



# LESSON SEVEN

## I Believe in You

**Key:** Self-Acceptance

**Concept:** Nature and Nurture

## Train Your Brain #7

Train your brain to love yourself

## Class Agenda

1. **Greetings**
2. **Video:** Episode #7
3. **Leadership Book:** Pg. 34-35
4. **Video:** STEM #7: Growing Character
5. **Leadership Book:** pg. 36-37
6. **Champ Chat**
7. **Leadership Challenge:**  
Love yourself

## Objectives

**Video:** I Believe in You

**STEM Lesson:** Growing Characters

**Leadership Book:** Pages 34-37

**Tool:** Affirmation - Positively You

**Challenge:** Love yourself

## In a Nutshell

We continue our adventure with the spotlight on Mooie the cow as she struggles to figure out where she fits in. She doesn't like being responsible for all the smelly messes around the farm but doesn't know what to do about it. She is encouraged by Mama Hen who assures her in the song, I Believe in You. If you also hear lyrics this week about being a pig (my guess is you'll hear it loud and clear), don't be alarmed. These are indeed naughty pigs. Sometimes the best way for a child to understand differences is to roll-play their extremes. Besides, it's easier to learn by pretending to be a naughty pig then actually act like one and reap the real-life consequences. Never underestimate the power of a story for a child to learn vicariously!



## LESSON SEVEN - QUICK VIEW

	<b>ACTIVITY</b>	<b>TIME</b>	<b>OBJECTIVE</b>	<b>ACTION</b>
<b>1</b>	Greetings	2 min	Set the tone for your class	Keep it fun! Try tossing trinket awards out to students jumping the highest!
<b>2</b>	Video: Episode #7	3 min	I Believe in You	Video: Episode #7
<b>3</b>	Leadership Book	3 min	Nature & Nurture	Pages 34-35
<b>4</b>	Video: STEM #7	3 min	Growing Character (crystals)	Show video/option to demo
<b>5</b>	Leadership Book	5 min	Train Your Brain #7: Train your brain to love yourself	Pages 36-37
<b>6</b>	Champ Chat	3 min	Review & Reinforce	See questions on page 37
<b>7</b>	Leadership Challenge	1 min	Love yourself	Love yourself with your words of affirmation.

# LESSON DETAILS

## 1. Greetings

Keep it fun! Try tossing trinket-awards out to students jumping the highest!



## ADVENTURE THEATER

## 2. Video: Episode #7

### I Believe in You

We continue our adventure with the spotlight on Mooie the cow as she struggles to figure out where she fits in. She doesn't like being responsible for all the smelly messes around the farm but doesn't know what to do about it. She is encouraged by Mama Hen who assures her in the song, I Believe in You. If you also hear lyrics this week about being a pig (my guess is you'll hear it loud and clear), don't be alarmed. These are indeed naughty pigs. Sometimes the best way for a child to understand differences is to roll-play their extremes. Besides, it's easier to learn by pretending to be a naughty pig then actually act like one and reap the real-life consequences. Never underestimate the power of a story for a child to learn vicariously!

## LEADERSHIP WORKBOOK



## 3. Nature and Nurture

### Pages 34-35

This week's adventure shows how unconditional love by others can help us learn to love ourselves.

## STEM LESSON



## 4. Video: STEM #7

### Growing Character (Crystals)

Watch Click-Class video. Instructions in Student Leadership Workbook page 36.

This experiment is a little more involved but super fun to grow your own crystals. Consider making a Mother's Day gift out of your jewels.

## LEADERSHIP WORKBOOK



## 5. Train Your Brain Step #7

### Train your brain to love yourself

- Pages 36-37
- Check out the bonus activity to demonstrate our ability to design our lives by the pictures we imagine.
- This lesson is difficult to simplify in a way children can wrap their head around and apply. The power behind this lesson is the story of the two wolves and the concept of "Brain Trees". They are laying the foundation for neuroplasticity in the upcoming lessons. Pull these back into your discussions this week so they don't get lost.

## CHAMP CHAT



### 7. Champ Chat: Review

- What does the Cherokee parable about the two wolves mean?
- Do you think people are born grumpy, or do you think they choose to be grumpy?
- What are some characteristics you were born with? What are some you've learned?
- What is something special about you?

## LEADERSHIP CHALLENGE



### 8. Leadership Challenge

#### Love Talk!

Replace every negative thought or word you say about you with positive ones.

#### BONUS:

The leadership challenge this week is to color a mosaic with crayons covering the whole page. Color the mosaic with a solid layer of black crayon or paint, then scrape a picture of you into the black to reveal the beauty inside of each of us. Complete by scraping a heart around your picture of you.

## LIFE TOOL



### Tool: Words of Affirmation

Your tool is to shower your students with affirmations. You can still be honest about areas to improve but do it in a way that leaves your students wanting to strive for their best.

Use phrases like:

“... because you're such a great student I know you'll want to ...”

“... as a leader I know you'll want to...”

## NOTES

