

Armor of CHARACTER Object Lesson

Materials:

- two oranges
- a glass bowl large enough for two oranges to be completely submerged
- water

The Lesson

Place both oranges in the bowl with their “armor” on. (In other words, keep the skin on both oranges.) Talk about how the oranges are floating, or “standing firm” in the water.

Little by little, begin peeling away some of the “armor” (skin) of one of the oranges. You might peel off a chunk and talk about each piece of as you take them off and refer to them as a piece of their character:

- Trustworthiness
- Respect
- Accountability
- Citizenship
- Kindness

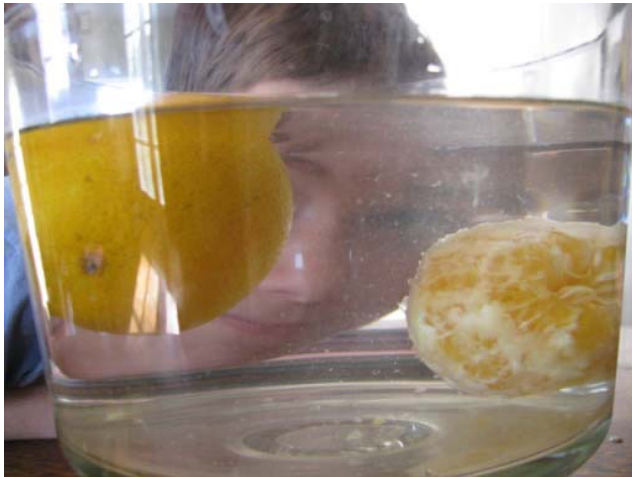


Continue on this way, peeling back a little at a time, talking about each new piece of character that makes up our armor, talking about how that might affect us each day if we did not have them.

Discussion:

- ✓ Talk about each piece of character (trustworthiness, respect, accountability, citizenship and kindness) as you peel away the pieces of the orange.
- ✓ When we have good character, we stand firm in the water, just like the orange with the peeling on.
- ✓ But when we peel away our good character and do not tell the truth or do not respect others, we are peeling away our armor of character and we do not stand as firm in the water.

Place the peeled orange back in the water and notice that, although it sinks completely, it begins dipping further in the water than the orange still with all its armor.



Challenge your children to think purposefully each day about putting on each piece of armor of character and make good choices for their future!

