



LESSON TWO

Theater of the Mind

Key: Think positively

Concept: Deflection

Train Your Brain #2

Train your brain how to think.

Class Agenda

- 1. Greetings**
- 2. Video:** Episode #2
- 3. Leadership Book:** Pg. 12-13
- 4. Video:** STEM #1: Deflection
- 5. Leadership Book:** pg. 14-15
- 6. Champ Chat**
- 7. Leadership Challenge:**
Think Positively

Objectives

Video: Theater of the Mind

STEM Lesson: Deflection

Leadership Book: Pages 12-15

Tool: Mind Over Matter

Challenge: Think positively

In a Nutshell

On the farm, the animals agree they live in the greatest place on earth... except for the smell from Mooie's cowpies. When Farmer Blue Jeans is late for his morning chores, their imaginations go wild with speculation of all the worst-case scenarios. The Theater of the Mind is great when it's positive, but it's time to turn the channel when it starts playing negative thoughts that snatch your happiness. On the farm, we call those crows thoughts because they snatch the seeds of your hopes and dreams. Swoosh crows away.



LESSON TWO - QUICK VIEW

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Set the tone for your class	Make it fun. Do you have a straw hat to wear during circle time?
2	Video: Episode #2	3 min	Theater of the Mind	Video: Episode #2
3	Leadership Book	3 min	"Crow Lies"	Pages 12-13
4	Video: STEM #2	3 min	Deflection: How you see things	Show video/option to demo
5	Leadership Book	5 min	Train Your Brain #2: How to think. Think positively	Pages 14-15
6	Champ Chat	3 min	Review & Reinforce	See questions on page 15
7	Leadership Challenge	1 min	Think positively	Everyday, swoosh bad thoughts away!

LESSON DETAILS

1. Greetings

Let the music be your signal for Champions! Practice calmly but quickly putting away your current projects and taking places in your circle. Be careful not to practice chaos, repeat with desired (orderly but enthusiastic) energy.



2. Video: Episode #2

Theater of the Mind

On the farm, the animals agree they live in the greatest place on earth... except for the smell from Mooie's cowpies. When Farmer Blue Jeans is late for his morning chores, their imaginations go wild with speculation of all the worst-case scenarios. The Theater of the Mind is great when it's positive, but it's time to turn the channel when it starts playing negative thoughts that snatch your happiness. On the farm, we call those crow thoughts because they snatch the seeds of your hopes and dreams. Swoosh crows away.



3. As The Crow Flies

Pages 12-13

One of the great superpowers of your brain is your imagination but sometimes it can jump to wrong

conclusions. This week we are learning how to think about our thoughts. Thinking about thinking is called contemplation. It helps us identify why we do what we do, and how it makes us feel. If you can get to the root causes, you can address them directly instead of bandaging the symptoms.



4. Video: STEM #2

Deflection

Watch Click-Class video. Instructions in Student Leadership Workbook page 14.

If time permits, students love hands on exploration. It's a super simple STEM project you can do in class.



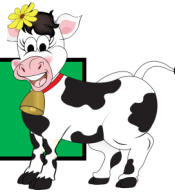
5. Train Your Brain Step #2

How to think —think positively

- Pages 14-15



CHAMP CHAT



7. Champ Chat: Review

- What is the benefit of the doubt?
- Why should you give it to others?
- What is a “crow” thought?
- How do you get rid of them?

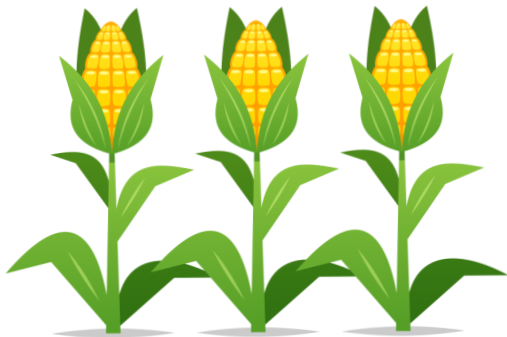
LEADERSHIP CHALLENGE



8. Leadership Challenge

Swoosh away negative thoughts.

Last week we identified a habit we want to change. It's not enough to just say we want to change we need to put our Mind over the Matter (habit) by changing our feelings and thoughts toward it. Swoosh away every negative thought and focus on your goal.



LIFE TOOL



Tool: Train your brain how to think!

What we're really doing is training our brain to think about thinking! As silly as that sounds, this helps students to be mindful of why he feels or responds a certain way. If you can identify the “why,” it's easier to identify a solution.

When these skills are missing, we can get stuck on the response and the behavior rather than finding the root causes and the triggers.

NOTES

