



# PROTEENTIAL

TEACHING KIDS TO THINK BEFORE THEY DO<sup>SM</sup>

*Characteristics of Care*





# Characteristics of Care Facilitation

## POTENTIAL

- Introduction & Temperature Check (4 minutes)
- Visualization & Meditation (7 minutes)
- Introduction to Characteristics of Care and A.C.T.S. (3 minutes)
- Characteristics of Care Exercises (18 minutes)
- From School Bully To Hero (3 minutes)
- Wrap-Up & Follow-Up (5 minutes)
- House Keeping & Dismissal (5 minutes)

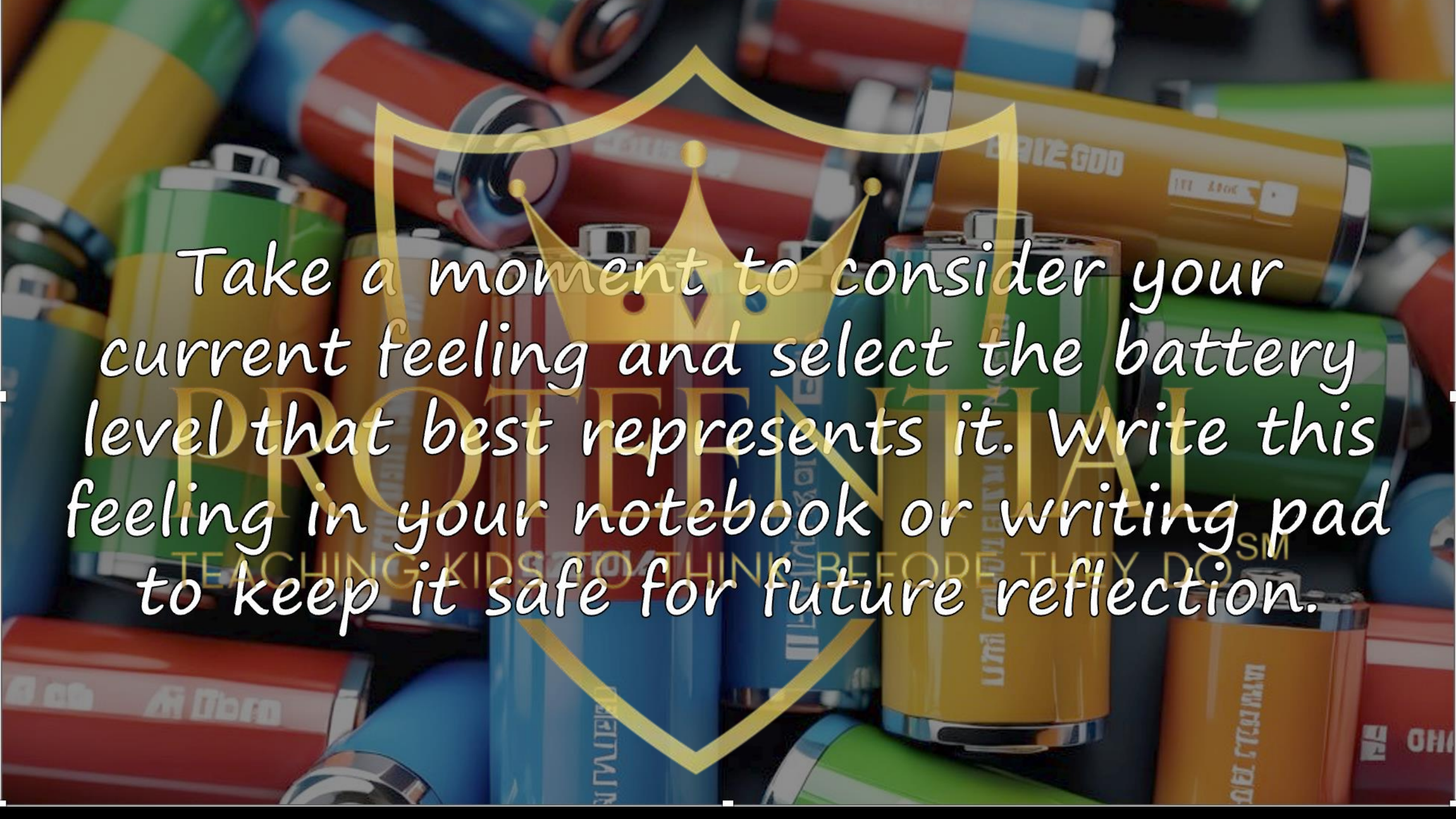






YOU WOULDN'T  
LET THIS  
HAPPEN TO YOUR  
PHONE. DON'T  
LET THIS  
HAPPEN TO YOU  
EITHER. Self care  
is a priority, not  
a luxury.

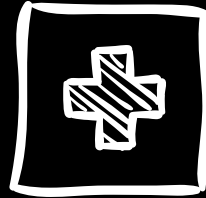




Take a moment to consider your current feeling and select the battery level that best represents it. Write this feeling in your notebook or writing pad to keep it safe for future reflection.



# Temperature Check

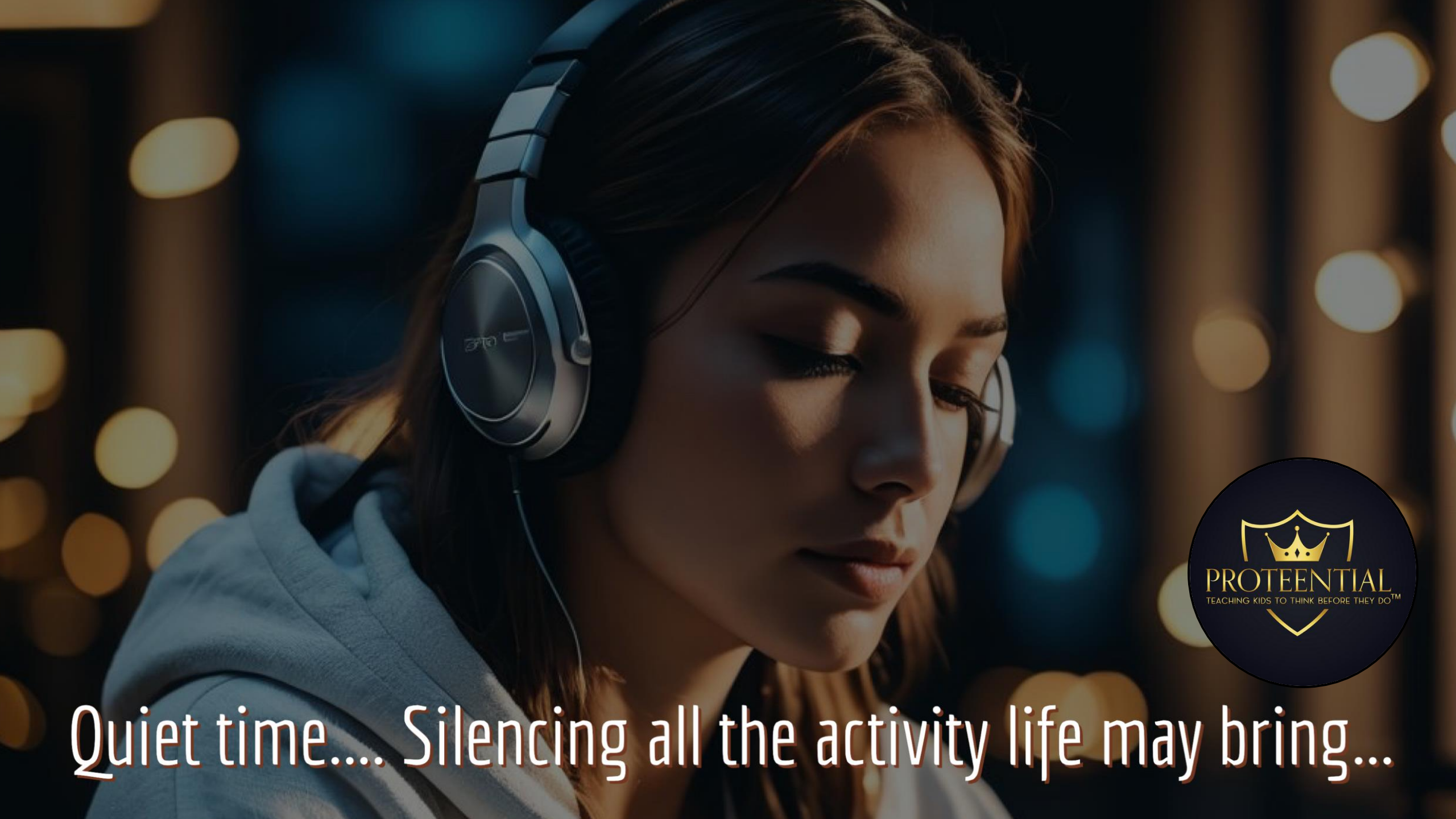




*We are  
always doing,  
let's just be.*





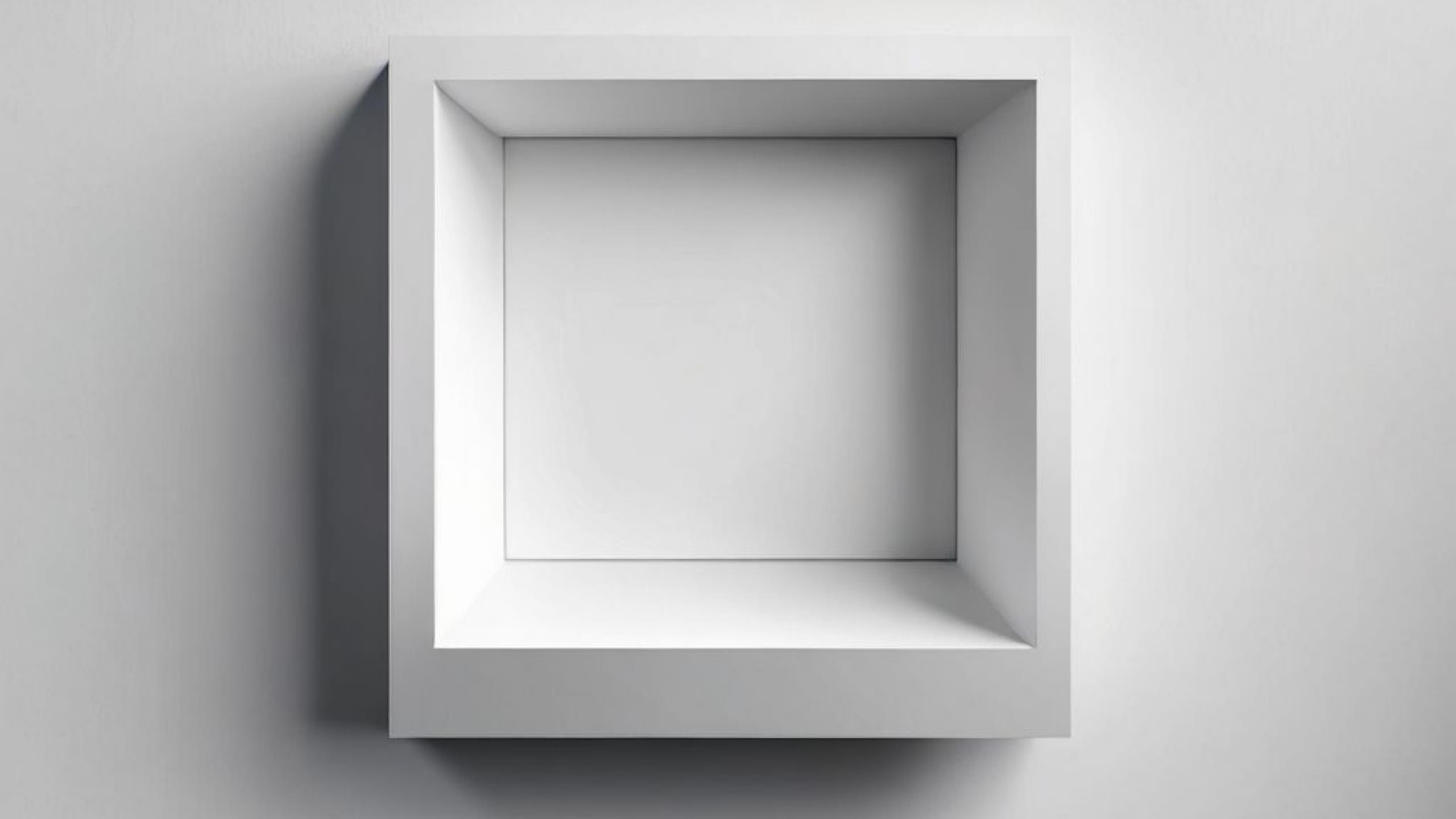


Quiet time.... Silencing all the activity life may bring...











FOCUS

The word "FOCUS" is displayed in a bold, sans-serif font. Each letter has a distinct color gradient: 'F' is cyan-to-blue, 'O' is purple-to-blue, 'C' is blue-to-purple, 'U' is yellow-to-green, and 'S' is green-to-cyan. The text is centered within a horizontal oval that features a vibrant rainbow gradient, transitioning from red on the left, through orange, yellow, green, and blue, to magenta on the right. The entire graphic is set against a solid dark blue background.







A stained glass portrait of Saint Augustine. He is depicted from the chest up, wearing a white and gold mitre and a white robe with gold trim. He has a long, flowing white beard and mustache. He holds a large, ornate golden key in his right hand and a flaming heart in his left hand. The background is a golden-brown pattern of swirling acanthus leaves. The entire image is framed by a black leaded glass border.

God Loves Each Of Us As If  
There Were Only One Of Us.  
Saint Augustine



Remove your ~~hat~~  
CAP





# Characteristics of Care

- Words of Affirmation
- Quality Time
- Friendly Gestures
- Acts of Service
- Showing Concerns for Others

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# Characteristics of Care

- Words of Affirmation: Sharing positive and encouraging words
- Quality Time: Spending meaningful time with others without distractions
- Friendly Gestures: Small acts of kindness to show you care

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# Characteristics of Care

- Acts of Service: Helping others without expecting anything in return
- Showing Concerns for Others: Being aware of other's feeling and supporting them.

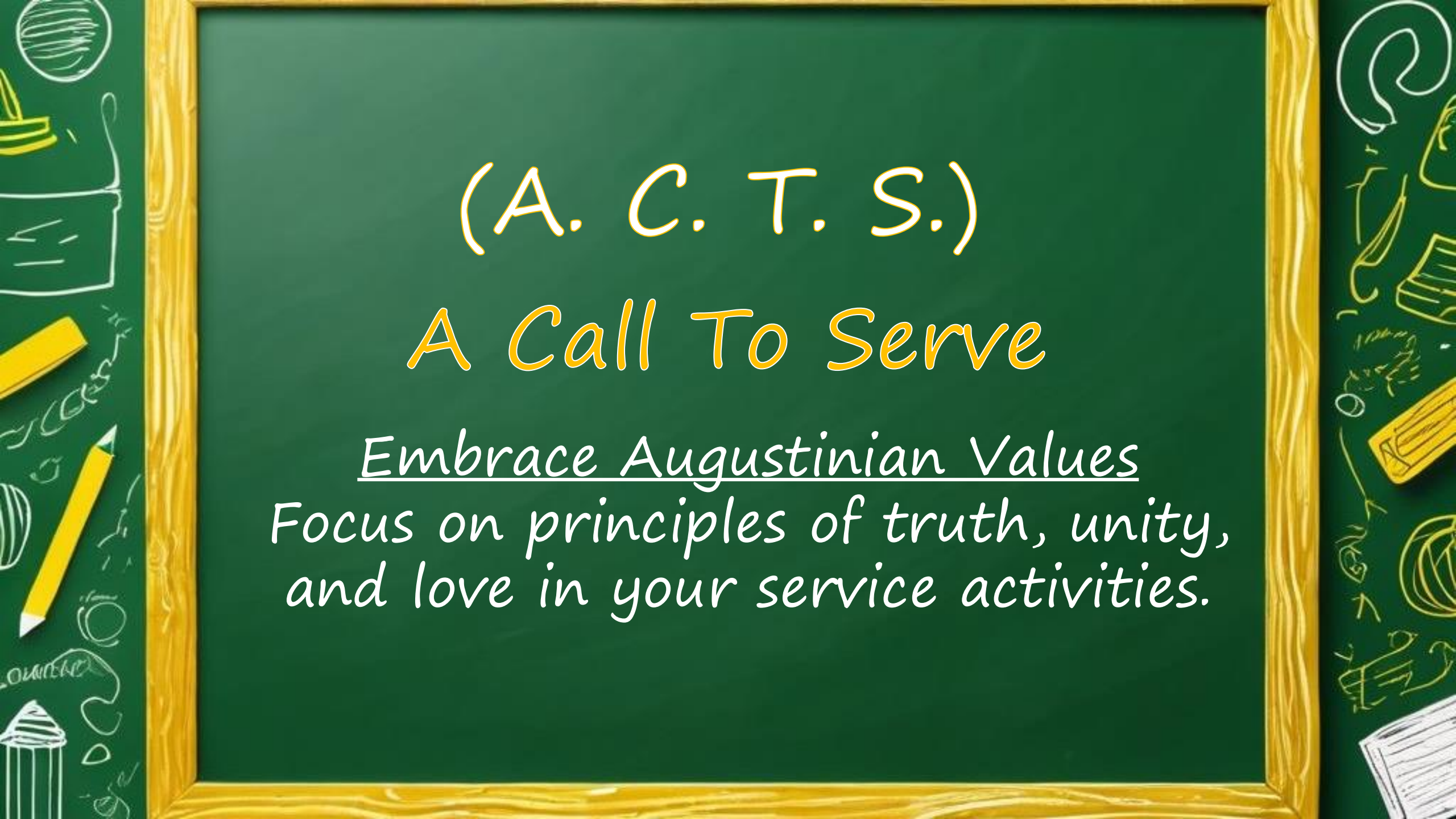




Words of Affirmation: Sharing  
positive and encouraging words

Each student will have 2 minutes to  
write a positive note about a classmate,  
teacher, coach, or staff member without  
including their name. Next week, look for  
opportunities to share the positive note  
with your classmate, teacher, coach, or  
staff member throughout the school day.





(A. C. T. S.)

## A Call To Serve

Embrace Augustinian Values

Focus on principles of truth, unity,  
and love in your service activities.





Acts of Service: Helping others  
without expecting anything in return

Students should select one act of service they can perform within the next week and write it on a card to take home, where they can meditate on its significance and how it can positively impact others. Afterward, they should put their chosen act into action, either at home or at school.





## Questions to Think About:

1. Have you or anyone you know ever been bullied?

2. How did that make you feel?

3. How/what do you feel when you see someone else getting bullied or treated badly?

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*From School Bully to Hero:  
How One Student Changed  
Everything*

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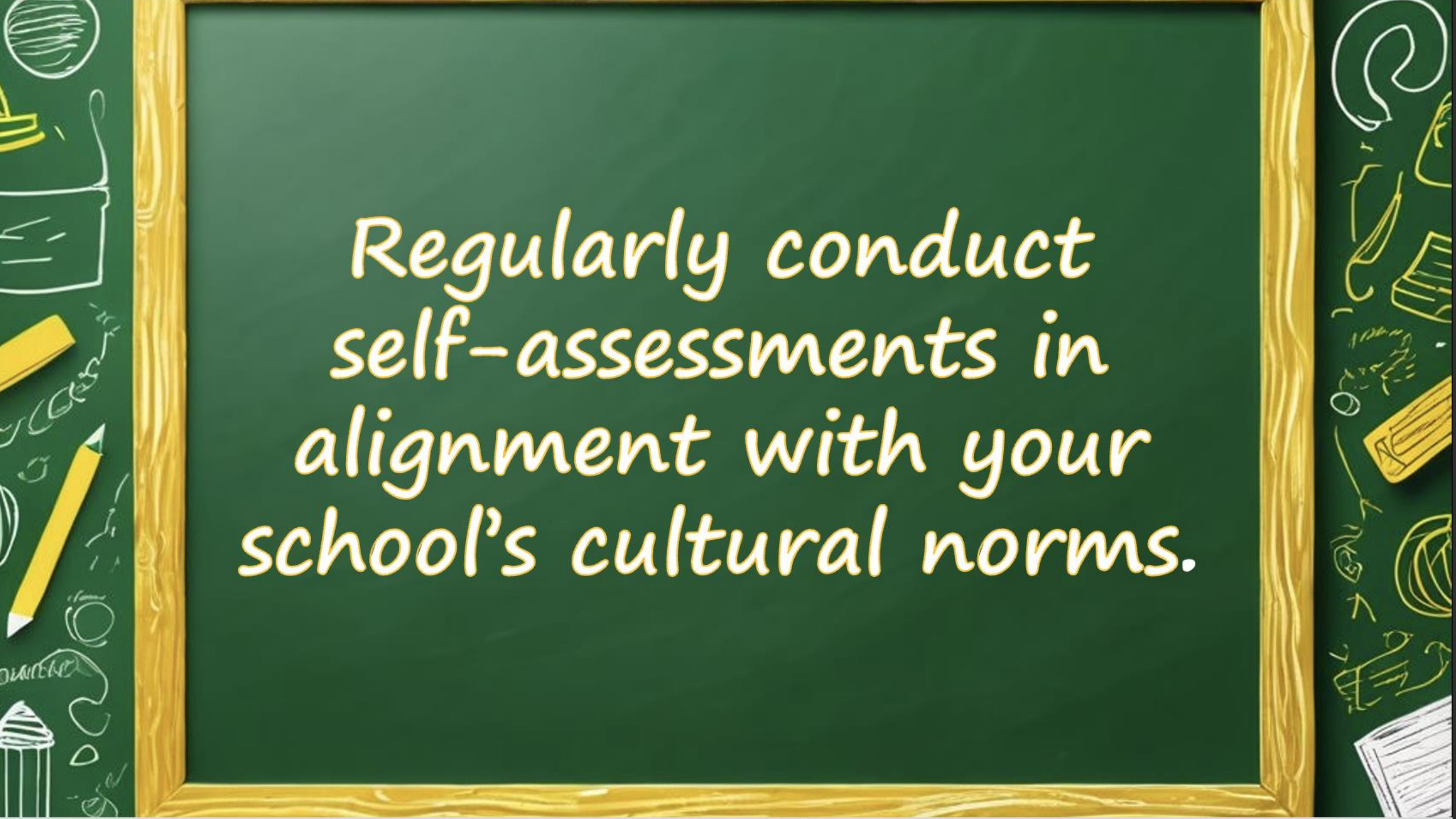
We often find ourselves  
disliking people because we  
struggle to understand them.





How can we improve  
as a community and  
individually to become  
better people?





Regularly conduct  
self-assessments in  
alignment with your  
school's cultural norms.





TRUTH



FAITH



UNITY



PRAYER



LOVE



SERVICE



The background of the image is a composite scene. A large, ornate, dark brown mirror with intricate carvings is the central focus, reflecting a landscape. The landscape features a calm lake in the foreground, which perfectly reflects the surrounding environment. In the middle ground, there are rolling green hills and a dense forest of tall, dark evergreen trees. The background is dominated by majestic, rugged mountains with significant snow cover under a clear blue sky with a few wispy clouds. A small bird is visible in flight in the upper right corner of the sky. To the left of the mirror, a green leafy plant is partially visible, and to the right, a brass-colored vase holds another green plant. The overall color palette is a mix of natural greens, blues, and greys, with the mirror's frame adding a touch of classic elegance.

# *Self-Reflection*





*What was the most important  
thing I learned today?*



A scenic landscape is viewed through an ornate, oval-shaped mirror. The landscape features a calm lake reflecting the surrounding green hills and a range of majestic, snow-capped mountains under a blue sky with scattered clouds. A small evergreen forest is visible on the right side of the lake. In the foreground, outside the mirror's frame, there are green plants in a glass vase on the left and a brass-colored vase on the right. The text "What did I understand the least today?" is written across the center of the image in a stylized, cursive font with a yellow-to-orange gradient and a dark shadow.

*What did I understand the least today?*



A large group of students, mostly young women, are wearing green t-shirts and cheering enthusiastically. A gold crown icon is centered over the image. The word "PROTEEN" is written in large, gold, serif capital letters across the middle of the image.

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