

# Caution

## Vs. Rashness

### I WILL:

- I will think before I act
- I will follow safety rules
- I will ask permission
- I will talk at the right time
- I will look out for danger

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## Taking time to ensure the right decision is made or action is taken

Wouldn't it be nice to have a traffic light for our lives that could blink yellow to warn us to slow down and think about how our words and actions may be received or what consequences they could generate? So often, we know exactly how we caused an undesirable response. We find ourselves saying if only I wouldn't have...

Being present in the here and now so we can give our attention fully to this moment is what

being careful is all about. Our schedules are so busy that we are often more mindful of what is next on the daily agenda rather than what we are engaged in right now.

Perhaps being cautious begins before the actual moment occurs when a decision is required. Maybe it begins with taking some time to look at what we value in life and determining if our overall behavior is supporting those values. This requires time to identify our goals and

values and then making plans and decisions ahead of time to assure ourselves we are on the right track. It might require that we eliminate those activities that aren't aligned with our plans giving us more time to focus, be engaged and careful of what we are doing.

This month, slow down and practice cautiousness with your decisions today and enjoy a better tomorrow.



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# No Matter How You Say It

**Cautela vs.**

**Impulsividad**

Entender la importancia del momento oportuno para realizar acciones correctas



☞☞☞ Go to the Root ☞☞☞

The Latin root *cautio* means “wariness, heedfulness, circumspection. Can you see how cautiousness also requires attentiveness?”

## Idioms

**throw caution to the wind** to become careless

**err on the side of caution** to be choosing safety over risk

*Found on [www.thefreedictionary.com](http://www.thefreedictionary.com)*

## Sign Language

Check out the following website for the American Sign Language interpretation of the word Caution. Can you see how the sign for Caution shows policing yourself?

[www.aslpro.com/cgi-bin/aslpro/aslpro.cgi](http://www.aslpro.com/cgi-bin/aslpro/aslpro.cgi)

以慎为键

**yǐ shèn wéi jiàn** to take caution as the key

(Chinese idiom)

*Found on [www.Chinesetools.eu](http://www.Chinesetools.eu)*

*"People will accept your idea much more readily if you tell them Benjamin Franklin said it first." -David H. Comins*

## Character Quotables

Because we focused on the snake, we missed the scorpion. Egyptian

Be careful with what you feed your mind with. For what goes inside a man impacts the conviction of what is to come out of him.

Lord Jack Kabasu

Better to be safe than sorry. Samuel Lover

Beware a rickety wall, a savage dog and a quarrelsome person.

Iranian

Prudent, cautious self-control is wisdom's root.

Robert Burns

Short as life is, we make it still shorter by the careless waste of time.

Victor Hugo

Don't sail out farther than you can row back.

Danish

One must not play on the nose of a sleeping bear.

German

Be cautious. Opportunity does the knocking for temptation too.

Al Batt

Eggs have no business dancing with stones.

Haitian

He that scatters thorns, let him not go barefoot.

Ben Franklin

Measure a thousand times; cut once.

Turkish

Carelessness about our security is dangerous; carelessness about our freedom is also dangerous

Adlai E. Stevenson

Think before you speak. In the heat of the moment, it's easy to say something you'll later regret.

Dr Anil Kumar Sinha

Nothing seems expensive on credit.

Czech

The future isn't something that just happens. It is a brutal force with a great sense of humor that will steamroll if you're not watching.

Bill Murray

By far the most dangerous foe we have to fight is apathy - indifference from whatever cause, not from a lack of knowledge, but from carelessness, from absorption in other pursuits, from a contempt bred of self satisfaction.

William Osler

Only a fool tests the water with both feet.

African

It is a good thing to learn caution from the misfortunes of others.

Publilius Syrus

A slip of the foot you may soon recover, but a slip of the tongue you may never get over.

Ben Franklin

Caution is not cowardly. Carelessness is not courage.

Unknown

Whoever is careless with the truth in small matters cannot be trusted with important matters.

Albert Einstein

Only you can prevent forest fires.

Smokey the Bear

## Stranger Danger



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One way to teach cautiousness is to discuss stranger danger. This is a topic that can apply to all ages of children. There are many children's storybooks on the topic. For older students who may find the children's stories too juvenile, you can use small group discussions. Have each group discuss the possibilities of being abducted, drugged or mugged. They can exchange stories that they have heard or situations in which they have been involved. Be sure the discussion includes questions about how the situation can be prevented.

## Safety Rocks!

For this activity have the students interview their parents about safety and security precautions that they encounter on the job. Look for things such as hard hats, steel toe shoes, earplugs, safety glasses, id badges, security guards, surgical gloves. Passwords, signs, locked doors, etc. You will get all kinds of answers on this. Once all of the items or procedures have been shared discuss why they think businesses take safety and security so seriously. Relate these precautions to safety and security rules that families have from curfews to prescription drugs and cleaning products being stored out of the reach of small children, etc. All of these rules exist to protect us.



## You Decide

Start this activity by having the students put their heads down on their desk and close their eyes. You will ask them a series of questions and they will answer by raising their hands. The questions will be a choice of two similar items and each student has to choose which they like better. Some examples are: Hamburgers or Hot Dogs; Soccer or Football; Red or Green. If they like the first choice better they raise their left hand. If they like the second choice better they raise their right hand. Compile a list of choices that are age appropriate for your class. Try to choose things that are similar so the deciding between them requires some thought. Aim for about 10-15 choices. It isn't necessary to count or record the answers. When you are finished with your list, ask the whole class to stand up. Designate opposite ends of the classroom as the answer areas. Read your list again and this time each student has to walk to the area for that answer. Watch their behavior as they decide which group to walk towards. Do any of them look around before making a decision to see where the rest of the kids are going? When the list is done, the students can return to their seats. Ask them to think about how differently they made their decisions when no one saw their answer and when others could see what they decided. Did it make a difference? This is peer pressure. These decisions were not life-altering but it gives them some insight into their own behavior.

## For the Family

We are studying the character quality of **Cautiousness**: Taking time to ensure the right decision is made or action is taken

To practice Cautiousness I will:

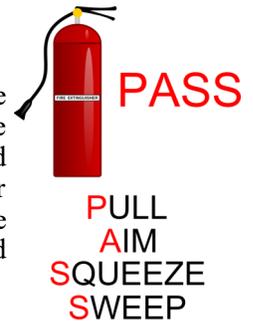
- I will think before I act
- I will follow safety rules
- I will ask permission
- I will talk at the right time
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### Family Activity:

#### Play it Safe

This exercise is all about safety in the home. Have a discussion about what to do in the event of a fire. Do you have an outside family meeting place set for all to gather? Have dry runs of how to get out of the house in an emergency. Do you have the house stocked for emergencies that require sheltering in place? Do you have water, food, batteries for flash lights? Do you know what you need to take if you have to leave quickly? There are plenty of websites that have all types of ways to prepare for emergencies. Being prepared helps in making careful decisions when there isn't time to think everything through.



Other ways to teach character in the home:

- Display the character quality and definition in a prominent place such as on the refrigerator or let each child decorate it for their bedroom door.
- At the dinner table ask if anyone noticed anyone (not just family members) demonstrating the character quality (or not demonstrating it).
- Point out news stories where character was or was not involved.
- Review the "I wills" and see if there are specific actions you can add to this list.
- During car trips, challenge the kids by describing scenarios and having them identify if it describes being the quality or being the opposite.
- Praise with character by recognizing the character quality involved rather than the achievement.
- For more ideas visit [www.charactercincinnati.org/education.php](http://www.charactercincinnati.org/education.php)



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**Character...It Starts With Me!**

## Character in the Classroom *Continuously*

There are many ways that you can teach the Character Quality of Month. Here are just a few suggestions:

- Ask students to make posters to hang in the classroom or around the school.
- Challenge students to find quotes, news stories, current (or classic) songs or movies that portray the character quality of the month. Be sure to share these with the class and “archive” these to use in future years.
- Add the character trait of the month to the spelling word list. (Even if it is posted in the classroom to copy!)
- Offer for students to make a video or write a rap that demonstrates the Character Quality of the Month.
- If you teach younger students, see if you can “borrow” some older students to lead your students in an activity or switch the roles and have the younger students “teach” a rhyme to the older students.
- If you teach older students, you can be the initiator in the previous activities.
- Invite local business leaders or small business owners to talk about the importance of a character trait. If you teach older students, aim to get a representative from a business that typically hires teens so that they can relate the importance of good character when applying for and *keeping* a job.
- Men and women in uniform usually make impressive guest speakers. Police departments, fire departments and military recruiting offices are usually willing to come into a classroom. Do not be afraid to give them specific requests or guidelines for speaking so that it is pertinent to the lessons of the month.
- Always have a generic character activity planned and ready to go that you can use as filler when you have time to kill or that a substitute teacher can use in your absence.