



Character Education Trait Alignment

Character Trait	Tier 1 Lessons	Tier 2/3 Curriculum & Tools
Trustworthiness Being reliable, truthful, and dependable in words and actions.	Defining Friendships	Making + Keeping Friends, Healthy Friendships (Girls Group)
Respect Treating others, yourself, and belongings with care through words and actions.	Respect, Sportsmanship, Teamwork + Sportsmanship, Personal Space, Friendship Problems, Recognizing Tone of Voice, Understanding Impact of Words, Social Filter, Thinking Before Speaking, Digital Citizenship: Respecting Yourself + Others, Setting Boundaries, The Smart Cookie Companion, Trouble Talk Companion, I Can't Believe You Said That! Companion	
Caring Showing concern, compassion, and support for others.	Being Caring, Identifying Healthy Friendships, Compassion Skills, Conversation Skills, The Invisible Boy Companion, Making Friends Is An Art! Companion	
Responsibility Being accountable for choices, actions, and commitments.	Responsibility + Problem Solving, Job Ownership, Following Directions, Decision Making, Identifying Choices + Consequences, Helpful vs. Unhelpful Thinking, Learning Choices + Consequences, Planning Skills, Organizing Skills, Time Management, Ignoring Distractions, Body Safety, Personal Safety, Digital Citizenship: Staying Safe, Types of Conflict, But It's Not My Fault Companion, The Couch Potato Companion, Hygiene	Self-Control + Decision Making Skills, Behavior Change Flipbook, Executive Functioning (Primary)

Note: Many resources align with multiple character traits. However, for clarity and ease of reference, each resource is listed only once in the alignment document under the character trait it most directly supports.

YOUR COUNSELING COMPASS CHARACTER EDUCATION TRAITS ALIGNMENT

Character Trait	Tier 1 Lessons	Tier 2/3 Curriculum & Tools
Empathy Understanding and sharing the feelings and perspectives of others.	Body Language Awareness, Empathy Skills, Perspective Taking, Identifying Emotions in Others, The Bad Seed Companion, Better Than You Companion, Just Kidding Companion, Fun vs. Hurtful Words Companion	Social Skills (Upper)
Cooperation Working as a team by sharing ideas, listening, and helping one another.	Listening Skills, Super Student Listening	
Courage Choosing to do what is right despite fear, difficulty, or uncertainty.	Delivering Apologies, Peer Pressure, Assertive Skills, How to Be an Upstander, Sorry! Companion, The Humble Pie Companion	
Gratitude Recognizing and appreciating the good in one's life and others.	Understanding Gratitude + Thankfulness, Giving Thanks, Choosing Gratitude	
Honesty Telling the truth and being sincere with words and actions.	Talk It Out, I-Messages, Talk It Out I-Messages, Problem Solving, Talk It Out I-Messages	

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Grit, Perseverance, + Resiliency Continuing to try, manage big feelings, and bounce back when things feel hard.	Perseverance + Self-Talk, Self-Care Skills, Size of the Problem, Circle of Control, Executive Functioning, Flexible Thinking, Self-Control Skills, Perseverance Skills, Staying on Task, Transition to Middle School, Calming Strategies, Identifying Comfortable Feelings, Identifying Tough Feelings, Coping Skills, Identifying Parts of the Brain + Regulation Skills, Correlating Emotions with Physical Symptoms, Identifying Feelings, Mental Health + Wellness, Mindfulness, Resiliency Skills, Identifying Worries, The Good Egg Companion, Be Where Your Feet Are Companion, A Flicker of Hope Companion, Identifying Happy, Identifying Worry	Managing Anger, Managing Worry, CBT-Based Emotional Regulation, Identifying + Managing Feelings, Self-Control + Emotional Regulation (Boys Group), Executive Functioning (Upper), Resiliency Skills, Thoughts-Feelings-Actions Flipbook, Grief + Loss Flipbook, Grief + Loss Toolkit, Behavior Intervention Guide
Optimism Believing things can get better and that effort helps you succeed.	Building Positive Self-Esteem, Goal Setting, Growth Mindset, Bubble Gum Brain Companion	Building Confidence + Self-Esteem, Attendance, Positivity Flipbook, Solution-Focused Toolkit
Zest + Curiosity A desire to learn, be creative, and explore.	Identifying Strengths + Passions, Test Taking Skills, Connecting Effort to Outcome, The Big Cheese Companion	Study Skills Flipbook
Citizenship Contributing positively to the community and respecting shared rules and spaces.	Building a Positive Community, Types of Jobs, Connecting Personality to Career, Connecting School to Career, Career Awareness, Post Secondary Pathways, Eliminating Gossip + Rumors, Tattling vs. Reporting, That Rule Doesn't Apply to Me! Companion	

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Integrity Acting in alignment with values, even when no one is watching.	Identifying Self-Worth, Identifying Personal Values, Defining Character + Reputation, Identifying + Expressing Personal Views, The Cool Bean Companion, Ricky Sticky Fingers Companion	
Forgiveness Releasing hurt feelings and making room to heal and grow.	The Sour Grape Companion	Conflict Resolution Flipbook
Tolerance Accepting and respecting difference in beliefs, backgrounds, and perspectives.	Understanding Diversity, Understanding Identity, Understanding Unfairness, Understanding Injustice,	
Fairness Treating others equitably and making just, unbiased decisions.	Understanding Stereotypes, Standing Up for Others, Recognizing Injustices + Taking Action, Conflict Escalator, Making Peaceful Choices, Conflict Resolution Strategies	
Kindness Choosing to be friendly, helpful, and compassionate towards yourself and others.	Body Image + Positivity, Self-Love Skills, Positive Self-Talk, Giving + Receiving Compliments, Kind vs. Mean Words, Making Friends, Playing Together, Sharing + Taking Turns	Social Skills (Lower), Making + Keeping Friends Flipbook