Mrs. Kurtz’s 49 Class and Life Rules

1. Be responsible for your actions
2. Make eye contact (when speaking to someone)
3. Respect other students’ comments, opinions and ideas
4. Learn to be patient
5. Make a good first impression
6. Do not show disrespect with gestures or sounds
7. Say thank you when given something (never insult gift or giver)
8. Never stop learning
9. Watch less TV
10. Become an informed citizen
11. Surprise others by performing random acts of kindness
12. Keep in touch with your inner child (creativity and innovation)
13. Always do your best
14. Keep yourself and the bathrooms clean and germ-free
15. Be as organized as possible
16. Do not take something that doesn’t belong to you
17. No matter what, always be honest
18. Respect adults in order to gain their respect in return
19. There are no shortcuts to greatness
20. Don’t be afraid to ask for help or advice
21. Don’t add to the problem, *BE* the solution
22. No one is in charge of your happiness except you
23. Do not say unkind things to others (If you can’t say anything nice . . .)
24. Be responsible for your trash
25. *Never* chew gum when speaking or performing
26. Watch what you eat—learn to read labels
27. When in public, always use your manners
28. Find time to exercise—keep moving and listen to your body
29. Go outside and get some sun (apply sunscreen after 15-20 min.)
30. The more you read, the more successful you will be (statistically)
31. Floss your teeth (you will live 2 years longer on average)
32. Smiles and laughs are free, yet valuable
33. When using your cell, use etiquette (phone off in theater and no phone at the dinner table)
34. No cell near your bed when you sleep/no computer on lap (radiation)
35. Always wear your seatbelt
36. Learn to drive a stick shift
37. NEVER text while driving
38. Learn to budget your money (don’t spend more than you make)
39. Don’t be a whiner or complainer, be positive and enjoy life
40. Listen twice as much as you speak
41. What you put out into the world is what you will receive
42. Set goals and reward yourself when achieved
43. Forgive everyone everything
44. Show gratitude
45. Stand up for what you believe in
46. Make good choices
47. Learn from your mistakes and move on (no regrets)
48. Appreciate the little things
49. Be nice