

CLASSROOM ADVENTURE

CHAMPIONEERS!

COWPIE COUNTY



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CHAMPIONEERS!

CLASSROOM ADVENTURES

Howdy Partner!

Welcome to the Free Trial of Cowpie County's Classroom Adventure! You've received this gift, from our clan to yours, through the Champions! Emotional Safety Education Grant.

Champions! is an anti-bullying, campus culture development system but its true superpower is how it helps to eradicate the root causes behind critical youth issues, such as suicide and addictions—before they start!

Through the power of vicarious learning, loveable characters and themed adventures,

Champions! addresses issues that are almost impossible in a normal classroom setting. This allows you to help your students heal from trauma while building happy, healthy life-skills, powerful success tools, and emotionally safe classroom culture for all your students!

Kids have a blast and many classrooms report immediate improvement of the key Emotional Safety indicators.

Emotional Safety Education (ESE) is far more than a PBIS or SEL program. It is a college course that walks you through the development of campus culture based on seven essential elements required for emotional safety.

The entire course including student implementation is only \$99!!!

- Tell your friends.
- Do it as a grade-level project.
- Tell your school about the **\$10,000** a year, training and resource grant and watch your school transform in front of your eyes!

For more adventures and information go to:

www.champions.com

ITS TIME FOR A **CLASSROOM ADVENTURE**

Well hot diggity dog, it's time for a day in Cowpie County with all yer classmates and barnyard critters! Here's just some of the scuttle y'all be doin':

- ◆ Y'all gonna have more fun than a tick on a dog's ear!
- ◆ Y'all be learnin' 'bout the power of a seed and some tools to help build ya a happy, healthy classroom!
- ◆ Y'all be tryin' out one of my fa-vor-ite barnyard stem projects to help ya learn a valuable lesson 'bout perspective.
- ◆ Now, this is yer gig so y'all can do it big or small, viddles or no viddles. This is just a sample of the Cowpie County unit so use the Click-Class link on this page and keep it nice an simple or put on the whole shindig.



[Click Here for yer Click-Class](#)
then just follow along.

- ◆ [**CLICK HERE**](#) fer our signature Click-Classes and follow along on yer smart board. No worries if you don't have that kind of fancy-bodangle technology. Everything you need is right here in this booklet.

BONUS GIFT

Chamioneers! Classroom Adventures are more than just a fun time. They are essential tools to help you build happy, healthy homes and schools. For more info go to: www.chamioneers.com



PREP FUN — PLANNING YOUR SHINDIG

Champeeners! is a Done-For-You program so you can keep things real simple and just follow along. BUT, students LOVE anticipation and will match your excitement when you make a really big deal out of your Classroom Adventure and an even bigger deal out of preparing for it. Children learn by “feeling” so expressing your excitement tells your students how valued they are. Talk about it for days before it happens. Make a count down calendar. Tape announcements on your classroom door. Pull your children into the adventure by giving them jobs. All these things provide the feelings of significance, belonging, leadership and ownership—all of which are required for emotional safety. The important thing is to have fun!

PREPARATION

- ◆ Play hillbilly or country music in the background to build the atmosphere and excitement. Soggy Bottom Boys, and bluegrass are fun but any country style can be found online.
- ◆ Kids love décor and themes! Use what you’ve got to create a country fair, a farm or a barnyard motif. Straw is cheap and easy décor (although can be messy so put down a drop cloth first). Gingham-checked fabric, hankies. Canning jars and baskets are all great fun. Scarecrows are easy anytime of year and can even be made of out paper. In the full ESE unit you’ll have lots of time to prep the entire classroom, so if you want to keep this one simple, that’s totally fine too.
- ◆ If you choose to serve County Fair snacks, they can be as easy as popcorn, or apple slices and caramel dip.
- ◆ Set out items needed for the activities so everything is ready in advance.

COPY & DISPLAY

Print out the agenda for an at-a-glance guide for your Adventure. Display so your students know what to expect and what’s coming up next.





AGENDA

START HERE — OPERATION COUNTY FAIR FUN

ROUND UP — ROLL CALL SONG

ADVENTURE THEATER — THEATER OF THE MIND

LESSON — AS THE CROW FLIES

STEM EXPERIMENT — DEFLECTION

ADVENTURE THEATER PART II — RAT ATTACK

LEADERSHIP WORKBOOK

LEADERSHIP CHALLENGE

CHAMP CHAT — MIND OVER MATTER

SNACKS — COUNTY FAIR FIXINS



LESSON TWO

Theater of the Mind

Key: Think positively

Concept: Deflection

Train Your Brain #2

Train your brain how to think.

Objectives

Video: Theater of the Mind

STEM Lesson: Deflection

Leadership Book: Pages 12-15

Tool: Mind Over Matter

Challenge: Think positively

Class Agenda

1. Greetings
2. **Adventure Theater Video:** Part 1
3. **Leadership Book:** Pg. 12-13
4. **Video:** STEM #1: Deflection
5. **Adventure Theater Video:** Part 2
6. **Leadership Book:** pg. 14-15
7. **Leadership Challenge**
8. **Champ Chat**

In a Nutshell

On the farm, the animals agree they live in the greatest place on earth... except for the smell from Mooie's cowpies. When Farmer Blue Jeans is late for his morning chores, their imaginations go wild with speculation of all the worst-case scenarios. The Theater of the Mind is great when it's positive, but it's time to turn the channel when it starts playing negative thoughts that snatch your happiness. On the farm, we call those crow thoughts because they snatch the seeds of your hopes and dreams. Swoosh crows away.

LESSON OVERVIEW

Championers! Classroom Adventures includes two styles of lesson agendas. Some teachers like it written out, others prefer at-a-glance overviews. Use the style that works best for you. Remember, your Click-Class contains all this information so there's no prep (unless you want to). I do encourage you to read the through the lesson and the blog to help you better grasp the concepts behind the lessons.



LESSON TWO - QUICK VIEW

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Set the tone for your class	Make it fun. Do you have a straw hat to wear during circle time?
2	Video: Part 1	3 min	Theater of the Mind	Video: Episode #2
3	Leadership Book	3 min	"Crow Lies"	Pages 12-13
4	Video: STEM #2	3 min	Deflection: How you see things	Show video/option to demo
5	Video: Part 2	5 min	Rat Attack	
6	Leadership Book	5 min	Train Your Brain #2: How to think. Think positively	Pages 14-15
7	Champ Chat	3 min	Review & Reinforce	See questions on page 15
8	Leadership Challenge	1 min	Think positively	Everyday, swoosh bad thoughts away!

LESSON DETAILS

1. Greetings

Let the music be your signal for Championeers! Practice calmly but quickly putting away your current projects and taking places in your circle. Be careful not to practice chaos, repeat with desired (orderly but enthusiastic) energy.



ADVENTURE THEATER

2. Video: Part 1

Theater of the Mind

On the farm, the animals agree they live in the greatest place on earth... except for the smell from Mooie's cowpies. When Farmer Blue Jeans is late for his morning chores, their imaginations go wild with speculation of all the worst-case scenarios. The Theater of the Mind is great when it's positive, but it's time to turn the channel when it starts playing negative thoughts that snatch your happiness. On the farm, we call those crow thoughts because they snatch the seeds of your hopes and dreams. Swoosh crows away.

LEADERSHIP WORKBOOK



3. As The Crow Flies

Pages 12-13

One of the great superpowers of your brain is your imagination but sometimes it can jump to wrong conclusions. This week we are learning how to think about our thoughts. Thinking about thinking

is called contemplation. It helps us identify why we do what we do, and how it makes us feel. If you can get to the root causes, you can address them directly instead of bandaging the symptoms.

STEM LESSON



4. Video: STEM #2

Deflection

Watch Click-Class video. Instructions in Student Leadership Workbook page 14.

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



ADVENTURE THEATER

5. Video: Part 2

Rat Attack

LEADERSHIP WORKBOOK



6. Train Your Brain Step #2

How to think —think positively

- Pages 14-15



LEADERSHIP CHALLENGE



7. Leadership Challenge

Swoosh away negative thoughts.

Last week we identified a habit we want to change. It's not enough to just say we want to change we need to put our Mind over the Matter (habit) by changing our feelings and thoughts toward it. Swoosh away every negative thought and focus on your goal.

CHAMP CHAT



8. Champ Chat: Review

- What is the benefit of the doubt?
- Why should you give it to others?
- What is a "crow" thought?
- How do you get rid of them?

LIFE TOOL



Tool: Train your brain how to think!

What we're really doing is training our brain to think about thinking! As silly as that sounds, this helps students to be mindful of why he feels or responds a certain way. If you can identify the "why," it's easier to identify a solution.

When these skills are missing, we can get stuck on the response and the behavior rather than finding the root causes and the triggers. Click Here fer yer Click-Class then just follow along.

Click-Class



[Click Here fer yer Click-Class then just follow along.](#)

GRADE-LEVEL

Classroom Adventures come in two different age groups. K-1 and 2-5. Fifth grade incorporates additional leadership projects when implemented with the school-wide system. This is particularly important when including them in the optional music production to compensate for age and abilities. This sample adventure does not incorporate the student workbook materials, we used the 2-5 version to provide the most clarity for the lesson.



One of the great super powers of your brain is your imagination but sometimes our imagination goes wild. The brain has the ability to fill in missing information so it can guess what to do. This can be good, or this can be bad. Mind over Matter is choosing to be moved by your mind and not by the situation.

The well-trained brain doesn't jump to conclusions that aren't true. An example of this might be when your friend doesn't meet you on the playground when they said they would. Your brain immediately tries to solve the mystery of why they aren't there so you go

through possible reasons why.

- Maybe they were hit by lightning on their way.
- Maybe they secretly don't like you.
- Maybe they just forgot.

Sometimes people are naughty, but chances are they just forgot. Meanwhile, you've created an entire imaginary story that's not real. Unfortunately the feelings and emotions you experienced were real.

Understanding this is the beginning of problem-solving and conflict resolution. Our imagination can run wild if we let it. In order to control it, as well as tap into its power, there are ground rules to



SWOOSH AWAY CROW THOUGHTS

Did you know you have a theater in your mind that plays movies almost non-stop? They are your thoughts and they are very powerful. Some are memories, some are hopes and dreams—and some are bad thoughts that leave you sad, scared or angry. I call those crow thoughts because they steal your good thoughts. You can't help it if a bad thought starts playing in your brain theater, but you can keep them from staying and making a nest in your head. All you gotta do is swoosh them away and replace them with good thoughts.



help you recognize “crow thoughts.”

1. Not everything is as it seems.
2. Always give the benefit of the doubt.
3. Refuse to make a decision until you have all the facts.
4. Only let good thoughts land.
5. Be a no fly zone (Don't let any bad thoughts fly around in your head!)

You'll discover in the next few lessons that our thoughts, good or bad, are just like seeds. They grow, so we must guard the good ones and quickly pluck out the bad ones so they can't grow into giant lies.

EXPERIMENT - DEFLECTION

Needed:

- 1 Full Glass of water
- An Arrow Drawn on a Piece of Paper

Instructions:

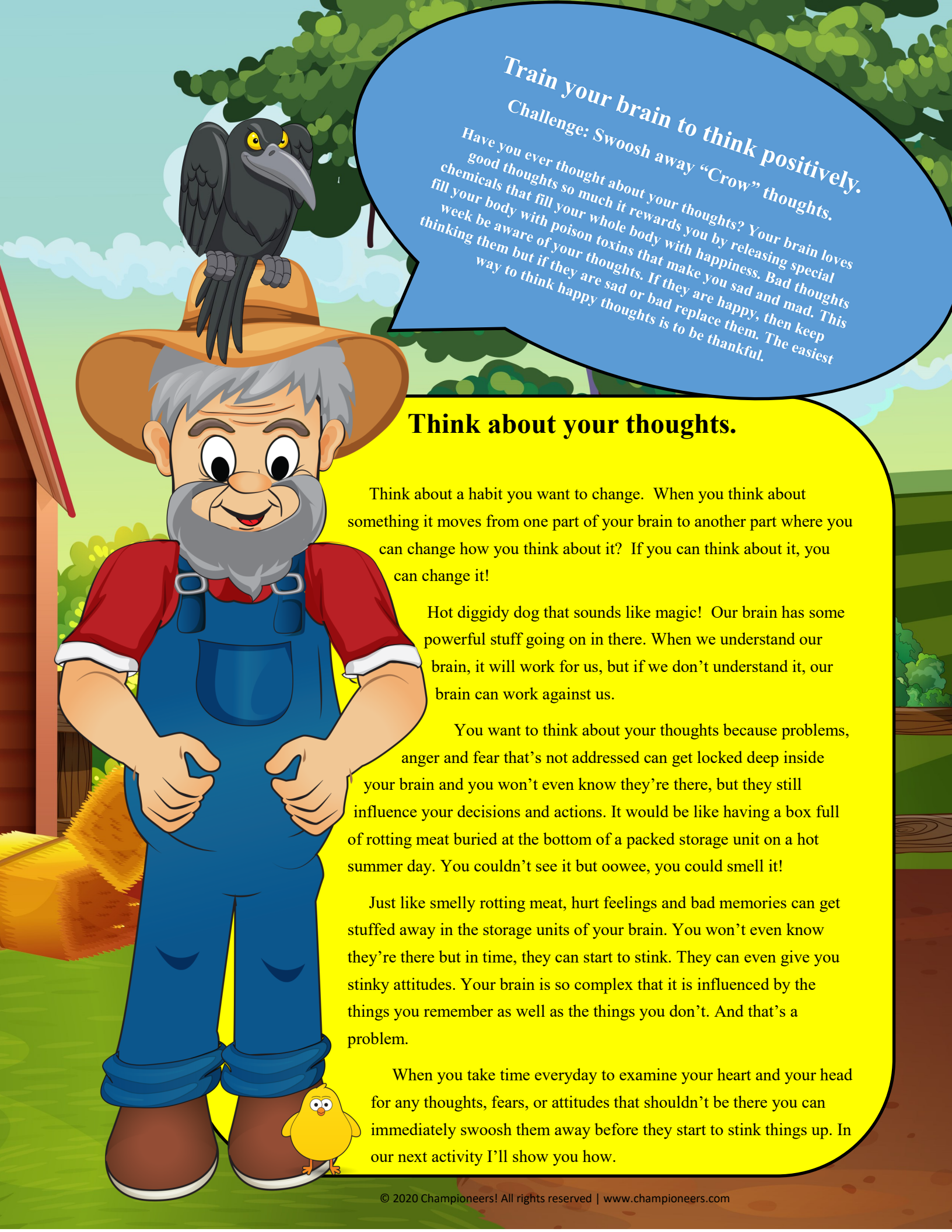
Place the arrow behind the glass of water. Which way is it pointing?
Deflection means to change direction. Have you ever changed your mind after thinking about something? Reflective thinking is like water deflection because it can help you see things in a different way.



What are you thinking? Is this glass half empty or half full? It's both, but how you perceive it changes how your brain thinks about it. Train your brain to think positively.

K-1 curriculum contains fewer words, characters to color and smiley face options instead of written answers.





Train your brain to think positively.

Challenge: Swoosh away “Crow” thoughts. Have you ever thought about your thoughts? Your brain loves good thoughts so much it rewards you by releasing special chemicals that fill your whole body with happiness. Bad thoughts fill your body with poison toxins that make you sad and mad. This week be aware of your thoughts. If they are happy, then keep thinking them but if they are sad or bad replace them. The easiest way to think happy thoughts is to be thankful.

Think about your thoughts.

Think about a habit you want to change. When you think about something it moves from one part of your brain to another part where you can change how you think about it? If you can think about it, you can change it!

Hot diggidy dog that sounds like magic! Our brain has some powerful stuff going on in there. When we understand our brain, it will work for us, but if we don't understand it, our brain can work against us.

You want to think about your thoughts because problems, anger and fear that's not addressed can get locked deep inside your brain and you won't even know they're there, but they still influence your decisions and actions. It would be like having a box full of rotting meat buried at the bottom of a packed storage unit on a hot summer day. You couldn't see it but oowee, you could smell it!

Just like smelly rotting meat, hurt feelings and bad memories can get stuffed away in the storage units of your brain. You won't even know they're there but in time, they can start to stink. They can even give you stinky attitudes. Your brain is so complex that it is influenced by the things you remember as well as the things you don't. And that's a problem.

When you take time everyday to examine your heart and your head for any thoughts, fears, or attitudes that shouldn't be there you can immediately swoosh them away before they start to stink things up. In our next activity I'll show you how.

THE POWER OF A SEED

Take a minute to think about the habit you want to form or change. How does it make you feel when you do, or don't do this habit? Does it make you angry? Sad? Happy?

(Younger children can draw or color their answers.)

Take time everyday this week to think about the habit you want to change or start. REALLY think about it. This puts your MIND over the MATTER because you get to control your thoughts instead of your thoughts controlling you. As you think about the habit you want to form or change ask yourself why you do what you do and why you feel the way you feel?

Each day ask yourself, "What is one thing I can do to reach my goal today?"

When you ask yourself this same questions everyday and really think about the change you want, your brain will go deeper and deeper into why you do it, and how to change it. Are there any crow thoughts that might be lying to you regarding this habit? What are they?

What's the truth about you and how great you're going to do on this challenge?





It takes 21 days to form or change a habit, 21 days to keep it, and another 21 days to internalize it as part of a life-style. This sample lesson contains just one small tool to get to the root issues that form self-destructive mind-sets and habits. It's part of a 5-step process that can help a child heal from trauma and overcome adversity—all while having a blast. We hope you'll continue this adventure with us as we explore the power of a seed to build happy, healthy homes and schools!

Get a \$10,000 ESE Grant, per school, per year, for Emotional Safety Education

- Classroom Adventures! \$99
- Music Adventures! \$99/mo.
- School-Wide Adventures! \$199/mo.
- Parent-Teacher-Partners Support Pack! \$99
- Student Leadership Packs (highly encouraged) **only \$10**



[**CLICK HERE**](#)

[For the rest of the
Cowpie County Adventures!](#)

COUNTY FAIR

THE HONOR OF YER COMPANY IS
REQUESTED FER A

CHAMPIONEERS ADVENTURE

DAY _____

TIME _____



Copy and hang on your door. You can send it as an invitation to another classroom.

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Share the LOVE!

Give this FREE Champions Adventure to the families and teachers in your life. Click below and email or post the link on social media!

Happy, Healthy homes and schools begin with your shares!

Family Night

Classroom





THANKS FER VISITIN' COWPIE COUNTY!

Y'ALL COME BACK NOW,

YA HEAR!

