



## LESSON THREE

### Chaos in the Barnyard

**Key:** Find Your Focus

**Concept:** Focus Bottle

### Train Your Brain #3

Train your brain to focus.

### Objectives

**Video:** Chaos in the Barnyard

**STEM Lesson:** Focus Bottle

**Leadership Book:** Pages 16-19

**Tool:** Stop-Think-Act

**Challenge:** Stop-Think-Act

### Class Agenda

1. **Greetings**
2. **Video:** Episode #3
3. **Leadership Book:** Pg. 16-17
4. **Video:** STEM #3: Focus Bottle
5. **Leadership Book:** pg. 18-19
6. **Champ Chat**
7. **Leadership Challenge:**  
Stop and think before you act.

### In a Nutshell

This week we learned how your brain is pre-programmed to keep you safe using the survival instincts of fight or flight. Sometimes your mind has to tell your brain to be calm instead of being angry or fearful so you can think before taking action.



## LESSON THREE - QUICK VIEW

	ACTIVITY	TIME	OBJECTIVE	ACTION
<b>1</b>	Greetings	2 min	Set the tone for your class	Bring your energy.
<b>2</b>	Video: Episode #3	3 min	Chaos in the Barnyard	Video: Episode #3
<b>3</b>	Leadership Book	3 min	Fight or Flight	Pages 16-17
<b>4</b>	Video: STEM #3	3 min	Focus Bottle	Show video/option to demo
<b>5</b>	Leadership Book	5 min	Train Your Brain #3: How to focus	Pages 18-19
<b>6</b>	Champ Chat	3 min	Review & Reinforce	See questions on page 19
<b>7</b>	Leadership Challenge	1 min	Get to the root. Stop-Think-Act	Ask yourself "why?"

# LESSON DETAILS

## 1. Greetings

Bring your energy. You are modeling for your students how to be enthusiastic. Be NEON! Continue to practice your music cue so it becomes the mental trigger to set the tone for Championeers! Do not let it become a chaos trigger. Practice the behavior and energy you desire.



## ADVENTURE THEATER

## 2. Video: Episode #3

### Chaos in the Barnyard

In Cowpie County our farm friends learned they were going to lose the farm. Their first response was chaos and panic, but mama hen is teaching our farm friends to stay calm and think before they act.

## LEADERSHIP WORKBOOK



## 3. Fight or Flight

### Pages 16-17

This week we learned how your brain is pre-programmed to keep you safe using the survival instincts of fight or flight. Sometimes your mind has to tell your brain to be calm instead of being angry or fearful so you can think before taking action.

## STEM LESSON



## 4. Video: STEM #3

### Focus Bottle

Watch Click-Class video. Instructions in Student Leadership Workbook page 18.

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

## LEADERSHIP WORKBOOK



## 5. Train Your Brain Step #3

### Train your brain to focus

- Pages 18-19



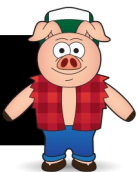
## CHAMP CHAT



### 7. Champ Chat: Review

- What is fight or flight?
- Have you ever responded with the “fight” instinct. How did you feel?
- Have you ever responded with the “flight” instinct. How did you feel?
- What is the Stop-Think-Act tool.

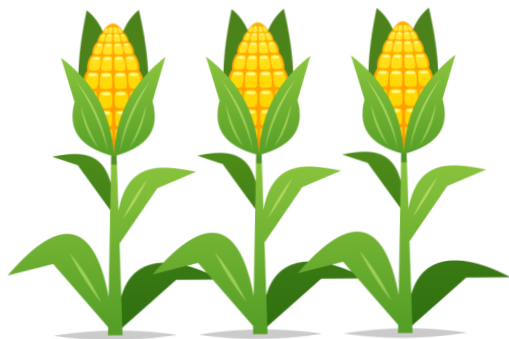
## LEADERSHIP CHALLENGE



### 8. Leadership Challenge

#### Stop-Think-Act

Roll-play with questions to help children get beyond their reactions to understand why they do what they do. There is a series of focusing questions on page 19 that start with the reaction and work their way back to the root feelings of why they might have acted the way they did.



## LIFE TOOL



### Tool: Train your brain how to focus!

Children react to the world around them through primal responses, such as crying and throwing a fit to communicate their needs. As they mature, we teach them to stop and think, before they act. This single tool can change a persons life if they commit to mastering the skill of self-reflection.

Children don’t automatically know why they are mad, or sad. They might think it’s because so-and-so did such-and-such. Anger is a secondary response that usually comes out of rejection or fear. As children ask their backwards “Why?” questions (page 19) they’ll usually uncover the real reason why they react so they can take a different course of action.

The focus bottle provides a brain refuge that removes a child from the immediate stimuli to a safe place of sparkles, glitter, and patterns. The visual process of watching oil and water separate helps a child focus on separating facts from feelings when they follow the “Why?” questions.

Being mindful helps them focus their thoughts to be problem-solvers instead of reactors, but when this skill is are missing, they are stuck in a perpetual fight or flight reaction mode.

## NOTES

