



LESSON TWELVE

One Man's Cowpie

Key: Take Action

Concept: The answer's in you

Train Your Brain #12

Train your brain to take action

Objectives

Video: One Man's Cowpie

STEM Lesson:

Leadership Book: Pages 52-53

Tool: Take-5 Action Plan

Challenge: Take action

Class Agenda

1. **Greetings**
2. **Video:** Episode #12
3. **Leadership Book:** Pg. 52-53
4. **Video:** No STEM Video
5. **Leadership Book:** pg. 52-53
6. **Champ Chat**
7. **Leadership Challenge:**
Take-5 Action Plan

In a Nutshell

Well, it's been quite an adventure in Cowpie County. One of the most important lessons learned is our biggest problems can actually be our greatest strength in disguise.



LESSON TWELVE - QUICK VIEW

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Set the tone for your class	Don't sing anything. Mouth it. Lol. That's throw 'em off. Then shout the last Championeers!
2	Video: Episode #11	3 min	Wired to Win	Video: Episode #12
3	Leadership Book	3 min	Heart-Head Connection	Pages 52-53
4	Video: STEM #10	3 min	No Stem	Show video/option to demo
5	Leadership Book	5 min	Train Your Brain #12 Train your brain to take action	Pages 52-53
6	Champ Chat	3 min	Review & Reinforce	See questions on page 53
7	Leadership Challenge	1 min	Take Action— Complete all the challenge lessons	Make a plan, Make it clear, Make it happen.

LESSON DETAILS

1. Greetings

Use kazoos or any other fun. Slap the ground, march in place. Sing with your eyes closed! Be ridiculous. Let a student leader be ridiculous for you if that's not your personality.



ADVENTURE THEATER

2. Video: Episode #12

One Man's Cowpie...

Mooie saved the day, and in the process she learned to value herself and find her hidden gifts.

LEADERSHIP WORKBOOK



3. Review! Whooohoo!

Pages 52-55

Just look at what you've learned!

STEM LESSON



4. Video: NO STEM

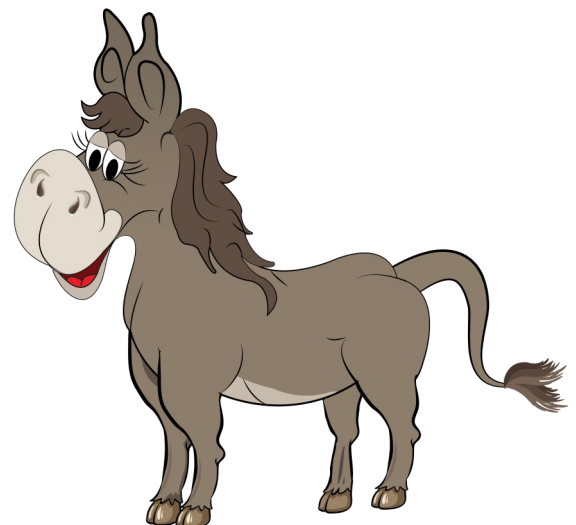
LEADERSHIP WORKBOOK



5. Train Your Brain Step #12

Train your brain to take action

- Pages 52-55



CHAMP CHAT



7. Champ Chat: Review

- Discuss the lesson review on page 52.

LEADERSHIP CHALLENGE

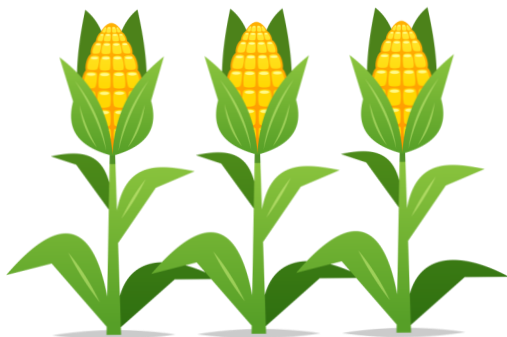


8. Leadership Challenge

Complete all your challenges.

Take-5 Action Plan Chart

- Make a plan
- Make it clear
- Make it happen



LIFE TOOL



Tool: Take-5

This is such an awesome tool! Now that your child has explored all the steps in the Take-5 problem-solving strategy, it's time to fully implement it. It takes 21 days to create a habit, 21 more to keep it, and another 21 to cement it. Feel free to download the Take-5 challenge chart as a tool to help your students develop happy, healthy habits. Just focus on one change at a time and repeat the chart as many times as necessary.

NOTES

