

# **Captain Character™ – The Family Reading Plan**

## **Introduction & Book #1**

**Why is reading Captain Character™ together as a family important?**

**Captain Character™ is a chapter book series that families can read together. The stories will capture the interest of everyone. The storylines are interesting, current and based around a super-hero. Think of sitting together in the evening and taking turns reading. Teens may want to help explain the story with you and help the younger children understand.**

**The character traits in these books can also be used for wholesome family discussions. It is a great family resource. Parents can lead discussions and the character traits within the story. Captain Character™ brings to life real-world situations that young people and adults face today. Reading together and discussing the story, and topics within the story, allows sharing time in which family members can speak to one another from the heart. This allows a forum to discuss similar situations each has faced and receive parental guidance on how to handle them in the future.**

**This is all in addition to having an enjoyable story to read that is good for the family of all ages.**

**Why is being a “Person of Character” important?**

**Being a person of character is a major key to success in life. Those who learn it young and cultivate it throughout their life have greater potential for success in all they do. This means you make every effort to always do the right thing, even when no one is watching.**

**What does Captain Character™ offer as a resource to parents to assist in the family reading and discussion process?**

**This Family Reading Plan is a resource for parents. There is a list of background information discussion questions for each of the character traits in the books. Feel free to use these as a framework, and they may**

generate ideas of your own. There is a separate document for each of the books, plus this Family Reading Plan Introduction.

**What Character Traits are discussed in each book?**

**Book #1 “The Adventure Begins” has stories centered around the character traits of:**

- **Respect (page 31)**
- **Self-control (page 45)**

**Book #2 “The Legend: has stories centered around the character traits of:**

- **Generosity (page 3)**
- **Trustworthiness (page 23)**
- **Kindness (page 52)**

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**Captain Character™ – The Family Reading Plan**  
**Book #1 – The Adventure Begins**

**Respect (page 31)**

**The Storyline**

This is the first time that Dr. Matthew Meleg comes to the rescue as Captain Character. He senses that someone is in need and instinctively knows where to go. He finds three boys who are in conflict. It is a bullying situation with two against one. His presence captivates the boys. They stop and their actions freeze. They listen to what he has to say. He is able to teach the boys about how badly they are acting with each other. He asks them to tell each other something they respect about each other and they do. They even learn to become friends. You will see that friendship grow throughout the story.

**Character Trait Summary**

**RESPECT** is seeing others as people with feelings, goals, dreams, and ideas of their own. When you respect someone, you recognize them for

their own unique qualities or abilities, even though they may be different from yours. Remember to look at members of your family, friends and strangers with respect. The first story is about a bullying situation. Bullying is the opposite of respect. Captain Character turns the situation around by teaching about respect.

### Discussion Questions

- **Have you ever been in a bullying situation?**
  - **What happened?**
  - **How did you feel?**
  - **How did you handle the situation?**
  - **What would you have liked to have happened differently?**
  - **Did you tell anyone who could help you?**
- **Why is it important to respect others?**
  - **How do you feel when you respect others?**
  - **What are some things you can do to show others that you respect them?**
  - **How do others feel when they know they are respected?**
  - **Explain a situation when you either respected someone else or you know that someone respected you.**

### Parental Teaching Moments

- **Bullying:**
  - **Explain if you were ever in a bullying situation and how you handled it.**
  - **Explain how you would like your children to respond if someone bullies them.**
- **Respect:**
  - **Explain how you would like your children to show respect to others.**
  - **Give examples of how you respected others.**
  - **Give examples of how others showed respect to you.**
  - **Give examples of how you suggest they show respect to others and things that they have?**
  - **Provide them your expectations of their actions regarding the showing of respect to others.**
  - **Ask everyone to explain something that they respect about each other.**
  - **Discuss something in current events where respect or lack of respect was evident. This could be something seen in the news.**

- Circle back later in the week to discuss their observations and progress regarding how they are doing with respecting others.

### Self-control (page 45)

#### The Storyline

Dr. Matthew Meleg is driving on his way into work and two young men rapidly drive past him. There is a problem between them and there are innocent drivers around. He knows he needs to spring into action as Captain Character. These young men pull off to the side of the road and get into a heated discussion. When Captain Character arrives on-scene, the tension and anger between these two young men dissolves. He teaches them about self-control, which is taking control of negative emotions. He explains the impact of such a negative involvement could have in their lives. They apologize to each other and this situation ends peacefully.

#### Character Trait Summary

**SELF- CONTROL** is taking control of negative emotions. You will be faced with situations all through your life that cause negative emotions to rise within you. These emotions make you want to take actions against others in a bad way. You do not need to show anger or be aggressive.

You need to stop, control those feelings and let them go. Refocus on something good in its place. Do not ever take physical actions against someone when they make you angry. You could hurt them, yourself and innocent people nearby. What good does it do to hurt someone because of your anger? It does not solve anything. Those actions could have long term effects upon your life. You need to be aware of the consequences in advance.

#### Discussion Questions

- Have you ever had anger or aggressiveness rise up within you over a situation that occurred in your life?
  - What happened?
  - How did you feel?
  - How did you handle the situation?
  - What would you have liked to have happened differently?
  - How would you handle that differently now that you know

**about self-control?**

- **Why is self-control important?**
  - **How do you feel when you control your negative emotions?**
  - **What are some things you can do to help yourself learn to show better self-control?**
  - **How do you make those around you feel when they know you are a person who can show self-control?**

### **Parental Teaching Moments**

- **Using Self Control:**
  - **Explain how you would like your children to show better self-control.**
  - **Give examples of how you developed self-control in your life.**
  - **Provide them your expectations of their actions regarding developing better self-control.**
  - **Discuss a current event where self-control or lack of self-control was shown. This could be something seen in the news.**
  - **Circle back later in the week to discuss their observations and progress.**