



Lesson Seven

The Power of Hope

Key: Be Pop-Proof (Self-Sustaining)

Concept: Optimism

Treasure Chest Tool

Learn to hope— it sees what
can't be seen with your eyes.

Class Agenda

1. Greetings
2. Review
3. **Sing & Swing:** Love, Love, Love
4. **Video:** Lesson #7 Be Pop-Proof
5. **Activity:** Balloon Pop
6. **Sing & Swing:** Love, Love, Love
7. **Video:** Episode #7 The Power of Hope
8. Review
9. **Leadership Challenge:**
Practice Optimism

Objectives

Video: The Power of Hope

Song: Love, Love, Love

STEM Lesson: Pop-Proof

Activity: Balloon Pop

Challenge: Practice Optimism

In a Nutshell

Review previous songs. Watch the STEM lesson Pop-Proof and discuss how learning to hope helps sustain our dreams. Learn movements to *Love, Love, Love* then add music. Learn verse lyrics. Add movements. Add music. Review all songs with music and movements.





Lesson Seven - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Set the tone for your class	<i>Champions! Roll Call.</i>
2	Review	3 min	Review Music	Slowly address any tricky spots from last week without the music. Repeat 2-3 times then sing and dance without music. Add music.
3	Sing & Swing	4 min	<i>Love, Love, Love</i>	Listen to song while keeping a steady beat. Learn chorus lyrics by call and response. Learn movements.
4	Video: Lesson #7	5 min	Pop-Proof	Watch the STEM lesson Pop-Proof and discuss how the hope of optimism, protects our identity and our dreams from disappointments.
5	Opt. Activity	3 min	Balloon Pop	Demonstrate the STEM project in class.
6	Sing & Swing	5 min	<i>Love, Love, Love</i>	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
7	Video: Episode #7	4 min	The Power of Hope	Champions! Adventure Theater
8	Champ Chat	3 min	Review & Reinforce	All Songs. Review lesson.
9	Leadership Challenge	1 min	Practice Optimism	Leaders practice hope by looking for the good in every situation.

Lesson #7 Details

1. Greetings

Champions! Roll Call.

2. Review

*Quick run-through of all songs so far.
Practice perfection.*



3. Sing & Swing

Love, Love, Love

- Listen song while keeping a steady beat.
- Teach the chorus lyrics by call and response.
- Listen again, and have students sing along with the chorus.
- Add movements with the chorus lyrics, then add music.



LESSON CLICK-CLASS



4. Video Lesson #7

Pop-Proof

Watch the STEM lesson Pop-Proof and discuss how looking for something good in every situation develops the characteristic of optimism .

5. Optional Activity

Balloon Pop

Demonstrate the STEM project in class.



6. Sing & Swing

Love, Love, Love

- Practice and review lyrics and movements very slow at first, to fix any mistakes, then speed up to full speed. Don't add music until you've ran through it at least two times--then add music.

- Learn verse lyrics.
- Add music. Sing along with all lyrics and do movements for chorus.
- Learn movements for verse.
- When the music starts, count to two before starting the first movement (this is how students know when to start).
- Finish all movements for verse, add music.



ADVENTURE THEATER

7. Video: Episode #7

Pirate Tricks

Princess Naniki meets with Chief Bo Guana to tell him they are the ones who brought the pirates to the island.

8. Champ Chat Review

- Review any/all of the songs.
- Review STEM video, Pop-Proof
- Make a big deal about the next part of the story! KEEP IT A SECRET AND BUILD SUSPENSE!

LEADERSHIP CHALLENGE



9. Leadership Challenge

Practice Optimism

Leaders practice finding hope and optimism by looking for something good in every situations. That does not mean bad things are okay; they are not, but when leaders practice optimism your brain can even take bad situations and turn them into stepping stones for your success. Some of the greatest leaders in history, first overcame tragedy in their lives.

