



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

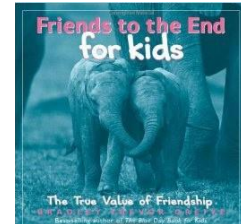


Champion Year Toolkit



❖ *Friends to the End for Kids*

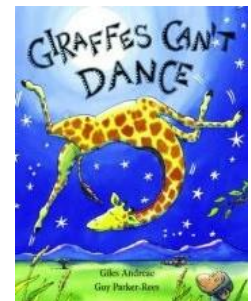
- Be an *UPstander*.
- Accept people for who they are.
- Use friendship boosters with everyone.
- Learn to maintain cordial relationships with everyone.
- *Fill people's buckets* with kind thoughts and deeds.



Video of book: <https://www.youtube.com/watch?v=GGmLIA3Wu5g>

❖ *Giraffes Can't Dance*

- *Dance to your own song!*
- Don't focus on the black dot. Focus on the white page.
- Find a supportive peer to listen and coach you.
- Learn a new skill and practice, practice, practice!
- *Tap into your positive power!*

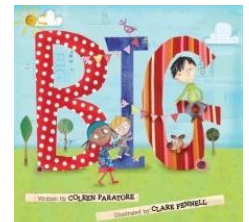


Video of book: <https://www.youtube.com/watch?v=kVzblgpqQnk>



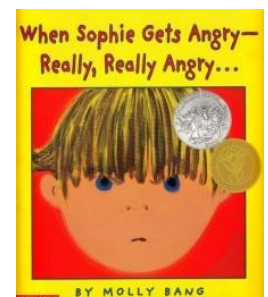
❖ *Big*

- Empower students to think about others.
- Internalize intrinsic reward of doing things for the right reasons.
- Use personal power to create change in the world.
- Perform acts of caring for others.
- Understand that concept of *being BIG* means something different to everyone.



❖ *When Sophie Gets Angry—Really, Really Angry*

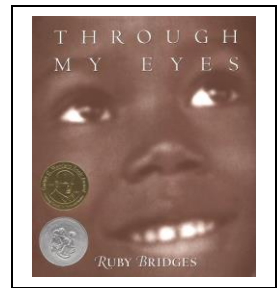
- Identify, acknowledge and express feelings in safe, positive, healthy ways.
- *Be the director of your orchestra* of emotions.
- Recognize the signs of your anger.
- *Take Five!*
- *Stop and think* before you act. Use the steps to calming down.
- Talk about your feelings with a friend or caring adult.



Video of book: <https://www.youtube.com/watch?v=eqjeKgMXyIM> 

❖ *Through My Eyes*

- Learn how to *walk in someone else's shoes*.
- Identify the members in your web of support.
- Stand up for your beliefs.
- Role model responsible ways to accept and tolerate differences.

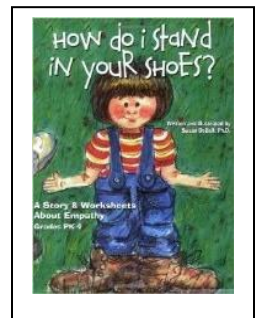


Video of book: <https://www.youtube.com/watch?v=rC9EpGtFSD4>

Related video of book: <https://www.youtube.com/watch?v=mWW7vrtM-sY>

❖ *How do I Stand in Your Shoes?*

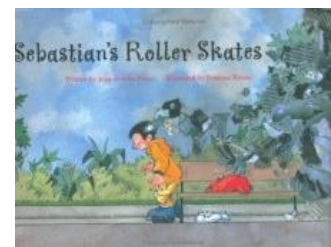
- ❖ Students will notice, name, and understand the feelings of others.
- Students will learn how to express and receive empathy.



Video of book: https://www.youtube.com/watch?v=HP2AR_VX90Y

❖ *Sebastian's Roller Skates*

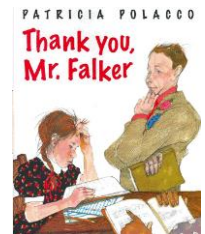
- You are capable and can *bloom* when you work hard.
- *Turn mud thoughts into clear thoughts.*
- Exploring and discovering your sparks lead to positive personal power.
- Set short term and long term goals.



Video of book: <http://www.storylineonline.net/sebastians-roller-skates/>

❖ *Thank You, Mr. Falker*

- *Tap into your personal power and bloom.*
- *Say and do something!*
- Identify and celebrate your heroes.
- Create a caring climate where everyone belongs at school.

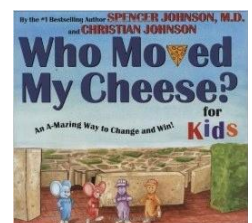


Video of book: <http://www.storylineonline.net/thank-you-mr-falker/>

❖ Fifth/Sixth Grade Students Moving to Middle School (All ABC Levels)

Who Moved My Cheese? For Kids An A-Mazing Way to Change and Win! by Spencer Johnson, M.D. and Christian Johnson

- Learn that change happens to everyone.
- Understand that people handle change in different ways.
- Learn different ways to deal with change and become more resilient.
- Discuss the students' upcoming change - what will be different, what will be the same, how they feel about the change.
- Teach students that they have control over how they react to change.



Related video of book: <https://www.youtube.com/watch?v=tDNhEYpBPbY>