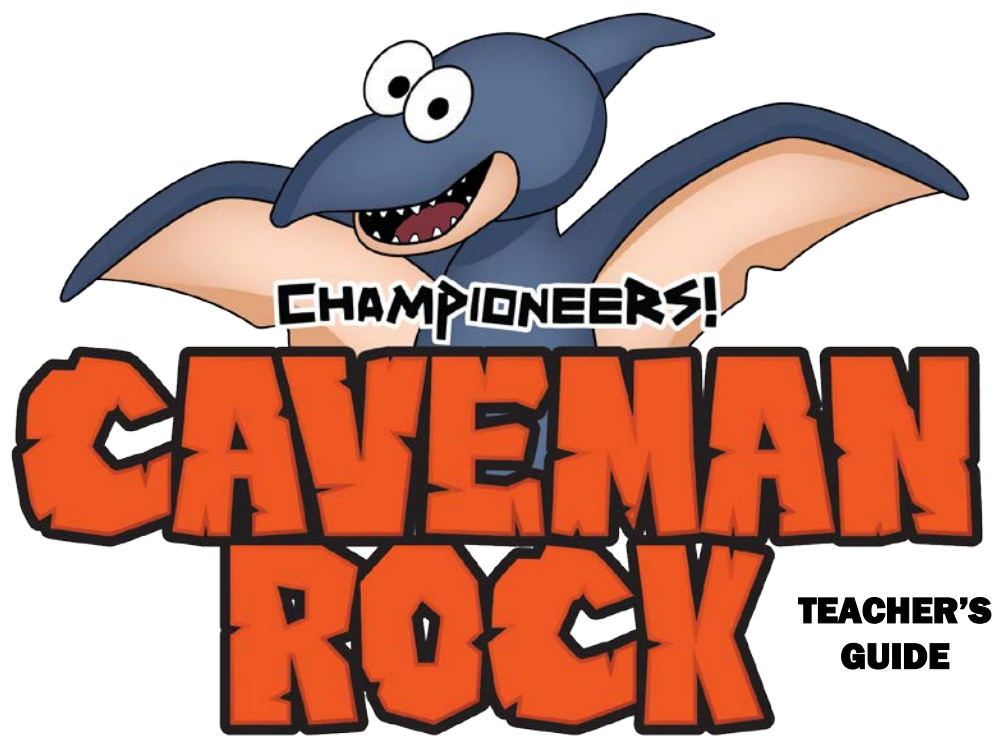


WELCOME TO CHAMPIONEERS!



Lesson #9

By Deanna Rhinehart

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Lesson Nine

Lesson Nine

It's Your Future

- Key: Choices
- Concept: Rationalization

Class Agenda

1. Greetings
2. Review
3. Sing & Swing: It's Your Future
4. Video: Lesson #9 Choices
5. Activity: Temperature Gauge
6. Sing & Swing: It's Your Future
7. Video: Episode #9 It's Your Future
8. Review
9. Leadership Challenge
Choice Challenge

Materials

- 3 pennies

Objectives

- Video: It's Your Future
- Song: It's Your Future
- Lesson: Choices
- Activity: Temperature Gauge
- Challenge: Choice Challenge

In a Nutshell

Review. Learn the song, *It's Your Future*. Discuss the power of our choices to shape our entire future and cause and effect consequences. Demonstrate rationalization. Review music. Leadership challenge is to consider the consequences of our choices.



Lesson Nine - Quick View

| | ACTIVITY | TIME | OBJECTIVE | ACTION |
|----------|----------------------|-------|--------------------------------|---|
| 1 | Greetings | 1 min | Set the tone for your class | Modified <i>Championers! Roll Call</i> . |
| 2 | Review | 6 min | Review all songs | Slowly address any tricky spots from last week without the music. Repeat as needed then sing and dance without music. Add music. |
| 3 | Sing & Swing | 8 min | <i>It's Your Future</i> | Listen to song, <i>It's Your Future</i> , while keeping a steady beat. Call and response, add movements. |
| 4 | Video Lesson #9 | 4 min | Choices | Discuss how powerless people rationalize choices. People always have a choice. |
| 5 | Opt. Activity | Opt. | Temperature Gauge | 3 pennies help demonstrate rationalization through sensory deception. |
| 6 | Sing & Swing | 3 min | Review <i>It's Your Future</i> | Very slow. Fix any mistakes. Then faster until at tempo. Add music. |
| 8 | Video: Episode #9 | 4 min | <i>It's Your Future</i> | Sit in <i>Championers! Adventure Theater Circle</i> . |
| 8 | Review | 3 min | Review | As time permits. |
| 9 | Leadership Challenge | 1 min | Choice Challenge | Leaders make good choices. Stop and consider the consequences of your choices this week. From the food you eat, to the shows you watch, to the activities you do. |

Lesson Details

1. Greetings

Student Leader

2. Review

DANCE CLICK-CLASS

3. Sing & Swing It's Your Future

What do you think Al-x wants his future to be like? Married to Roxanna? Successful? Listen to the song, and keep the beat. What does Al-x need to do to have the future he wants? Make good choices. What do you think Al-x should do?

- Learn the lyrics by call and response.
- Learn movements
- Next, add lyrics and movements together with the music.

LESSON CLICK-CLASS

4. Object Lesson Intro It's Your Choice

Leaders make choices all day long that affect not only their future but

also the future of those around them. It's important to make good choices, but how do you know what you should do? Leaders stop and think about the consequences of their choices. Explain what consequences are and give some cause and effect examples.

Sometimes people make bad choices, even when they know they are bad, because they rationalize why it's okay for them. This usually always leads to some very bad consequences. What kinds of things do people rationalize? (smoking, drinking, stealing, attitudes, honesty, etc.) What rationalization is Al-x using to justify his decisions?

Video: Object Lesson #9 Temperature Gauge





5. Optional Activity

Temperature Gauge

1. Place two pennies in the freezer until they are nice and cold.
2. Place the two pennies on a table
3. Place a third penny that has not been cooled between them.
4. Place your pointer and ring fingers on the cold pennies. They will feel cold.
5. Now add your middle finger to the warm penny in the middle. What temperature does it feel?
6. Keep your middle finger on the warm middle penny and remove your pointer and ring finger from the cold pennies. What temperature does the middle coin feel now?
7. Return your fingers to the cold pennies. Now what temperature do the pennies all feel?

Your brain has evolved to think that most objects are the same temperature. They are either warm or cold. Not very many objects are both hot and cold at the same time, such as the pennies, so your brain automatically calculates that the majority of

the pennies are cold; therefore, all of them must be cold. When you remove your fingers from the cold pennies and only feel the warm penny in the middle, your brain says, "Oh, the majority of this object is warm; therefore, it is warm."

Peer Leaders can help set the temperature (attitude and emotional environment) of your school and your home by the choices you make.

DANCE CLICK-CLASS

6. Sing & Swing

It's Your Future

Practice and review lyrics and movements to *It's Your Future*. Very slow at first, to fix any mistakes, then speed up to full speed. Don't add music until you've rUn through it at least two times. Then add music.

ADVENTURE THEATER

7. Video: Episode #9

It's Your Future

Al-x's future self is not allowed to tell him the future, so he shows him what *could* be.



8. Review

- Review songs as time permits
- Make a big deal about the next part of the story!

LEADERSHIP CHALLENGE



9. Leadership Challenge

The Choice Challenge

Are you a thermostat or a thermometer? That means, do you set the temperature of your environment or do you react to it?

Your challenge this week is to stop and consider the results of your choices; from the food you eat, to the shows you watch, to the activities you do, to the way you talk to your parents, siblings and friends. Are you setting a tone of kindness through good choices? Are you changing your environment or is it changing you? Make at least one great choice every day then write them down in your leadership workbook.

