

## **HUMBERTO THE HUMMING BUTTERFLY: CHARACTER DEVELOPMENT ACTIVITIES**

### ENCOURAGEMENT

Encouragement can be defined as the action of giving support, courage, or confidence to someone. In the story, Reggie the Robin encouraged Humberto to keep humming after the bee made fun of him. When Humberto started humming again, his humming encouraged the ladybug who heard him; then the ladybug encouraged Humberto by telling him that his humming made her feel happier. Encouragement is an important character trait that we should demonstrate to other people (including ourselves!); we should also look for the quality of encouragement in people that we choose as our friends.

- Who are some people who have been encouraging to you? What are some of the specific ways that they have been encouraging to you? For example, did they give you a compliment (say something nice to you) when you needed to hear it, offer to help you on a homework assignment that you were having difficulty with, give you a gift that you wanted or needed, or something else?
- Who are some people that you have encouraged in the past? What are some of the specific ways that you encouraged them?
- Who are some people that you can encourage right now? What are some specific ways that you can encourage them? For example, do you have a brother or sister who needs help in learning how to do something, or a friend who needs a hug? Take some time to be encouraging to other people this week!
- It is also important to be encouraging to yourself! What are some ways that you can be encouraging to yourself this week? For example, if you have been working really hard on a project and making progress, tell yourself that you are doing a good job! Even if you have made some mistakes on something that you've been working on, be kind to yourself and forgive yourself, and encourage yourself that you will do better next time.

### RESILIENCE: ABILITY TO OVERCOME DIFFICULTIES

Resilience can be defined as the ability to overcome difficulties and to “bounce back” quickly from challenging situations. In the story, Humberto stopped humming for a while after the bee made fun of him. Thankfully, Reggie the Robin encouraged Humberto to keep humming, which he did! Humberto eventually became a famous hum-mer with the local animal bands, and shared his gift of humming with lots of other animals. Resilience is a positive character quality that we should try to develop in ourselves, and encourage in other people.

- Have you ever known someone who demonstrated resilience? What kind of a challenging situation did that person face, and how did they overcome the challenging situation? For example, you may know someone who overcame a serious illness, or maybe someone who lost a lot of money but still became a successful businessperson. You may want to talk with the person who demonstrated resilience, and find out more about how they overcame their challenging situation!
- How have you demonstrated resilience in your life? What were some of the specific ways that you overcame a challenging situation? For example, maybe you received a bad grade on a test or an assignment, but then you studied really hard and did much better on the next exam. Or maybe you tried out for a local sports team and didn't make the team, but you kept practicing and made the team the following year – or maybe you tried out for a different kind of sport that you ended up liking even better! Be proud of yourself for continuing to move forward in life!

#### RESILIENCE INCLUDES LEARNING LESSONS FROM OUR EXPERIENCES

Being resilient includes reviewing our actions and experiences, and thinking about how we can do things better in the future. It's all right if we don't achieve our goal the first time. We need to look at the situation and see what lessons we have learned. For example, let's take a deeper look at an example from sports. Maybe you tried out for your school's basketball team and didn't make it on the team. What lessons did you learn from this experience? Are there any ways that you could have better prepared yourself to make the team? Did you spend enough time practicing, and getting proper nutrition and rest? Did you watch talented basketball players to learn how to play more effectively? You may also want to talk with the basketball coach about why you didn't make the team, and find out what you can do to improve your chances of being on the team in the future.

You might also want to think again about your reasons for wanting to be on the basketball team. Were you trying out for the team because you really enjoy playing basketball, or were you trying out for other reasons (e.g., maybe your best friend talked you into it, or maybe you wanted attention from other people)? Are there other ways that you can satisfy your reasons for wanting to be on the basketball team? For example, if you were trying out for the team mostly because you wanted to make new friends, try exploring different activities or clubs that will allow you to meet new people. Or if your main reason for trying out for the team was to develop your basketball playing skills, maybe you can join a city or community youth basketball league that will help you improve your skills without having to spend as much time traveling and competing on a school team. If you still want to try out for your school's basketball team, then do your best and go for it!