

WELCOME TO CHAMPIONEERS!



Lesson #7

By Deanna Rhinehart

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Lesson Seven

Lesson Seven: All Puffed Up

- **Key:** Let Go of Your Ego
- **Concept:** Confidence vs. Pride

Materials

- Balloon
- Small glass beverage bottle
- Small funnel
- 2 tbsp. baking soda
- 4 oz. vinegar

Class Agenda:

1. Greetings
2. Review
3. Sing & Swing: Al-x
4. Video: Lesson #7 Confidence vs Pride
5. Activity: Self-Inflating Balloon
6. Sing & Swing: Al-x
7. Video: Episode 7 Confidence vs Pride
8. Review
9. Leadership Challenge:
Let Go of Your Ego

Objectives

- **Video:** All Puffed Up
- **Song:** Al-x
- **Lesson:** Confidence vs. Pride
- **Game:** Self-Inflating Balloon
- **Challenge:** Let Go of Your Ego

In a Nutshell

Review. Learn Al-x. Discuss the difference between confidence and pride. Demonstrate self-inflating balloon. Share how Al-x's popularity has led to a big head and how his reflection in the mirror is the first to call him out on it.



Lesson Seven - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Champions! Roll Call</i> .
2	Review	4 min	Review 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>Al-x</i>	Listen to song, <i>Al-x</i> , while keeping a steady beat. Call and response, add movements.
4	Video: Lesson #7	4 min	Confidence vs. Pride	Discuss the difference between self-confidence and pride. Show Self-Inflating Balloon demo video and/or do activity.
5	Opt. Activity	Opt.	Self-Inflating Balloon	Demonstrate how a balloon can be inflated all by itself.
6	Sing & Swing	7 min	<i>Al-x</i>	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
7	Video: Episode #7	4 min	All Puffed Up	Sit in <i>Champions! Adventure Theater Circle</i> .
8	Review	2 min	Review	Go through all the songs you've learned. Review lesson.
9	Leadership Challenge	1 min	Let Go of your Ego	Practice humility. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others.

Lesson Details

1. Greetings

Student Leader

2. Review

DANCE CLICK-CLASS

3. Sing & Swing

Al-x

- Learn lyrics by call and response.
- Have students stand up every time they sing the word, "Al-x."
- Students sing with the music.
- Next, teach movements to the chorus.
- Add the music.
- Now, teach movements for the bridge.
- Combine all words and movements with the music.

LESSON CLICK-CLASS

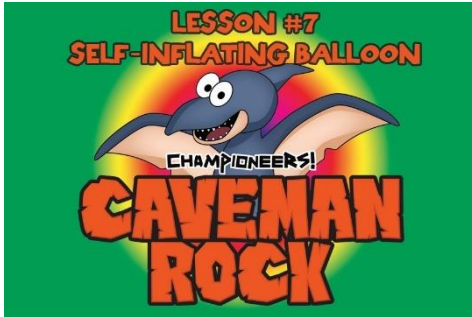
4. Object Lesson Intro Confidence vs. Pride

Leaders are confident in themselves and their abilities, but they are not

prideful. It's good to be proud of yourself, but it's not so good if you become prideful. Have you ever been around someone who thought they were better than everyone else? That's being prideful. Leaders know who they are and are confident, even when they are not good at something, because they know their identity is not based in their abilities. We have to learn that thinking too highly of yourself will actually cost you friends, not gain them.

Video: Object Lesson #7 Self-Inflating Balloon





5. Optional Activity

Self-Inflating Balloon

1. Using funnel, pour baking soda into balloon.
2. Fill bottom of bottle with vinegar.
3. Place balloon over the top of the mouth of the bottle.
4. Shake baking soda from the balloon into the bottle.
5. Watch the chemical reaction inflate the balloon! The active organisms in it create a gas called carbon dioxide. As the gas fills the bottle the balloon will self-inflate.

DANCE CLICK-CLASS

6. Sing & Swing

Caveman Pizza

Practice and review lyrics and movements to *Caveman Pizza*. 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 #7

All Puffed Up

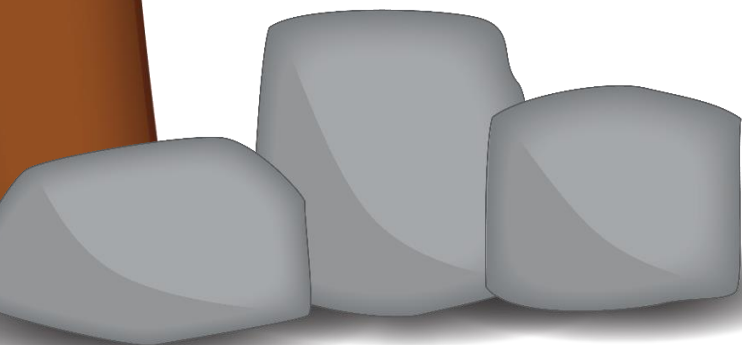
Al-x returns home after the school dance held in his honor. His parents remind him that he hasn't gotten his chores done in over a week. Al-x brushes it off, and says he's too cool for chores. He's sent to his room for being disrespectful. Al-x's dad tells him he's been acting like he's better than everyone else, and that it's hurting people's feelings, including theirs. Al-x is grounded until he can treat people with kindness again. He tells Al-x he's proud of him for catching the fish, but he was just as proud of him before. Al-x looks into the mirror, and complains that no one understands how cool he is, and he wishes he didn't have to do dumb chores. Just then, a voice in the mirror talks to Al-x!

8. Review:

- Review songs as time allows
- Review the Pull of Popularity
- Make a big deal about the next part of the story! KEEP UP THE SUSPENSE!



9. Leadership Challenge: Practice humility with an Ego Test. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others. This week I want you to tell yourself you are doing a great job and if you catch yourself comparing yourself with anyone, immediately stop and say you are different, and different is not better or worse.





Lesson Eight

The Truth in You

- Key: Shine Your Light
- Concept: Self-Reflection

Class Agenda

1. Greetings
2. Review
3. Sing: Pterodactyl Twist
4. Video: Lesson #8 Shine Your Light
5. Activity: Shine Your Light
6. Sing: Pterodactyl Twist
7. Video: Episode #8 The Truth in You
8. Review
9. Leadership Challenge
Shine Your Light

- Candle app on phone
- A mirror

Objectives

- Video: The Truth in You
- Song: Pterodactyl Twist
- Lesson: Self-Reflection
- Activity: Shine Your Light
- Challenge: Brighten
Someone's Day

In a Nutshell

Review. Learn the song, *Pterodactyl Twist*. Discuss what it means to be truthful to yourself. Demonstrate the light in the darkness. Share how Al-x's reflection is trying to show his real self. Review music. Leadership challenge is to brighten



	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Champions! Roll Call</i> .
2	Review	4 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	7 min	<i>Pterodactyl Twist</i>	Listen to song, <i>Pterodactyl Twist</i> , while keeping a steady beat. Call and response, add movements.
4	Video: Lesson #8	3 min	Shine Your Light	Discuss how to see things from a different perspective. Demonstrate how one light in a room chases away all the darkness. Live and/or Video.
5	Opt. Activity	Opt.	Shine Your Light	Demonstrate how one light in a room chases away all the darkness.
6	Sing & Swing	3 min	<i>Pterodactyl Twist</i>	Slow, fix any mistakes. Then faster until at tempo. Add music.
7	Video: Episode #8	3 min	The Truth in You	Sit in Champions! Adventure Theater Circle.
8	Review	4 min	As time allows	Go through all the songs you've learned. Review lesson.
9	Leadership Challenge	1 min	Shine Your Light	Leaders are very aware of how their actions affect others. Instead of being focused on yourself, focus on those around you. Do something kind for someone each day this week and brighten up their day.

Lesson Details

1. Greetings

Student Leaders

2. Review

DANCE CLICK-CLASS

3. Sing & Swing

Pterodactyl Twist

This song is danced at the school dance held in Al-x's honor. Let's listen to see what some of the Caveman's favorite dances are! Pterodactyl twist, Ceratop hop, Pterosaur flap.

- Teach the movements for each of the favorite dances (twist, hop flap).
- Once students can perform all movements, have them sit down and learn the lyrics.
- Next, add lyrics and movements together with the music.
- Learn lyrics by call and response.
- Students sing with the music.
- Next, teach movements to the chorus.
- Add the music.
- Now teach movements for the verse.

- Combine all words and movements with the music.

LESSON CLICK-CLASS

4. Object Lesson Intro Self-Reflection

We have a unique ability to either brighten or dampen someone's day just by our attitudes. Have you ever been around a happy person? They have a way of making your day just a little happier. Have you ever been around someone with a bad attitude? It's hard to be happy when you're with someone who's grumpy or mad.

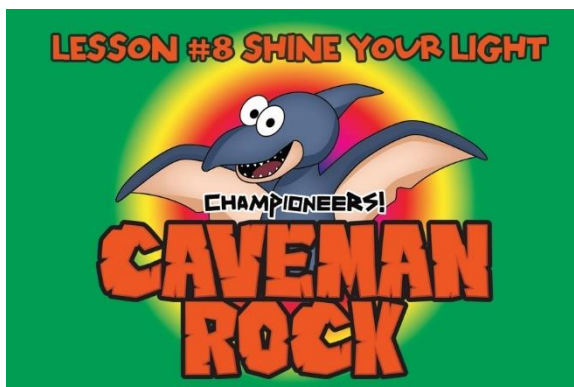
Think of your attitude as being like a candle that burns inside of you. The candle is fueled by your attitudes, which are fueled by your self-esteem. If you don't know your intrinsic worth, then your self-esteem can be affected by anything and everything that goes on around you. Sometimes we get smelly attitudes that dampen our flame, and instead of brightening the world around us, our attitudes hurt those around us.



Attitudes can reflect peer pressure because sometimes we don't even know why we're acting the way we do; we're just acting like everyone else.

To stop peer pressure and associated attitudes, ask yourself why you are feeling a certain way. Stop and think about how your attitude is affecting others. Are you shining your light or are you putting out the flame in others? When you are in a conflict consider the other person's point of view. Can you imagine how the other person might feel? Is there anything you could have done differently? Is it possible that there has been a misunderstanding? When you stop and really consider the whole situation, including your part, as well as the other person's point of view, this is called self-reflection. It helps you see things from a different perspective. This skill will help you avoid conflicts and solve them more quickly.

Video: Object Lesson #8 Shine Your Light



5. Optional Activity Shine Your Light

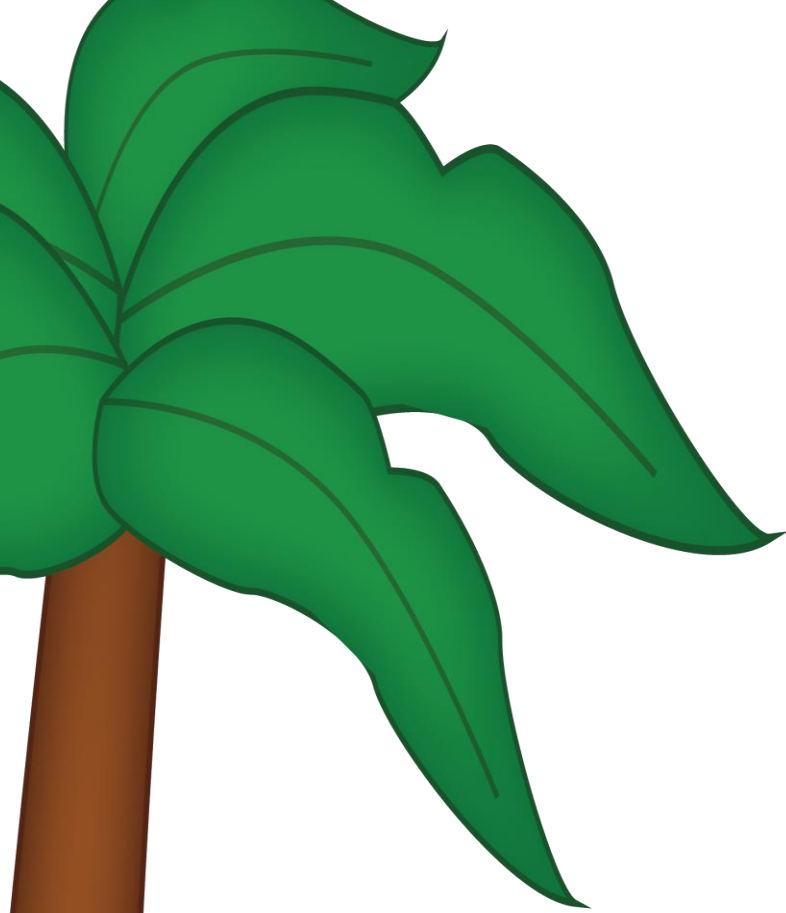
Have candle app on phone, or use a flashlight. Turn off all the lights and close the blinds. Show how one light can chase away the darkness. Now bring out a mirror, and reflect the light in the mirror. Look at how much light the candle can reflect when there's a mirror. The light is truth that Al-x knows in his heart. He knows what happened at the fishing derby, and he knows his dad is still proud of him no matter what. When he starts to remember truth, it grows in his heart, and takes away his arrogance and pride.

When the light is placed in front of the mirror it reflects twice as much light. That's what happens when we start to believe in each other and shine our light together!

DANCE CLICK-CLASS

6. Sing & Swing Pterodactyl Twist

Practice and review lyrics and movements to *Pterodactyl Twist*. 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 #8 The Truth in You

Al-x's future self starts to talk to him through the mirror. Al-x asks what's in his future. His future self wants to warn him of something, but can't tell him. All he can do is show him what his future could look like if he makes good choices.

8. Review

- Review all songs
- Review Self-Reflection
- Make a big deal about the next part of the story!

LEADERSHIP CHALLENGE

9. Leadership Challenge Shine Your Light

Great leaders are very aware of how their actions affect others. Instead of being focused on yourself, focus on those around you. Do something kind for someone each day this week and brighten up their day.



Supplemental

Activities and notes



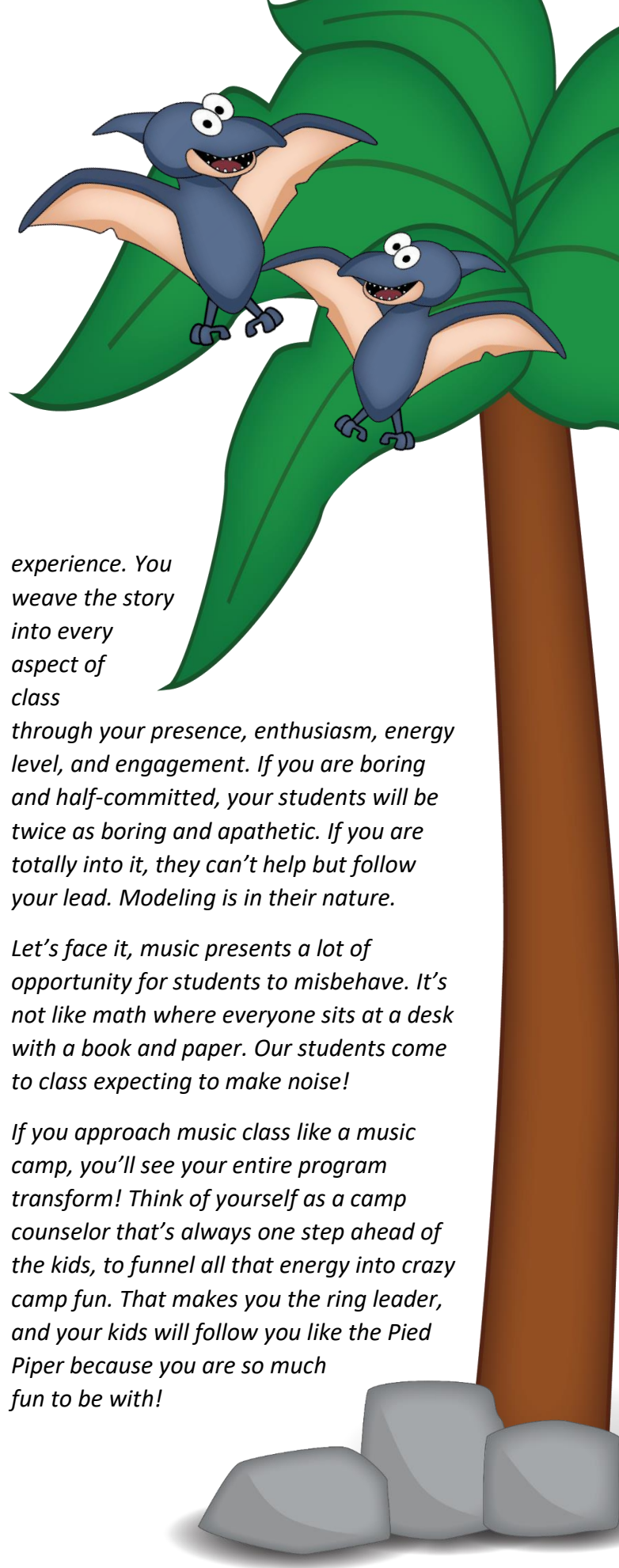
Note from Deanna and Brittney:

It is a great art to masterfully deliver a spellbinding song. We've all heard one at some point. You don't just hear it, you feel it. Musicians practice note quality, pitch, inflections, dynamics, nuances, and phrasing in hopes that their music will bypass the listener's ears and enter their soul. When this is done well, the result is often an emotional experience.

The same holds true of a master storyteller. Anyone can repeat a story, but only the accomplished can captivate an entire audience and lead them through an imagination theater of one's own mind.

Champions! Music Teachers master both the art of music and of storytelling to become a music storyteller. We start our story each new class when our students enter the room. From the moment they arrive, we have the ability to transport them into a world of creativity where they enter the stage of their imagination.

Champions! music doesn't just consist of a few songs; it is the entire classroom



experience. You weave the story into every aspect of class

through your presence, enthusiasm, energy level, and engagement. If you are boring and half-committed, your students will be twice as boring and apathetic. If you are totally into it, they can't help but follow your lead. Modeling is in their nature.

Let's face it, music presents a lot of opportunity for students to misbehave. It's not like math where everyone sits at a desk with a book and paper. Our students come to class expecting to make noise!

If you approach music class like a music camp, you'll see your entire program transform! Think of yourself as a camp counselor that's always one step ahead of the kids, to funnel all that energy into crazy camp fun. That makes you the ring leader, and your kids will follow you like the Pied Piper because you are so much fun to be with!



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

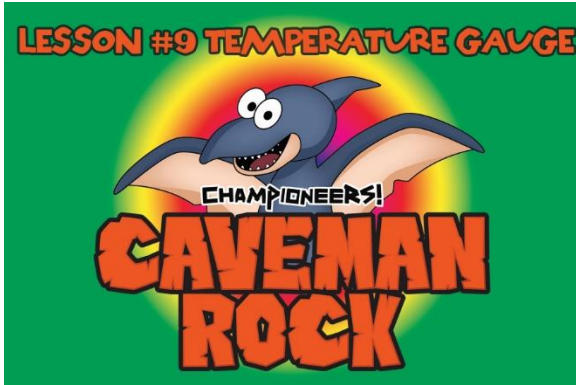
also the future of those around them. It's important to make good choices, but how do you know what you should do? Leaders stop and think about the consequences of their choices. Explain what consequences are and give some cause and effect examples.

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.



Supplemental Activities and Notes



Note from Deanna and Brittney:

Of all the songs in Caveman Rock, It's Your Future, proved to be one of the kids'

favorites! I know, I know, I'm scratching my head too. How could that outshine Caveman Pizza? Our students loved every song, and each new song became their new favorite, but this is the one in the exit polls that ranked head and shoulders above the rest.

You may not find the same results, but if you do, it's worth exploring.

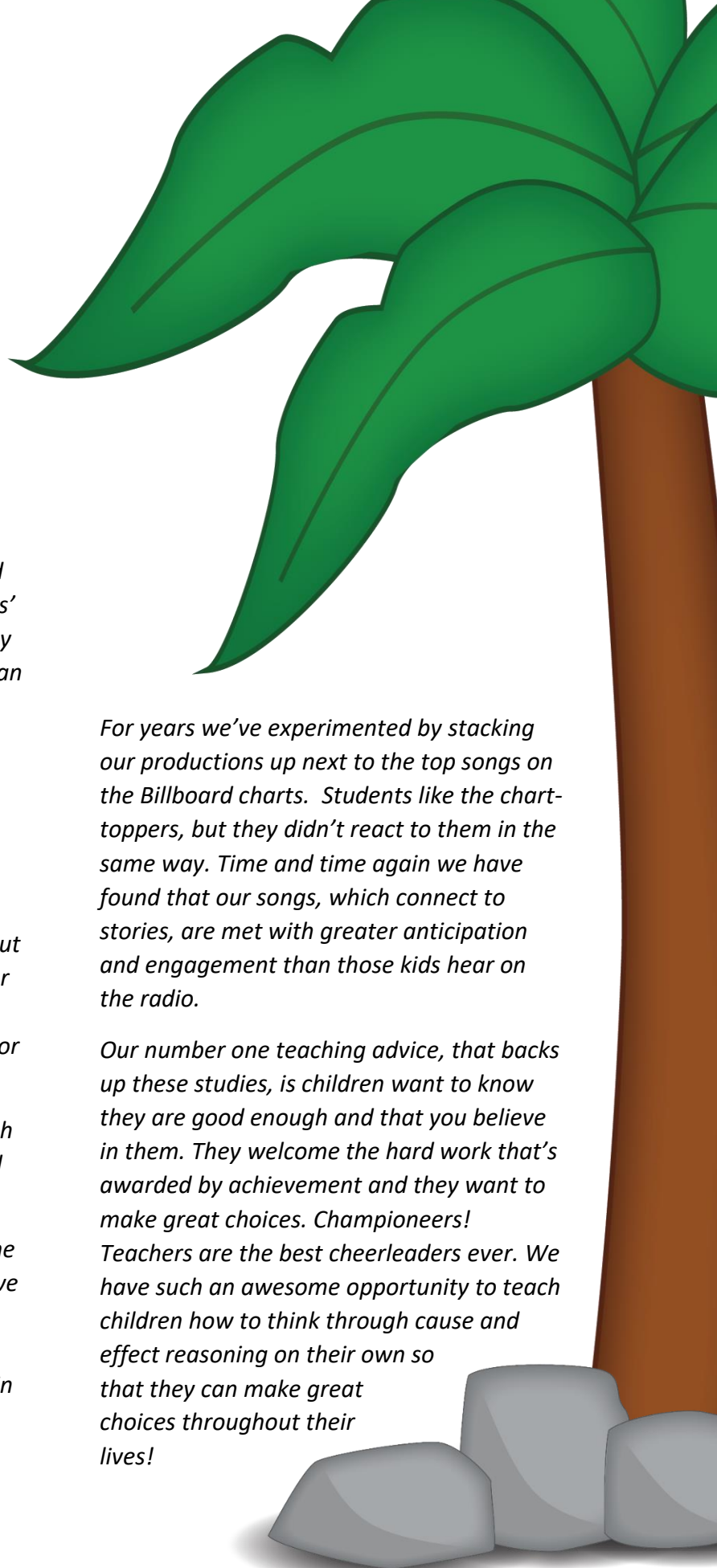
The music is fun and has a cool feel to it, but no more fun than the rest of the songs. Our hunch is that the kids liked the idea of a mirror helping Al-x know what to do; that or they just liked slicking back their hair!

Either way, the kids seemed to identify with the future Al-x reminding him of how good life is when he makes right choices.

We don't just pull that conclusion out of the air. We have multiple productions where we are shocked at "The Students' Choice" Award. The pattern seems to be them choosing the song that calls out the good in them.

For years we've experimented by stacking our productions up next to the top songs on the Billboard charts. Students like the chart-toppers, but they didn't react to them in the same way. Time and time again we have found that our songs, which connect to stories, are met with greater anticipation and engagement than those kids hear on the radio.

Our number one teaching advice, that backs up these studies, is children want to know they are good enough and that you believe in them. They welcome the hard work that's awarded by achievement and they want to make great choices. Championeers! Teachers are the best cheerleaders ever. We have such an awesome opportunity to teach children how to think through cause and effect reasoning on their own so that they can make great choices throughout their lives!





Lesson Ten

Lesson Ten

What Matters Most

- Key: What Matters Most
- Concept: Internal Compass

Class Agenda

1. Greetings
2. Review
3. Sing & Swing: What Should I Do?
4. Video: Lesson #10 Your Internal Compass
5. Activity: Balloon Darts
6. Sing & Swing: What Should I Do?
7. Video: Episode #10: What Matters Most
8. Review
9. Leadership Challenge
Make a Friend

Materials

- Balloons

Objectives

- Video: What Matters Most
- Song: What Should I Do?
- Lesson: What Matters Most
- Activity: Balloon Darts
- Challenge: Make a New Friend

In a Nutshell

Review. Learn the song, *What Should I Do?* Discuss how students feel when they tell a lie or do something that they know is naughty? Explain how there is an internal compass inside of us that helps us make decisions. Review music. Leadership challenge is to make a new friend.



Lesson Ten - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Championers! Roll Call</i> .
2	Review	5 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	6 min	<i>What Should I Do?</i>	Listen to song, <i>What Should I Do</i> , while keeping a steady beat. Call and response, add movements.
4	Video Lesson #10	3 min	Your Internal Compass	Discuss how we have an internal compass that helps us make decisions.
5	Opt. Activity	Opt.	Balloon Darts	Demonstrate how balloon darts fly all over the room, instead of hitting true center of the target.
6	Sing & Swing	7 min	Review <i>What Should I Do?</i>	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
8	Video: Episode #10	4 min	What Matters Most	Sit in <i>Championers! Adventure Theater Circle</i> .
8	Review	3 min	Review	Go through all the songs you've learned. Review lesson.
9	Leadership Challenge	1 min	Make a New Friend	Leaders focus on things that matter most, like honesty, kindness, and being a good friend to others. Make an effort to make a new friend this week.

Lesson Details

1. Greetings

Student Leaders

2. Review

DANCE CLICK-CLASS

3. Sing & Swing

What I Should Do

This is the big dilemma song where Al-x comes to a point of decision. Ask the kids if they've ever had to tell the truth after telling a lie. Ask them if it was hard or if they were afraid.

- Listen to song while keeping steady beat.
- 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

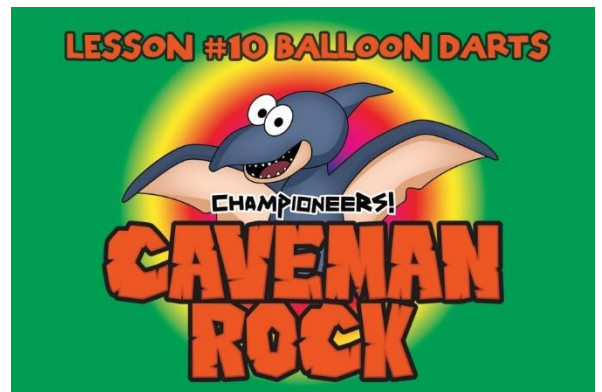
What Matters Most

A compass always points north, like Al-x's loadstone. It helps hikers, hunters, boaters and pilots know which way to go, to find their way home. Inside of each of us is an internal compass that helps us know which way to go too. It registers information to make wise decisions. When we don't have enough information, it's hard to know what to do.

Wise leaders make their decisions based on intrinsic values that honor all people, like being kind, don't hurt others, and don't take things that don't belong to you. They also consider the things that matter most to them, like being and doing their personal best. When you ask yourself how your decisions affect the things that matter most to you, you will become a wise decision maker, whose actions are considerate of others.

Video: Object Lesson #10

Balloon Darts



5. Optional Activity

Balloon Darts

- Place a target somewhere in the room or choose a designated target.
- Have students or a volunteer blow up a balloon.
- Hold the end between their fingers.
- Take careful aim with their balloon to hit the target.
- On the count of three, let the end of the balloon go.

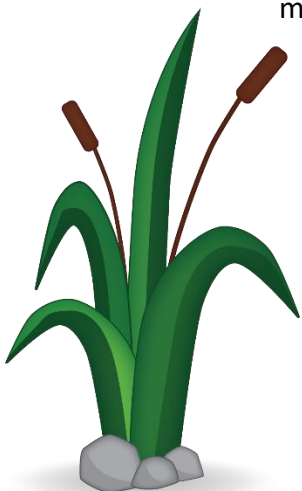
It's almost impossible to hit the small target, just like it's very hard to make a great decision if you don't have enough information.

DANCE CLICK-CLASS

6. Sing & Swing

What Should I Do?

Practice and review lyrics and movements to *What Should I Do?* 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 #10

What Matters Most

Al-x goes to the big town rally where he is about to be honored for catching the biggest fish and for saving the old man. While he waits, the old man and his wife share how they fell in love even though the old man was not a good fisherman. The old man falls back to sleep and starts to snore while they wait for the reporter. Just then a giant fish jumps out of the water...

8. Review

As time allows



LEADERSHIP CHALLENGE

9. Leadership Challenge The Choice Challenge

Leaders learn to make decisions based on their inner compass. They do this by considering the things that matter most, like honesty, kindness, and being a good friend to others. They also consider how their actions affect those around them.

Do you do things just for your benefit, or do you consider how your actions also affect others? Have you ever had a grumpy day and took it out on the people around you?

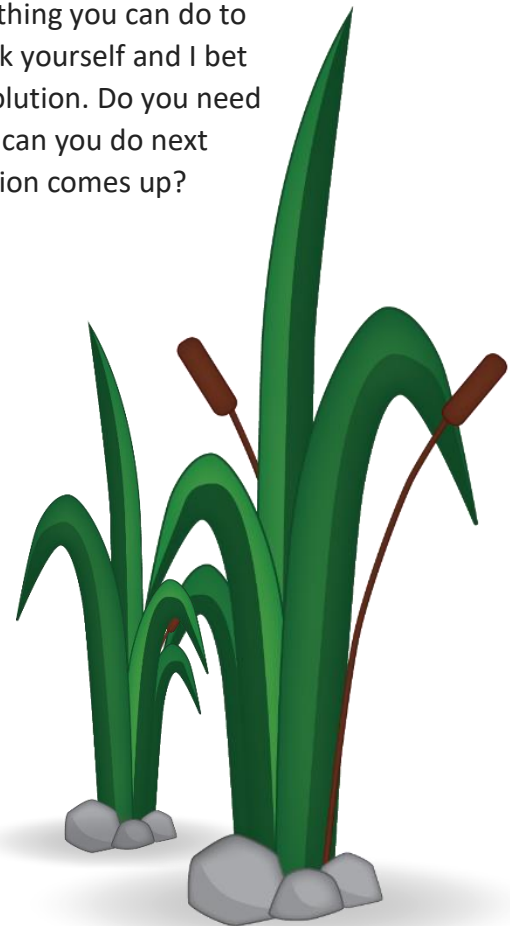


Almost everything you do affects the people around you, so to help you hear your inner compass, we have a fun challenge for you.

Before you do each item, stop and ask yourself who you should do it for and how. You might be surprised that your inner compass can help you make even these kinds of decisions!

1. Make a new friend,
2. Color a picture or make a card.
3. Give a compliment.
4. Help a parent or sibling with their chores.
5. Play a game with someone.

The second part of your challenge is to ask yourself if you have made any decisions that might have hurt someone else. If you have, is there something you can do to fix the situation? Ask yourself and I bet you'll find a great solution. Do you need to apologize? What can you do next time a similar situation comes up?



Supplemental

Activities and Notes



Note from Deanna and Brittney:

Yay! You are almost there. This is that

point in every play when you wonder if you'll ever pull this off. Let us assure you that, not only will you pull it off, you'll do it with flying colors! You've gone through all your songs, and now you have five more weeks to sparkle and shine your production.

Here are a couple things you want to watch for:

- Do not practice mistakes or sloppiness. When students are allowed to continue rehearsing the same sloppy hands and lazy movements, they tend to perform exactly how they practice.*
- Allow students one or two rehearsals to get the big moves down. The younger they are, the fewer moves they can master at the same time. Focus on arms and hands, then add feet.*
 - As soon as they get their arms in the right general direction, immediately tackle hands. Hands can make a huge difference in overall presentation. If they are jazz hands, then*



practice explosive fingers from their first rehearsal and remind them often. Have students thrust them into the air. Compete to see who can have the most explosive fingers. Be sure to "ooh" and "aah" over their crazy talent! If choreography calls for knife hands, make sure all fingers are together and the angle of every child's hands are exactly the same-- then cut through the air like a knife. Make a game out of it.

- The more confident you are and the more you have this show mastered before you ever start teaching it, the more the students will excel!*





Lesson Eleven

Lesson Eleven

Truth or Consequences

- **Key:** How to Stop a Lie
- **Concept:** 1st Law of Motion

Class Agenda

1. Greetings
2. Review
3. **Sing & Swing:** Review All
4. **Video:** Lesson #11 How to Stop a Lie
5. **Activity:** Centripetal Force
6. **Sing & Swing:** Review All
7. **Video:** Episode #11 Truth or Consequences
8. **Review**
9. **Challenge:** Pass-it-On

Materials

- Balloon
- A Penny

Objectives

- **Video:** Truth or Consequences
- **Song:** Review Most Recent
- **Lesson:** How to Stop a Lie
- **Activity:** Centripetal Force
- **Challenge:** Pass-it-On

In a Nutshell

Review recent songs. Discuss how telling a lie acts like centripetal force. Once you start a lie, it just wants to keep going and pulling everything else into it. The way you stop a lie is to tell the truth. Review music again. This week's challenge is to do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.



Lesson Eleven - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Champions!</i> Roll Call.
2	Review	12 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		Review all songs	Review most recent songs.
4	Video Lesson #11	3 min	How to Stop a Lie	Discuss how a lie in motion tends to stay in motion.
5	Opt. Activity	Opt.	Roundabout Centripetal Force	Demonstrate how centripetal force keeps a penny in motion inside a balloon. Discuss how a lie, unless corrected, tends to keep on going.
6	Sing & Swing	5 min	Review problem songs	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
8	Video: Episode #11	4 min	Truth or Consequences	Sit in Champions! Adventure Theater Circle.
8	Review	4 min	Review	Go through all the songs you've learned. Review lesson.
9	Leadership Challenge	1 min	Pass-it-On Challenge	Do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.

Lesson Details

1. Greetings

Student Leaders

2. Review

DANCE CLICK-CLASS

3. Sing & Swing

Review Most Recent Songs

Take this week to work out some of the problem spots on your most recent songs. The easiest way to work out the kinks is to slow it down and practice without the music. Concentrate on which foot or motion to use with each word. Repeat slowly and build speed. Do not add music until most of the students can keep up without the music. Let their mouths teach their feet.

LESSON CLICK-CLASS

4. Object Lesson Intro

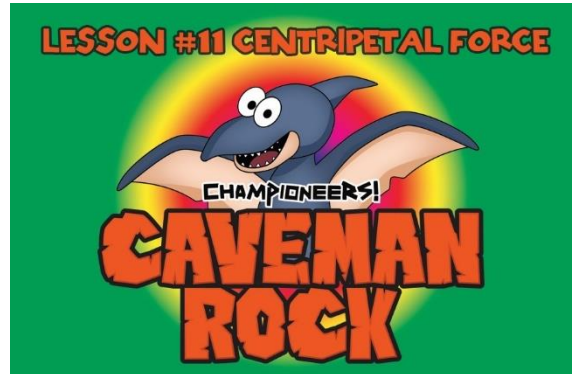
How to Stop a Lie

Once you start a lie, it just wants to keep going and going and going. One lie usually leads to another lie, pulling everything into it. Sometimes lies get so big that the person telling the lie can even forget what the real truth is.

The best way to stop a lie is to not tell one to begin with. The second best way to stop a lie is to tell the truth.

When truth is spoken, the lie loses its power. This is true for lies you tell others, as well as lies you believe yourself.

Video: Object Lesson #11 Roundabout



5. Optional Activity

Centripetal Force

Newton's first law of motion states an object in motion tends to stay in motion. The same is true about a lie. Once a lie is set in motion it also tends to stay in motion. To demonstrate this,

we're going to do an experiment with centripetal force.

- Place a penny in a balloon.
- Blow up the balloon and tie the end.
- Turn the balloon upside down and hold by the tied end.
- Spin the balloon until the penny is swirling around the inside center of the balloon.

The penny spins around the balloon because of the centripetal force that pulls on it toward the center of the balloon. Just as a penny continues to circle around the inside of the balloon, so lies tend to keep going and going, encompassing everything, until even the truth can be forgotten and replaced with a lie.

DANCE CLICK-CLASS

6. Sing & Swing Trouble Spots



ADVENTURE THEATER

7. Video: Episode #11

Truth or Consequences

Al-x saves the old man and tells everyone what really happened. To his surprise, everyone cheered him on even more. The only question everyone had now was who won the fishing derby. Did Al-x or the old man?

8. Review

LEADERSHIP CHALLENGE

9. Leadership Challenge Pass-it-On Challenge

Do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.

Note from Deanna: From here on out you will be polishing up your performance. Next week is your last Championeers! Adventure Theater! We've provided the same basic lesson plan format for the rest of your lessons, but you'll want to customize your rehearsal time to fit the individual needs of each class.



Lesson Twelve

Lesson Twelve Finale' – Your Best You!

- **Key:** Be Your Best You
- **Concept:** Be True to You

Class Agenda

1. Greetings
2. Review
3. **Sing & Swing:** Narration
4. **Video:** Lesson #12 Be Your Best You
5. **Activity:** Pin the Tooth on Shag
6. **Sing & Swing:** Finale'
7. **Video:** Episode #12 Finale' Your Best You
8. Review
9. **Challenge:** Be Your Best You

Materials

- Poster of Shag and cut out tooth
- Blindfold and straight pin

Objectives

- **Video:** Finale' – Your Best You!
- **Song:** Narration & Finale'
- **Lesson:** Be Your Best You
- **Activity:** Pin the Tooth on Shag
- **Challenge:** Be Your Best You

In a Nutshell

Review. Discuss how liking yourself is the best way to attract friends. Work on being the best you you can possibly be and encourage others to do the same, 'cause that's what makes us rock! Listen to final narration and sing Finale'. Students must complete all challenges by the performance to earn their honor badge!



Lesson Twelve - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Champions! Roll Call</i> .
2	Review	8 min	Review all songs	Polish all moves and words until they sparkle. Going for the WOW factor!
3	Sing & Swing	3 min	Narration & Finale'	Narration & Finale'.
4	Video Lesson #12	3 min	Be Your Best You	Discuss how being your best you helps others to be their best selves, also.
5	Opt. Activity	Opt	Pin the Tooth on Shag	To demonstrate how we grow as leaders.
6	Sing & Swing	7 min	Review all ending songs	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
8	Video: Episode #12	4 min	Finale' - Your Best You	Sit in Champions! Adventure Theater Circle.
8	Review	3 min	Review	Go through all the songs you've learned. Review lesson.
9	Leadership Challenge	1 min	Honor Badge Challenge	Students must complete all challenges by the performance to earn their honor badge!

Lesson Details

1. Greetings

Student Leader

2. Review

DANCE CLICK-CLASS

3. Sing & Swing

Narration & Finale'

Listen to the final, concluding narration and then review the finale' reprise. Be sure to learn your bow and how to exit the stage. Every school will do the exit differently according to what is the safest, most efficient way for parents to unite with their little performers.

LESSON CLICK-CLASS

4. Object Lesson Intro

Be Your Best You

(Hold up a picture of a tooth) How many of you have lost a tooth? Wow, that's a lot of you. How many of you have lost lots of teeth? Does anyone

know why our baby teeth fall out? (Discussion) That's right, so our big teeth can grow in. Why do you think we need grown up teeth (Discussion)? It would be hard for us to chew grown up food if we had to do it with our baby teeth.

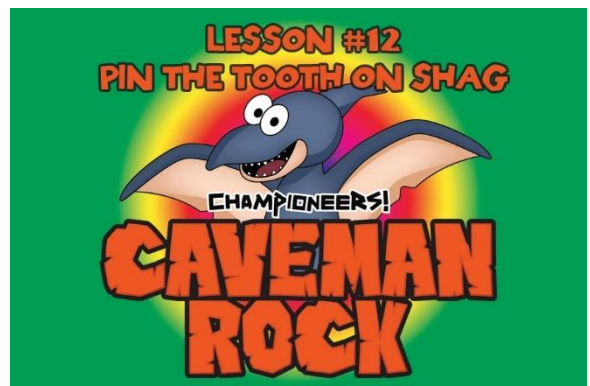
Did you know that just as you grow into your adult teeth, you also grow as a leader?

Peer Leaders learn new skills every day to help them succeed in life and get along with others. These skills may seem small, but if you practice them every day they will make you very wise and very successful in all you do.

Consider some of the lessons we've learned from Al-x during this production. We've learned to be true to ourselves while being considerate of others. We've also learned that real friends like you for who you are. Finally, we learned that you don't have to be good at everything to be a great person, you just have to be good at being you!

Video: Object Lesson #12

Pin the Tooth on Shag



5. Optional Activity

Pin the Tooth on Shag

- Place the poster of Shag in an easy-to-reach location in the room.
- Ask for a volunteer who thinks they can pin a tooth on Shag.
- Blindfold them and hand them the tooth with a stick pin pointing towards the wall.
- Spin them around five times, then point them in the general direction of the poster and have them pin the tooth on Shag where they think it might go.

It's hard to know where to pin the tooth when we are wearing a blindfold. That's what lies do to us. They keep us from seeing what's right in front of us.

To be your best you, be true to yourself. Do things that help you be and do your very best. Only watch TV shows and engage in conversations that help you think good thoughts and say kind things. Don't believe everything you see and hear, but learn how to hear the compass of truth that's inside of you. I'll be me and you be you, that's what makes us rock!

DANCE CLICK-CLASS

6. Sing & Swing

Finale' Reprise & Bow

ADVENTURE THEATER

7. Video:

Episode #12

Your Best You

Al-x saves the old man and tells everyone what really happened. To his surprise, everyone cheered him on even more. The only question everyone had now was who won the fishing derby. Did Al-x or the old man?

8. Review

LEADERSHIP CHALLENGE

9. Leadership Challenge

Students must complete all challenges by the performance to earn their honor badge!



Lesson Thirteen

Lesson Thirteen

You are the Best Gift Ever!

- **Key:** You are the Gift
- **Concept:** Preparation

Class Agenda

1. **Greetings**
2. **Review:** Problem Spots
3. **Sing & Swing:** Review
4. **Video:** Lesson #13 You are the Best Gift
5. **Activity:** Costumes
6. **Sing & Swing:** Review All
7. **Video:** Bonus Fun
8. **Review**
9. **Challenge:** Make Invitations

Materials

- Invitations
- Costume Examples or pics

Objectives

- **Video:** Champ Chat – The Performance
- **Song:** All
- **Lesson:** You are the Gift
- **Activity:** Costumes & Invitations
- **Challenge:** Make Invitations

In a Nutshell

Review problem spots. Discuss costumes and attitudes. Discover how the performance is really a gift that you give to your parents. Your challenge is to create special invitations for guests.



Lesson Thirteen - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Champions!</i> Roll Call.
2	Review	10 min	Problem Spots	Polish all moves and words until they sparkle. Going for the WOW factor!
3	Sing & Swing		Perfection & Presentation	Sparkle & Shine
4	Video Lesson #13	3 min	Champ Chat: You are the Best Gift Ever	Discuss performance attitude and how leaders view their performances as a gifts they give of themselves.
5	Opt. Activity	Opt.	Invitations & Costumes	Discuss invitations and costumes.
6	Sing & Swing	15 min	Perfection & Presentation	Sparkle & Shine
7	Sing & Swing		Perfection & Presentation	Sparkle & Shine
8	Sing & Swing		Perfection & Presentation	Sparkle & Shine
9	Leadership Challenge	1 min	Invitation & Costumes	Make invitations and costumes.

Lesson Details

1. Greetings

Student Leader

2. Review

Problem Spots

DANCE CLICK-CLASS

3. Sing & Swing

Review

Concentrate on problem spots

LESSON CLICK-CLASS

4. Object Lesson

You are the Best Gift Ever!

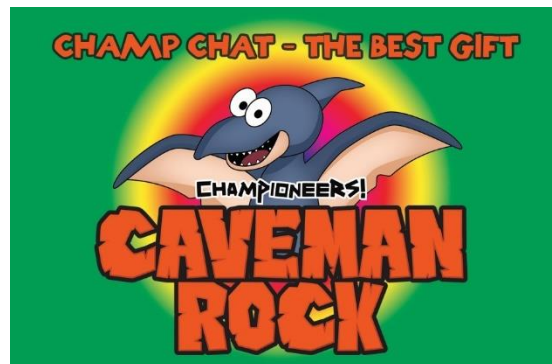
How many of you like to get gifts? Yes, I think we all like to get gifts. When you are a kid it's hard to give gifts because we don't have any money when we're little, and we can't drive ourselves to the store. But do you know what we can give our parents? We can give

them a wonderful night out at *Caveman Rock!*

When we perform, we are really giving the gift of ourselves. You are the best gift of all. There's nothing in the whole world that your parents would rather have than you.

Video: Champ Chat #13

The Performance



5. Optional Activity

Invitations and Costumes

Show students the invitations and note that will be going home with them. If your school is participating in the self-funding option, then explain to them that the tickets are for sale at the door or they can come to a free performance during the day. Encourage students to invite everyone they know!

You'll also want to discuss costumes again, and send home a reminder note for parents.

DANCE CLICK-CLASS

6. Sing & Swing Sparkle & Shine

BONUS VIDEO

7. Optional Video Caveman Fun Your Choice

Note from Brittney: There are a variety of rhythm, testimonial and joke videos available for you to use as you choose.

8. Review

LEADERSHIP CHALLENGE

9. Leadership Challenge

Make invitation and invite all your friends! Also, be sure your Caveman Rock costume is in progress.





Lesson Fourteen

Lesson Fourteen Sparkle and Shine!

- Key: Go the Extra Mile
- Concept: Excellence

Class Agenda

1. Greetings
2. Review: Problem Spots
3. Sing & Swing: Review All
4. Video: Champ Chat #14 Excellence
5. Activity: Your Choice
6. Sing & Swing: Review All
7. Video: Optional Bonus
8. Review
9. Challenge: 60 Second Clean-Up

Materials

Objectives

- Video: Champ Chat – Excellence
- Song: All
- Lesson: Go the Extra Mile
- Activity: Your Choice
- Challenge: 60-Second Clean-Up

In a Nutshell

Review problem spots. Discuss excellence and what it means to take the extra step. Challenge is to clean your room in 60-seconds each morning!



Lesson fourteen - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Champions!</i> Roll Call.
2	Review	3 min	Problem Spots	Polish all moves and words until they sparkle. Going for the WOW factor!
3	Video Lesson #14	3 min	Champ Chat: Excellence	Discuss how leaders do the extra things to be excellent.
4	Sing & Swing	22 min	Perfection & Presentation	Sparkle & Shine
5	Sing & Swing		Perfection & Presentation	Sparkle & Shine
6	Sing & Swing		Perfection & Presentation	Sparkle & Shine
7	Sing & Swing		Perfection & Presentation	Sparkle & Shine
8	Sing & Swing		Perfection & Presentation	Sparkle & Shine
9	Leadership Challenge	1 min	60-Second Clean-Up Challenge	Clean your room in 60-seconds each morning!

Lesson Details

LESSON CLICK-CLASS

1. Greetings

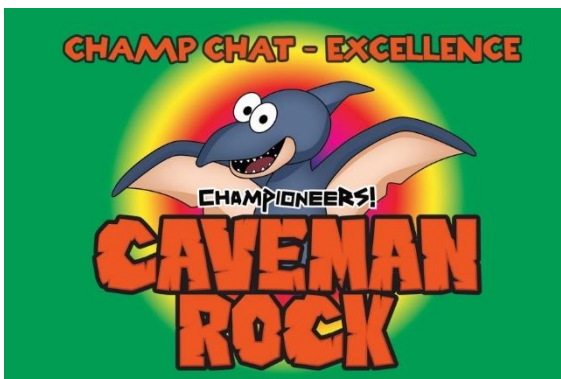
2. Review

Work out the problem spots.

DANCE CLICK-CLASS

3. Sing & Swing Sparkle & Shine

Hands, fingers, feet and angles should all look the same (as much as possible, but you'd be shocked at what they can do, so don't let them fool you). With practice Brittney and I can get 150 kids all doing the Can-Can dance exactly the same. We can also get every child to sway the same way at the same time (not always, but usually, so keep up the practice).



4. Object Lesson Intro Go the Extra Mile

Note from Deanna: At this point your time is very limited. You may share this yourself or refer to your Click-Class for a Champ Chat.

How many of you have ever heard the phrase, "Go the extra mile?" Do you know what it means? Explain to your students that it means you do the extra things to do a job really well.

Now let me ask if any of you have a messy bedroom? Haha, yeah, a lot of people do. Did you realize that most people can keep their rooms tidy in about 60-seconds per day! It's true! Consider trying this: pull up the covers when you crawl out of bed and give your top blanket a "swish-swish" to smooth it out. Place all your clothes in one pile the night before, when you change into your jammies, so all you have to do is grab them as you walk out of your room. Put them in the laundry hamper on your way to breakfast. Voilà! That's usually enough to keep the pigsty under control!

The point is, that if we'd just take two more steps in our daily routine, most of us could keep our rooms "lookin' good." This also applies to our schoolwork and our performances. If you just did a little extra, you could

change your performance from being just okay, to being excellent.

This week we are going to push a little harder, smile a little bigger, sing a little louder and dance a little sharper! This will add the sparkle and shine to our show and everyone will be amazed at how a bunch of kids performed just like the professionals. The trick is in going the extra mile.

Video: Champ Chat #14 Excellence

DANCE CLICK-CLASS



5. Sing & Swing Sparkle & Shine

Activities 5-8 are dedicated to rehearsal run-throughs and part perfection. Have fun!

LEADERSHIP CHALLENGE

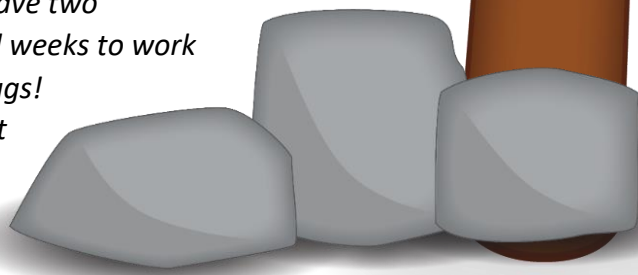


6. Leadership Challenge

60-Second Clean-Up Challenge.



Note from Deanna: Before the Championeers! resources were developed, I always held my breath and wondered if the performances would ever come together. They always did, but it was not without sleepless nights and high anxiety. That's just part of who I am; I love perfection and expect it from my students (cute kid stuff totally falls within my definition of perfection. You never know what a five-year-old is going to do, but that's just part of the fun). With all the performance tips and tricks, sequencing, and event planning built into The Championeers! System, I now look forward to performance night, knowing the kids are going to nail it! Every show builds on skills from the last, so every performance gets easier and more polished. You still have two wonderful weeks to work out the bugs! You've got this!





Lesson Fifteen

Lesson Fifteen The Final Stretch!

Yay! You're almost there! Depending on your school's schedule, this is probably your last week before the big show. Take this time to go over all the last-minute details with your kids. Send home last-minute notes, double-check your check-off list and touch base with your teachers and volunteers.

If you've followed your Event Planner, you should be completely ready. There are always last-minute things to tend to, but hopefully your "Brains in a Binder" has helped you with the planning details so you can enjoy yourself and your adorable (and probably a bit hyped-up) kids.

Important things to remember this week are that even with the best-laid plans, you

still have to be very flexible. At this point you handle what you can and hope it goes according to plan. If it doesn't, then just go with the flow. There is nothing that can't be improvised when you are well-prepared. It's also important to remember that this is all fun. The kids are adorable, the show is awesome, and you've done an excellent job, so try to breathe and enjoy yourself. It really is a hoot when it all comes together!





Lesson Sixteen

Lesson Sixteen Show Time!

Congratulations! You're almost there. You've done a super great job and all your hard work is about to be enjoyed by an entire community!

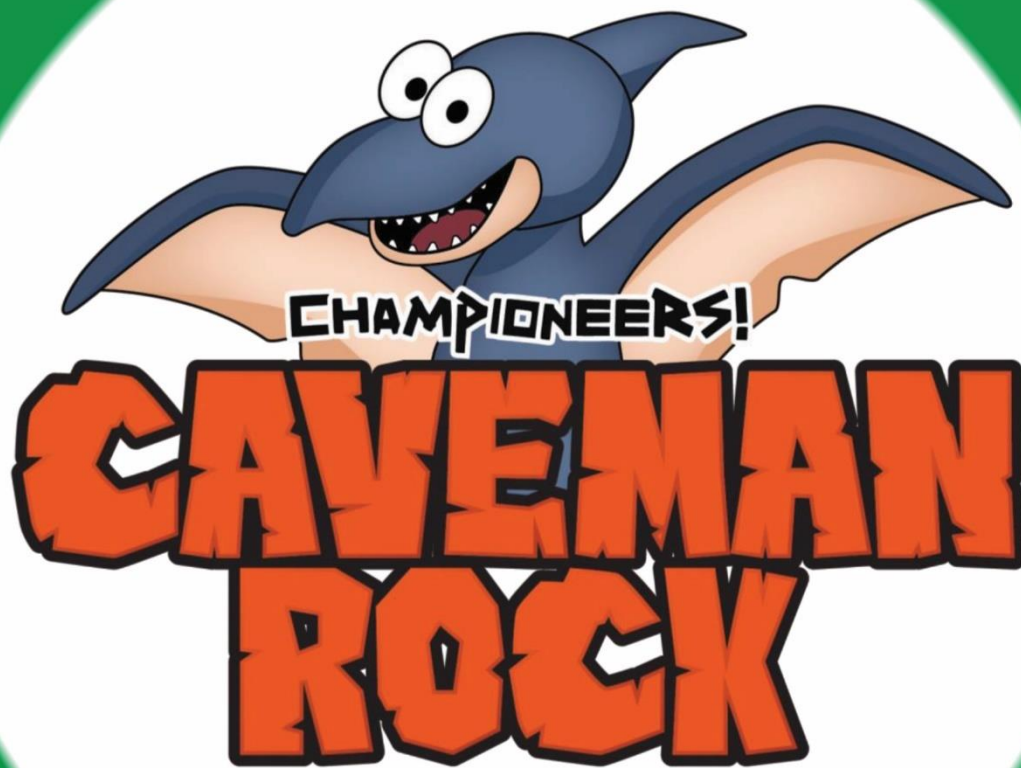
Depending on your school's schedule, this week will be both your day and evening performances. If you have class before the performance this week, use it as your final in-class dress rehearsal. If you have class after the performance, then use it as a down day. Your brain may be too spent to do much more. :) Next week you can watch the performance video, eat popcorn and pass out awards, depending on how you've chosen to wrap up the unit.

Dress Rehearsals

If you have followed the multi-grade format, then your students will not rehearse together until the actual day of the performance. If your school is small, it's usually not too difficult to get in one full dress rehearsal before the show, but larger schools cannot make the logistics work. I suggest that you have a dress rehearsal with your teachers and volunteers prior to this week. As long as they know where to go, when to go there, and what to do when they get there, your kiddos will do great. See performance notes for more details.

Good luck! You've done an awesome job!!!





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