



LESSON ONE

When Cowpies Fly

Key: You're the boss of your brain.

Concept: Rainbow Mosaics

Train Your Brain Step #1

Train your brain to be the boss.

Objectives

Video: Intro to Cowpie County

STEM Lesson: Rainbow Mosaics

Leadership Book: Pages 8-11

Tool: Be the Boss of your brain

Challenge: Change a habit

Class Agenda

1. **Greetings**
2. **Video:** Intro: Episode #1
3. **Leadership Book:** Pg. 8-9
4. **Video:** STEM #1: Rainbow Mosaics
5. **Leadership Book:** pg. 10-11
6. **Champ Chat**
7. **Leadership Challenge:**
Change a habit

In a Nutshell

This week on Championneers! Adventure Theater we met Scarecrow (AKA, the brain). He introduced us to the farm. What our students will soon discover is our lives are like mosaics made up of all our experiences. The well-trained brain can take even the broken pieces and hurtful experiences to create the beautiful, one-of-a-kind masterpiece called, "you."





LESSON ONE - QUICK VIEW

| | ACTIVITY | TIME | OBJECTIVE | ACTION |
|----------|----------------------|-------|---|---|
| 1 | Greetings | 2 min | Set the tone for your class | With your greatest enthusiastic presentation, greet your class and tell them you have a HUGE treat for them. Briefly share about Championeers! (... but keep everything suspenseful regarding Cowpie County.) |
| 2 | Video: Episode #1 | 3 min | Intro to Cowpie County | Video: Episode #1 |
| 3 | Leadership Book | 3 min | Your Amazing Brain | Pages 8-9 |
| 4 | Video: STEM #1 | 3 min | Rainbow Mosaics: The well-trained brain can turn anything into a rainbow. | Show video/option to demo |
| 5 | Leadership Book | 5 min | Train Your Brain #1 You're the boss of your brain. | Pages 10-11 |
| 6 | Champ Chat | 3 min | Review & Reinforce | <ul style="list-style-type: none"> You're the boss of your brain. What does that mean to you? What is a mosaic? How are our lives like a mosaic? |
| 7 | Leadership Challenge | 1 min | Change a habit | Choose a habit to change or problem to solve. (Keeping your bedroom clean and tidy!) |

LESSON DETAILS

1. Greetings

Welcome class to their new barnyard adventure. Make a huge deal out of it!

This week in Cowpie County students learn about their amazing brain. We also discovered that your mind (your will) is the boss of your brain, or at least it should be. Over the next few weeks we'll learn how to train our brain to help us be our best selves.



2. Video: Episode #1 Intro to Cowpie County

This week on Championeers! Adventure Theater we met Scarecrow (AKA, the brain). He introduced us to the farm. What our students will soon discover is our lives are like mosaics made up of all our experiences. The well-trained brain can take even the broken pieces and hurtful experiences to create the beautiful, one-of-a-kind masterpiece called, "you."



3. Your Amazing Brain Pages 8-9

The more children understand what makes them tick and why they do the things they do, the more they are able to control their responses and make smarter choices.

STEM LESSON



4. Video: STEM #1

Rainbow Mosaics

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

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

There is also a bonus activity download in your resource section of a mosaic unicorn coloring page. It is fairly complex so better suited for older students.

LEADERSHIP WORKBOOK



5. Train Your Brain Step #1 Be the Boss

- Pages 10-11



CHAMP CHAT



7. Champ Chat: Review

- You're the boss of your brain. What does that mean to you?
- What is a mosaic?
- How are our lives like a mosaic?

LEADERSHIP CHALLENGE



8. Leadership Challenge

Change a habit

Choose one problem to solve or a habit to change, such as keeping your room clean every day.

- We've given each child the task of keeping their room tidy as a unit long challenge. Consider taking the pledge with your own house. No time like the present to organize your home and establish routines to free up your time.
- You may also want to establish a classroom challenge just for your students that you can apply these tools and work on together.

LIFE TOOL



Tool: Train Your Brain to be the boss.

Remind students they are the boss of their brain and it's their job to tell it to behave (or be kind, etc.).

Part of maturity is taking accountability for your own actions as well as taking action to solve problems. Babies and children are accustomed to solving problems by acting out until someone else can make them happy again. They solve problems by demanding others solve them. They must be taught how to transition from responders to action takers.

When these skills are missing, there is a lack of ownership and accountability for one's actions, reactions, and happiness.

NOTES

