



Dear Parents:

Welcome and congratulations. You have taken the first step in becoming an **Official Positive Label Home** and creating your own **Positive Label Zone**. Words are powerful things. They can hurt. They can also help.

**Q. What's KC3™ ?**

**A.** KC3 stands for Kamaron Concept 3.

It's one of the Institute's eight leadership principles and is the program's motto. KC3™: stands for "Labels Change Lives." Words are powerful.

A research based, Bullying Prevention and Positive Character Program. It is proven to decrease name-calling, discipline and distraction incidents in school, after school, and on the bus.

Heart-warming Casey stories provide program's foundational language.

**Q. What's a positive label zone?**

**A.** It's a safe haven (home, school, team, organization or work place) where only positive labeling/positive words are allowed.

**It Works\***

- ◆ Kindness, tolerance and cooperation increase 60%.
- ◆ Name-calling decreases 53%.
- ◆ 60% decrease in bus discipline and distraction incidents.
- ◆ Classroom distraction minutes decrease 55%. This increases TEACHING TIME: range 1-3 weeks.
- ◆ Improves staff job satisfaction.
- ◆ 100% would recommend the program.

*\*National Pre/post survey: 50,000 certified program participants.*

All program steps are simple and easy to follow. And it takes only four weeks. As your family's team captain, you will be the coach and a VIP (very important player). Actions **can** speak louder than words.

We applaud you for proactively making a positive impact on your world. **FIRST STEPS:** Review the program pages in this Home Program Manual. Post your sign(s). Put your program Tracker and Weekly Plan pages on the refrigerator. Complete the ten

program steps. Read and discuss the Casey stories with your children. The books are perfect for kids of all ages, especially adult- sized kids.

Using the Positive Label Program activity suggestions at back of Casey books, ideas sent home from school, and from this home program, color in a box for each day family activity is completed using the Home Activity Tracker. When the page is filled in send it back to the school counselor or a child's teacher. Your school would like to present an Award Certificate to you.

If you learned about this innovative citizenship and character program through your child's school, Home School or other positive, parenting organization, extend your appreciation to them.

Best Regards,

A handwritten signature in black ink that reads "Margaret Ross". The signature is written in a cursive style with a large initial "M" and "R".

Margaret S. Ross  
President  
Kameron Institute



## ACCENTUATE THE POSITIVE



Directions: Check the time. You have less than five minutes to complete this activity. 1. List five of your positive character qualities. 2. Write the name of two family members. 3. Now list five positive character qualities for each person on the list. To help you get started we've prepared a Starter List of Good Qualities.

I have these five positive qualities...	_____ 's five positive qualities are...	_____ 's five positive qualities are...
1.		
2.		
3.		
4.		
5.		

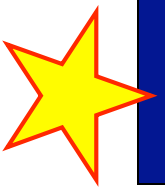
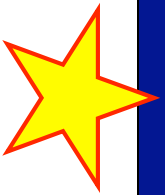


## **BECOMING A POSITIVE LABEL HOME**

Congratulations! You've begun an exciting journey. New habits require at least 21 days of repeated activity. A one-month program is ideal.

### **ONLY TEN STEPS:**

1. Let the school's counselor or your child's teacher know that you will be qualifying as a Positive Label.
2. Post your "Activity Tracker Sheet" and weekly sample plan on your refrigerator.
3. Pick your start date for the one-month program.
4. Tell your world about your decision and ask them to hold you accountable. Post your "Only Positive Words Allowed" signs.
5. Read the Casey story with your child and review the Family/Teacher Discussion/Activities (school will have loaner copies).
6. Send 10 Good Finder messages of thanks and appreciation to family and friends. Send one to your child's teacher. To send email version of Good Finder Message go to [www.kameron.org](http://www.kameron.org).
7. You and your child complete a positive action that day use family activity ideas & appreciation ideas. Discuss it that evening. If you both did it - hurray!! Color a box.
8. Color your first box after you read the Casey story together!
9. Every five colored boxes = quality time reward activity for you and your child.
10. Twenty-five colored boxes = plan a family celebration event/meal. (We suggest quality time and low cost). (Include communication with your extended family, e.g. grandparents, special friends.)



### "POWER OF WORDS" DISCUSSION & ACTIVITY

Purpose: Raise awareness that words/labels are powerful things...they can help and heal...they can also harm. Using the examples of POSITIVE LABELS and NEGATIVE LABELS, discuss how your child "feels" about each one. How would he/she expect a person with each label/badge to behave and/or look? Why?

**Negative Labels (unkind words) vs. Positive Labels (kind words)**

<b>DUMB</b>	<b>GOOD LISTENER</b>
<b>BAD</b>	<b>NEAT</b>
<b>LAZY</b>	<b>RESPONSIBLE</b>
<b>FATTY</b>	<b>CARING</b>
<b>LOSER</b>	<b>LOVING</b>
<b>SELFISH</b>	<b>BRAVE</b>

**ACTIVITY:** Discuss a time when your child used negative label/called names. Now turn back time, child can draw a picture or write a journal entry describing how the ending would have changed if they had used positive labels. It is also a good idea to share a story from your childhood.



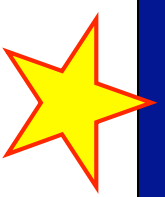
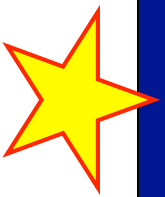
## Tips: Raising Positive Kids of Character



- Remember that the **MOST IMPORTANT** thing you can do to help your child be more positive is to be positive yourself. Children imitate what they learn at home. Pay close attention to how you respond to events and to the things that you say.
- Social research has found that the actual average time talking with child is 20 minutes daily. More often to register a complaint, a command, or a request for assistance than in conversation.
- Ration of negative to positive comments increases peaking during middle to later teenage years.
- Perspective shift—they are loved and valued. No false flattery. They have radar detectors for that.
- What we feed—grows. What we starve—dies. Compliment the behavior if you want to see it again.
- Model and teach an “Attitude of Gratitude” and “Appreciation”—service is the fruit of this tree.
- Point out disrespectful behavior and speech on TV shows or in conversation that you hear.
- Re-sensitize child to it—so it becomes—the unacceptable.
- Compliment Class (required attendance) kitchen table is an ideal location. Positive relationship skills are the secret to long term popularity and success in professional environment.
- Accentuating their positives should be at the core of your communication. It can be hard work.
- Sibling Fighting Behavior Changer—“50 Things That I Like About You” to other person.
- Teach how to apologize AND to ask what they can do to make it up to the other person.
- Role play the positive—Hypothetical—how would a positive thinking person say about it and what a negative thinking person would say about it.

### More Resources:

1. *Casey and the Amazing, Giant, Green Shirt; Casey and the Growing Spurt; Casey and the Amazing Good Finder*, by Maragaret Ross.
2. *How to Raise a Child with a High EQ* by Lawrence Shapiro.
3. *Raising Self-Reliant Children in a Self-Indulgent World* by Stephen Glenn.



**EXAMPLE PAGE: Tips: Accountability is character building.  
So is encouragement**

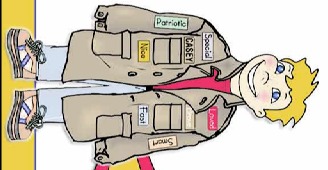
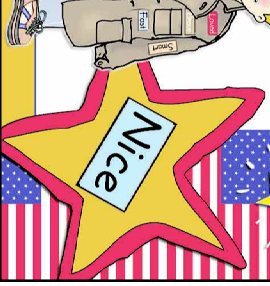
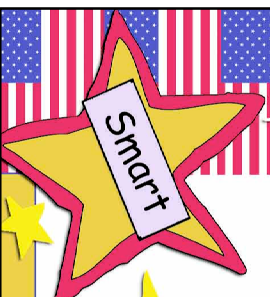
<b>Week One</b> <b>Our word:</b> <b>Loyal</b>	<b>Week Two</b> <b>Our word:</b> <b>Good Sport</b>	<b>Week Three</b> <b>Our word:</b> <b>Polite</b>	<b>Week Four</b> <b>Our word:</b> <b>Fair</b>
Read Casey Story together	Choose Family Activity	Do 2 family appreciation items	Read a story from reading list
Choose your activity:	Choose your activity:	Choose your activity:	Choose your activity:
Make list "5 special qualities about self and 5 child."	Discuss doing the "right thing" even if you are nervous.	Do something nice for someone else. Discuss how to give a sincere compliment.	Do something unselfish or loving for someone else.
Send 2 Good Finder Messages	Send 2 Good Finder Messages	Send 2 Good Finder Email Messages	Send 4 Good Finder Messages
Color box for each day	Color box for each day	Color box for each day Tell your child's teacher that your family will be ready to receive your Program Award Certificate	Color box for each day You should have a family award diploma ready at school

# AWMAZING CASEY

## Home Activity Tracker Sheet

Using the Positive Label Program activity suggestions at back of Casey books, ideas sent home from school, and from this home program, color in a box for each day family activity is completed. When page is filled in send it back to the school counselor or a child's teacher. School would like to present an Award Certificate.

Student Name: \_\_\_\_\_ Parent Name: \_\_\_\_\_ Teacher Name: \_\_\_\_\_





## **Amazing Casey Family Appreciation Activities**



1. **Beads Wonderful Beads:** Buy a supply of mardi gras beads. Everytime that your child does something worth celebrating, then you can present them with a bead necklace.
2. **It's a blizzard!:** Buy dollies or make snowflakes. Have a board in your room with the heading "Every snowflake can Add Up to a Blizzard." For everything that you want to acknowledge, write the child's name only with the task that they accomplish. Then place the snowflake on the bulletin board or family refrigerator.
3. **Add a Bead:** Make a string into a necklace. For everything that your child accomplished, you can present them with a bead. Your child will soon have a necklace full of beads.
4. **Tree of Angels:** Use your Christmas tree year round with this activity. When your child does something worth celebrating, take their picture. The child can then place the picture on paper and decorate it with markers and glitter. The child can then place their picture on the tree.
5. **Get Caught with a Smile:** Everytime your child does something you can congratulate them, and give them a Happy face Sticker.



## **Good Finder Edition Family Appreciation Activities**



### Family Activity List

1. **Think Back:** Children think back to each grade. For each grade, they must list one person who was special to them. Once the individuals have been identified, the children then must list reasons why this individual was special. Parents may also do this with people from their past.
2. **Let's Go On a Trip:** Children and Parent together discuss a trip that the family can go on together. Parents will then ask their child if they could take one person with them on the trip, who would they take. The child must then list reasons why they would take that individual. The reasons need to be focused on character traits.
3. **Super Sunny Day:** Visit novelty stores and find large sun glasses. Once a week, gather as a family and sit in a circle. One member of the family wears the big sun glasses and states one good thing that each family member did during the week. Once this person has completed the circle, they pass the sun glasses to the next person until each person has a turn.
4. **Jar of Notes:** Give your child a small jar with a lid. Every time your child does something remarkable then write them a note and place it in the jar. Your child can then open the jar once a week or month and read the notes that you have placed inside.
5. **Pass a note:** You and your child sit down and write down all your next door neighbors. You and your child can then write a letter stating why you are lucky to have them as a neighbor. You and your child can then attach a small goodie to the note and deliver them to your neighbors. Watch your neighbor smile when they see that you and your child appreciate them.



## Appreciation Ideas

1. Glasses to you: Buy a large pair of sunglasses and attach a note stating the good that you see in that person. Then leave the sunglasses in a special spot for the recipient to find.
2. Anonymous letter: Use a plain sheet of paper and letters cut from a magazine. Using the letters cut from the magazine, write a note to a special person stating why they are important to you. Do not sign the letter. Place the letter in a plain white envelope and leave at the door for someone to find!
3. "Write on the Mark": Make a little goodie bag with paper and pencil. Attach a note to the goodie bag stating that "Their Character is always Write on the Mark".
4. Helping Hand: Use a plain sheet of paper and washable ink. Using your index finger, place your index finger in the washable ink and then place your finger on the paper. This will leave a fingerprint. Design the fingerprint to represent you, example, turn the fingerprint into a person snorkeling or a dog, etc. Then write the person a note stating why they are such an important person in your life.
5. Mark you Spot: Make a bookmark out of construction paper, yarn, etc., and attach a note to the bookmark stating that "You are making a Mark in my Life."



## **Read More About It**

**A trip to your local library and reading as a family  
is a great way to build bonds.  
You may find these books useful in teaching  
the concept of kindness and courtesy.**

*Casey and the Amazing, Giant, Green Shirt*, Margaret Ross  
*Small Acts of Kindness* by James Vollbracht  
*The Meanest Thing To Say* by Bill Cosby  
*Glenna's Seeds* by Nancy Edwards  
*Excuse Me! Being Polite* by Brian Mose  
*Thunder Cakes* by Patricia Polacco  
*Being Selfish* by Joy Berry  
*Brunus and the New Bear* by E. Walsh  
*Noonday Friends* by M. Stolz  
*Hand-Me-Down Kid* by F. Pascal  
*My Dad is Really Something* by L. Osborn



**GOAL: SEND ONE MILLION MESSAGES OF ENCOURAGEMENT**

1. Go to: [www.kameron.org](http://www.kameron.org)
2. Click on the Good Finder Message Center
3. Send Good Finder emails to everyone you know. Ask friends to do the same. Send new messages of encouragement daily to our troops and civilians; help the numbers grow in the "KC3 Message Center" on [www.kameron.org](http://www.kameron.org)
4. Make copies of this page and give it to friends and co-workers.
5. Let us know how you are helping with ONE MILLION messages.  
[KC3goodfinder@KC3goodfinder.com](mailto:KC3goodfinder@KC3goodfinder.com)

**KC3™ GOOD FINDER MESSAGE**

"When **looking** at you - know this is true.  
I'm looking to **find** what's good about YOU.  
I'll be wearing my Good Finders.

Dear \_\_\_\_\_

You are \_\_\_\_\_ and \_\_\_\_\_

These are two of your many Positive Labels.

From: \_\_\_\_\_, your Good Finder buddy.

PS: This is a message from Casey and Margaret. (Margaret wrote the Casey and The Amazing Good Finder story.)

Know that you are **LOVED!**

BRAVE	KIND	CREATIVE	SMART	LOYAL
DEPENDABLE	GOOD FRIEND	HARD WORKER	FUNNY	CARING
LEADER	GENEROUS	WITTY	UNIQUE	ENTHUSIASTIC



**Accepting**  
**Accountable**

**Agile**  
**Alert**

**Ambitious**  
**Appreciative**

**Articulate**

**Artistic**

**Assertive**

**Athletic**

**Attentive**

**Authentic**

**Aware**

**Brave**

**Calm**

**Careful**

**Caring**

**Cheerful**

**Committed**

**Confident**

**Conscientious**

**Considerate**

**Consistent**

**Cool**

**Cooperative**

**Cordial**

**Courageous**

**Courteous**

**Creative**

**Dedicated**

**Democratic**

**Dependable**

**Determined**

**Diligent**

**Dynamic**

**Eager**

**Easy-going**

**Efficient**

**Empathetic**

**Encouraging**

**Energetic**

**Enthusiastic**

**Ethical**

**Fair**

**Faithful**

**Flexible**

**Focused**

**Forgiving**

**Friendly**

**Fun**

**Generous**

**Gentle**

**Genuine**

**Giving**

**Goal Setter**

**Good Listener**

**Good Sport**

**Gracious**

**Grateful**

**Hard Worker**

**Healthy**

**Helpful**

**Honest**

**Honorable**

**Hopeful**

**Humble**

**Humorous**

**Imaginative**

**Independent**

**Industrious**

**Ingenious**

**Innovative**

**Inspiring**

**Intelligent**

**Interesting**

**Intuitive**

**Inventive**

**Kind**

**Knowledgeable**

**Leader**

**Likable**

**Lively**

**Logical**

**Loving**

**Loyal**

**Mature**

**Mediator**



## Positive Label Starter List Activity

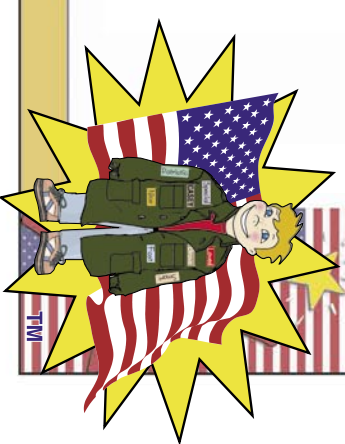
(1) Chose the two qualities that come to mind FIRST when you think of this person. These Positive Labels are a starting point. (2) Print his/her name and the two Positive Labels on the card or sticker provided. Remember that KC3 = ***Labels Change Lives.***

<b>Accepting</b>	<b>Artistic</b>	<b>Athletic</b>
<b>Brave</b>	<b>Bold</b>	<b>Calm</b>
<b>Caring</b>	<b>Cheerful</b>	<b>Committed</b>
<b>Cooperative</b>	<b>Courteous</b>	<b>Creative</b>
<b>Dedicated</b>	<b>Dependable</b>	<b>Diligent</b>
<b>Eager</b>	<b>Easy-Going</b>	<b>Enthusiastic</b>
<b>Fair</b>	<b>Faithful</b>	<b>Flexible</b>
<b>Friendly</b>	<b>Fun</b>	<b>Generous</b>
<b>Good Sport</b>	<b>Good Listener</b>	<b>Hard Worker</b>
<b>Helpful</b>	<b>Honest</b>	<b>Humorous</b>
<b>Imaginative</b>	<b>Inventive</b>	<b>Intelligent</b>
<b>Coordinated</b>	<b>Kind</b>	<b>Likeable</b>
<b>Loving</b>	<b>Loyal</b>	<b>Musical</b>
<b>Neat</b>	<b>Optimistic</b>	<b>Patient</b>
<b>Patriotic</b>	<b>Punctual</b>	<b>Polite</b>
<b>Respectful</b>	<b>Relaxed</b>	<b>Sharing</b>
<b>Sincere</b>	<b>Smart</b>	<b>Teachable</b>
<b>Trustworthy</b>	<b>Strong</b>	<b>Thoughtful</b>
<b>Witty</b>	<b>Dreamer</b>	<b>Good Citizen</b>
<b>Leader</b>	<b>Fashionable</b>	<b>Problem Solver</b>
<b>Funny</b>	<b>Colorful</b>	<b>Special</b>
<b>Good Example</b>	<b>Scientific</b>	<b>Mathematical</b>
<b>Amazing</b>	<b>Gifted</b>	<b>Unique</b>
<b>Communicator</b>	<b>Actor</b>	<b>Physically Fit</b>
<b>Adventurous</b>	<b>Techno-Wizard</b>	<b>Good Friend</b>



Kamaron® Institute

ONLY POSITIVE  
LABELS ALLOWED  
IN THIS KITCHEN

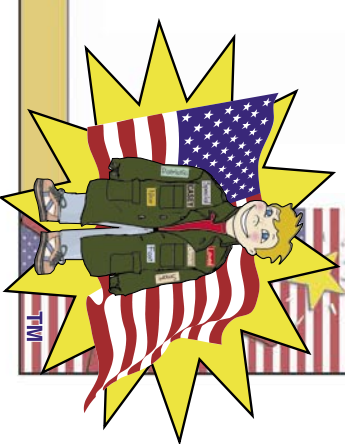






**Kamaron® Institute**

**ONLY POSITIVE  
LABELS ALLOWED  
IN THIS HOUSE**



X house

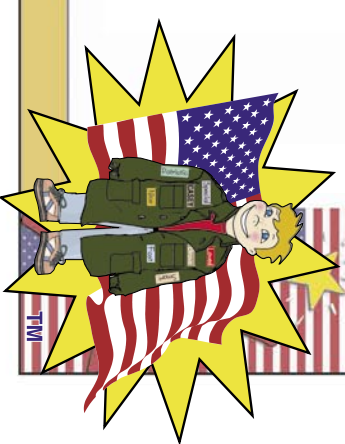
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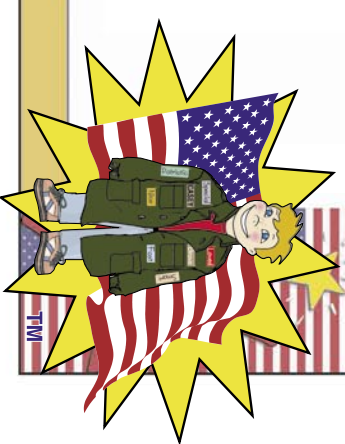
ONLY POSITIVE  
LABELS ALLOWED  
IN THIS ROOM





**Kamaron® Institute**

**ONLY POSITIVE  
LABELS ALLOWED  
IN THIS CAR**



X car

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