

# Login to your webpage

Welcome to PromiseThon! You are about to experience an exciting character event that also raises money for your school. The purpose of the PromiseThon Character & Fundraising Event is to help you learn new skills, make friends and get excited about all the fun adventures that await you.

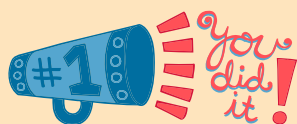
Your goal is to **make** and **keep** 21 PROMISES. The first PROMISE is EASY – once your parent logs in and gives you permission to participate in all the upcoming activities, you have completed your first PROMISE!

Follow your teacher's instructions to get your login information, then write it below:

Promise Code

Password

Your webpage url: [promisethon.org/student/](http://promisethon.org/student/)



once your parent signs the permission slip online, you have already accomplished 1 promise. **Only 20 more to go!!!**

With PromiseThon you will learn about **7 Promise Principles**. These principles will guide you towards the 21 Promises you can **make** and **keep**. You will learn how to make good choices, learn how to be an effective leader, learn how to continue improving, and complete the **promise challenges**, which will make you feel proud and empowered.

You will also have the chance to win **great prizes** and get to participate in some really **fun activities** at school along the way!

The **first 7 promise challenges** are things you can do to help your school have a successful fundraiser and character event. It is very important to understand that when you agree to make a promise, you are making a commitment to follow through and keep your promise. So, if you cannot commit to these suggested promises, you can substitute with a promise you can keep.

## 7 PROMISE PRINCIPLES

- P PERSEVERANCE** Keep trying, even when something is difficult. Don't give up! Set goals and take small steps to reach them. ■ ■ ■ ■ ■ ■ ■ ■ ▶
- R RESPECT** Treat others the way you want to be treated, with kindness and consideration. Value each other's ideas and accept others for who they are. Appreciate differences in others. ■ ■ ■ ■ ■ ■ ■ ■ ▶
- O OPTIMISM** Be hopeful & grateful. Be helpful and encouraging with others. Have a positive attitude, even when something is difficult. ■ ■ ■ ■ ■ ■ ■ ■ ▶
- M MINDFULNESS** Pay attention to your thoughts, words and actions. Think before you act. When a strong feeling arises, observe it. Pause and take a breath. ■ ■ ■ ■ ■ ■ ■ ■ ▶
- I INTEGRITY** Be honest. Do the right thing, even when no one is looking. Keep your promises and follow through on your commitments. ■ ■ ■ ■ ■ ■ ■ ■ ▶
- S SERVICE** Be helpful, caring and kind to those in your community. Do your share to make your school a better place. Participate in community service. Help take care of the environment. ■ ■ ■ ■ ■ ■ ■ ■ ▶
- E EMPOWERMENT** Motivate yourself to try new things. Success is learning and improving, not always winning. Be brave. Be curious. Focus on the positive in YOU and celebrate your successes! ■ ■ ■ ■ ■ ■ ■ ■ ▶

## The first 7 Promise Challenges

- 1. Take your **PROMISE PACKET** home and help your parents activate your webpage.
- 2. Sign the **PROMISE CONTRACT** and promise to be respectful and do your best to make and keep 21 promises.
- 3. Write your draft **THANK YOU LETTER** to show that you are grateful.
- 4. Accept and wear your **PROMISE WRISTBAND** and work on your effort and attitude.
- 5. Sign the **UPSTANDER PLEDGE** and work on making your school a safe place for everyone.
- 6. Write your **FUNDRAISING MESSAGE** and send it to 10 friends & family.
- 7. Complete the **ABOUT ME** page and write down one goal you want to reach this school year.



## 21 PROMISES WOW!

It may seem like a BIG DEAL to try to keep 21 promises. But once you get started, you will realize that we make many promises every day -- we just don't always pay attention to the promises we make to ourselves and others. Promises can be acts of kindness or a goal we want to achieve. A promise can be following through on your responsibilities or chores at home. A promise can be the thought, "I'll do better next time." when you don't do well on a test.

To give you a better idea of how you can keep your promises, go to the promise tab on your webpage. It can inspire you to make promises you can keep each day. Below are two examples of what it means to keep a promise.

## Promise Examples

### Promise Challenge for PERSEVERANCE:

Work on creating a good habit for your health and wellness.

#### Make a promise statement:

"I will brush my teeth without complaining."

#### Keep a promise statement:

"My mom got me new toothpaste I liked and set a timer for 2 minutes when I brushed my teeth."

#### Share your outcome:

"It made my mom very happy not to have to get mad at me about brushing my teeth."



### Promise Challenge for INTEGRITY:

Show an example of how you can be friendly to a new student.

#### Make a promise statement:

"I will invite someone new to sit with me at lunch."

#### Keep a promise statement:

"I invited Nate to sit with our group at lunch today."

#### Share your outcome:

"Nate met my friends and we learned that he just moved here from Texas."

