

## **week 1**

**"ACCEPT RESPONSIBILITY FOR YOUR LIFE. KNOW THAT IT IS YOU WHO WILL GET YOU WHERE YOU WANT TO GO, NO ONE ELSE."**

**- LES BROWN**

## **week 2**

**"YOU MUST TAKE PERSONAL RESPONSIBILITY. YOU CANNOT CHANGE THE CIRCUMSTANCES, THE SEASONS, OR THE WIND, BUT YOU CAN CHANGE YOURSELF."**

**- JIM ROHN**

## **week 3**

**"IT IS ONLY WHEN YOU TAKE RESPONSIBILITY FOR YOUR LIFE THAT YOU DISCOVER HOW POWERFUL YOU TRULY ARE."**

**- ALLANAH HUNT**

## **week 4**

**"YOU CAN'T ESCAPE THE RESPONSIBILITY OF TOMORROW BY EVADING IT TODAY."**

**- ABRAHAM LINCOLN**

# PARENT/GUARDIAN LETTER



## **Dear parents and/or guardians...**

This lesson plan covers responsibility. This is a crucial trait for children to develop in order to be functional, successful, and stable adults. These lessons cover responsibility in thoughts (realizing that you are, to a degree, in charge of your emotions and perception of the world) and actions. The former must be built internally; the latter can be built with external assistance.

### **HOW CAN YOU HELP?**

- Give children age-appropriate tasks that help the whole family. It will be easier for them to see a clear benefit when they are not the only one depending on it (for example, if your child does not care if they have a messy room, they may not see why keeping it clean is a worthwhile responsibility). Instead, let them be in charge of keeping a shared area clean, remembering to feed the dog, watering a household plant, etc. (Of course, you can still insist that they clean their room!)

- Remember that "Because I said so" isn't a compelling reason for why your children must do/ not do something. Explain the consequences or outcomes that make doing something necessary.
- As much as possible, allow them to make their own choices.
- Allow them to fail. Shielding them from all negative repercussions of their behavior/actions will stunt the development of their responsibility.

### **RESPONSIBILITY**

**RESPONSIBILITY MEANS  
KNOWING THAT WE CONTROL  
OUR THOUGHTS AND ACTIONS.**

