for everyone!

☺ **Whistle while you work:** Start this activity by having the students list chores that they do not like to do such as cleaning the toilet or taking out the garbage. After you have several tasks listed, discuss how the slaves (or the 7 Dwarfs for younger students) would sing while they worked to make the task seem lighter. Challenge them to take a simple known song and change the words to fit the task. Give an example in class such as "Mary had a toilet brush, toilet brush, toilet brush. Mary had a toilet brush that made the throne all clean". Ask them to pick a task during the coming week that they are not very fond of doing and write a "ditty" of their own about it. Make sure that they know it will be shared with the class. You can select a tune that they all must use or allow them to use one of their own. Take a vote on whether or not singing made the task go more quickly or not. Ask if they had any reactions from family members as they sang while they worked.

☺ **Two Frogs In Cream**



Two frogs fell into a can of cream,
Or so I've heard it told:
The sides of the can were shiny and steep,
The cream was deep and cold.
"O, what's the use?" croaked Number 1.
"Tis fate; no help's around.
Good-bye, my friends Good-bye, sad world"
And weeping still, he drowned.
But Number 2, of sterner stuff,
Dog-paddled in surprise,
The while he wiped his creamy face
And dried his creamy eyes.
"I'll swim awhile, at least," he said-
Or so I've heard he said:
"It really wouldn't help the world
If one more frog were dead."
An hour or two he kicked and swam,
Not once he stopped to mutter.
But kicked and kicked and swam and kicked.
Then hopped out, via butter!

Use this poem to illustrate the need for positive thinking. After reading it, you can demonstrate the making of butter. Label a mason jar or old mayo jar Enthusiasm and fill it half-full with room temperature heavy whipping cream. You can make this go faster by adding a marble or culturing the cream first by adding a few teaspoons of cultured yogurt or sour cream. Pass the jar around and let each student shake it. It will take anywhere from 10 - 30 minutes to form butter. Don't stop when it looks like whip cream. The butter will form and separate from the buttermilk that remains, if any. Drain the buttermilk off, stir in a pinch of salt and enjoy on crackers. You will make half as much butter as the cream with which you started. It should taste delicious, slightly sour, with no aftertaste. If it is bubbly, or smells yeasty or gassy, discard. You may need more than 1 jar depending on your class size.

For a website that is kid-friendly science on butter making go to:

<http://pbskids.org/zoom/activities/sci/butter.html>

For an interactive version of Two Frogs in Cream go to:
<http://homepages.rootsweb.com/~george/twofrogs.html>

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