



# Identifying Greater Than Good

**A social-emotional exercise to help students identify and become the great qualities they see in others.**



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# The First Rule of Happiness

## Always be better than "good."

### Part 1

The last page is divided into two columns. On the left column, have your students list the most important and most impactful people in their lives. Remind them that some names on their lists may not be the most obvious. While the majority will name their parents, siblings and other family members, some kids may consider that coach who never gave up on them or a fellow classmate that stood up for them. There's no minimum or maximum number of names so long as they put a lot of thought behind it.

**PRO TIP: Play some relaxing music as they put their thoughts on paper.**

### Part 2

On the right side of the paper, have students identify the best adjective to describe the name on the left. This is the *Why* part of the exercise. Once again, students should take their time on this part of the activity, as they are choosing the "best of the best" characteristic or trait that makes the name on the left so special to them.

### Challenge

Pick out some volunteers and have them read one of the names to the class, as well as the characteristic chosen for that particular name. As they take their turns sharing what they've written and why, you'll begin to notice a trend. The adjectives or characteristics that these students have written down are all Greater Than Good. You won't hear the words *average* or *good* used to describe these impactful names.

Now it's time to make the class understand that, one day, their names will appear on a similar list. How do we want to be described? How can we start becoming those great characteristics for others, not just with our families, but to our classmates? How can we be Greater Than Good to each other? It starts by learning from the most impactful people in our lives.



# Identifying Greater Than Good

Name

Attribute



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