

Making the most of your Character Growth Chart

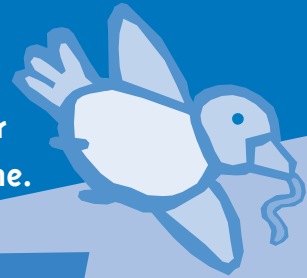


Dear Parents and Caregivers,

Children's Home Society of California is pleased to present you with this *Character Growth Chart*. It is a fun and accurate tool for recording children's height as they grow. You may decide to measure them for every birthday, important milestones like toilet learning, the first day of kindergarten, or just whenever you remember.

At the same time, this tool also focuses on the importance of building good character. Each of the eight characteristics are explained in kid-friendly terms, using examples that children can relate to and understand. Hanging this chart in a visible spot, and regularly discussing the contents helps remind children how they can develop and show good character.

Besides recording children's height and helping develop good character, below are some ideas for other ways of using your *Character Growth Chart*. Most of all, it is our hope that this tool provides you and your children with quality fun and learning time.



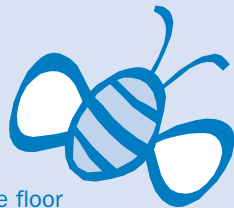
Sincerely,

Children's Home Society of California

Parent/Child Activities

Hanging Your Chart:

1. Choose a door or wall.
2. Measure exactly 24" from the floor and make a small mark.
3. Unfold and hold the growth chart against the wall, lining up the bottom edge with the small mark.
4. Firmly attach the growth chart with tape or thumb tacks.



Measuring Your Child:

1. Have child remove shoes.
2. Have child stand straight with his or her back against the growth chart.
3. Hold a book or other flat object on top of child's head at a right angle to the chart.
4. Make a small mark on the chart.
5. Mark the date and any other information that you would like.



COLOR RECOGNITION:

Use the many bright colors of the chart to help teach color recognition. For example, point to the duck and ask, "What color is the duck?" Or for a different challenge, ask, "Can you find something yellow?"

MEASURING PRACTICE:

Discuss measurement, including inches, feet (12 inches), and even yards (3 feet). Talk about the importance of accuracy when measuring. This might mean that heights are sometimes $\frac{1}{2}$ or even $\frac{1}{4}$ of an inch, which is a meaningful way to talk about fractions.

LETTER RECOGNITION AND READING PRACTICE:

Ask younger children to identify individual letters, or name letter sounds. Older children can practice literacy skills by reading about the eight character traits.

MATH SKILLS:

Calculating the difference between your child's current height, and his or her previously measured height is a way to practice subtraction skills. Calculating your child's future height when he or she grows two, five, or eight inches is a way to practice addition facts.



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CALIFORNIA

(Your Name Here)

Is Growing Inside & Out building character as I grow

Gratitude

I realize that not everyone has as much as me. I regularly think about the people and things that I have, and take time to appreciate it all. I show that I am grateful by always saying, "Thank you." Being thankful for everything that I have makes me happy.

Kindness

I can show kindness through actions, words, and thoughts. I care about the needs and feelings of others. I am helpful. I can be forgiving when people hurt me. I can let friends have it their way. I practice being a good family member, friend, and community member. I am a peaceful person.

Responsibility

I, and others, can count on me. When something is important, I do my best. I think before I act. I keep my promises, and complete the jobs I am given. I ask permission. I am a good citizen. I follow the rules and obey the law. I use common sense and make smart choices.

Honesty

As a truthful person, other people can trust me. I am genuine by being my real self in all situations. I admit to mistakes that I have made. I am a person who keeps promises. Telling lies is stressful, but staying honest keeps me calm inside.

Courage

Having courage means doing something even though I'm afraid. I keep trying, even if I have failed before. I dare to do things that are new or difficult for me. I do what is right even when others are doing something wrong. I get help when someone is being bullied. I know that it is okay to feel scared.

Respect

I am a person who gives and receives respect. I show respect for me by making safe, healthy choices for myself. I show respect for other people by learning about and appreciating their differences, being a good listener, and having good manners. I show respect for animals and the earth by caring for my environment. Respect is part of all my relationships.

Generosity

I make choices about what things I will share and what things are just for me. When two people want to use the same toy, we can make a plan about taking turns. I can give my things, my time, and my turn to someone else. When I am being generous I feel rich inside.

Patience

I know that good things are worth waiting for. Even when I am in a hurry, I wait my turn. When I get tired of waiting, I practice taking a deep breath and relaxing my mind and body. While waiting, I can read a book or draw. Slowing down allows me to feel calmer and make better choices.

five feet — 60"

— 59"

— 58"

— 57"

— 56"

— 55"

— 54"

— 53"

— 52"

— 51"

— 50"

— 49"

— 48"

four feet

— 47"

— 46"

— 45"

— 44"

— 43"

— 42"

— 41"

— 40"

— 39"

— 38"

— 37"

— 36"

three feet

— 35"

— 34"

— 33"

— 32"

— 31"

— 30"

— 29"

— 28"

— 27"



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