ResilientYOU

RESILIENCED ABUILDING TOOLKIT

EASY 23 YAS

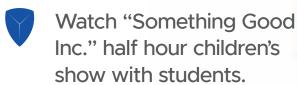
Instructions for Teachers

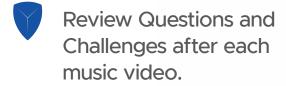


BUILDING RESILIENCE IN YOUR CLASSROOM IS

EASY 23

Simply...





Discuss and set classroom and individual goals that incorporate each challenge.



NOTE:

Teachers can watch the half hour special with students all at once or spread it out over a period of time. When issues arise in the classroom that have to do with topics the songs address, teachers can show each applicable music video and review the associated questions, challenges and goals with students.

The late Peter L. Benson from Search institute said, "Good prevention is planned redundancy." Remember that listening to the songs and watching the videos over and over will help reinforce the positive messages with students. The more they watch and listen, the greater the message retention will be.

Music Video #1 Something Good

Questions: What are some things you like to do to help

people?

How do you feel when you do something

good for someone else?

Challenge: Be Giving

Goals: Discuss ways you can be giving as an

individual and as a class.

Set a classroom goal to be giving. Set individual goals to be giving.



Music Video #2 I'll Be Nice

Questions: Why is it important to treat each other with

kindness?

How can we be kind to people?

Challenge: Be Kind

Goals: Discuss ways you can be kind as an individual

and as a class.

Set a classroom goal to be kind. Set individual goals to be kind.

Music Video #4 **Thinking Positive**

Questions: How can your attitude affect the way you act?

Why is it important to be positive?

Challenge: Be Positive

Goals: Discuss ways you can be positive as an individual

and as a class.

Set a classroom goal to be positive. Set individual goals to be positive.

Music Video #6 I've Decided

Questions: Why is it important to decide to say no to

harmful things ahead of time?

What do you do if someone asks you to do

something wrong?

Challenge: Be Safe

Goals: Discuss ways you can be safe as an individual

and as a class.

Set a classroom goal to be safe. Set individual goals to be safe.

Music Video #3 Two Heads Are Better

Than One

Questions: Why is it important to work together?

How can we work together?

Challenge: Be Helpful

Goals: Discuss ways you can be helpful as an individual

and as a class.

Set a classroom goal to be helpful. Set individual goals to be helpful.

Music Video #5 Take a Stand

Questions: What does taking a stand mean to you?

When should we take a stand?

Challenge: Be Strong

Goals: Discuss ways you can be strong as an individual

and as a class.

Set a classroom goal to be strong. Set individual goals to be strong.

Music Video #7 Resilient

Questions: How do we grow through hard times?

What does Resilience mean to you?

Challenge: Be Resilient

Goals: Discuss ways you can be resilient as an individual

and as a class.

Set a classroom goal to be resilient. Set individual goals to be resilient.

Remember what we've learned...

Be Giving Be Kind Be Helpful Be Positive Be Strong Be Safe Be Resilient

Episode 1

Something Good

Music and Lyrics by Steve James ©2020, 2000 Something Good inc.

(Intro)

When I'm at school
And friends aren't cool or kind
If they make fun
Or tease someone I find
I remember what my mama told me
She said
Child, if you could only see . . .

(Chorus)

You gotta do something good
For someone else each day
You gotta try and find
Something good to say
'Cause when you help someone
They smile wide
And you feel something good inside
Well you know you should
Try and do something good

(Repeat Chorus)

(Bridge)

And if I ever have bad days
I won't take it out on you
'Cause I can find some better ways
To work my problems through

(Chorus Repeats)

Episode 1

I'll Be Nice

Music and Lyrics by Steve James ©2020, 2000 Something Good inc.

(Choir Part 1)

Gdomo kpa kpa jimi

(pronounced: "bomo papa jimmy")

Se mo no ni hi

(pronounced: "say mo no nee hee")

(Adult Part 2)

I'll be nice

Nice to my brother

Kind to each other

I'll be a friend

And I won't

I won't be violent

Keep anger silent

Control within

(Children's Choir Part 3)

I'll be nice

I'll be kind

Treat others right

Made up my mind

(The words in Choir Part 1 are from an African dialect from Ghana, which directly translates as, "I will do the right thing.")

Episode 1

Two Heads Are Better Than One

Music and Lyrics by Steve James ©2020, 2000 Something Good inc.

You can do some things better than I can I can do some things better than you We can all learn by working together Think of the many things we can do

Work, work, working together
Play, play, playing our part
Helping each other getting things done
Sometimes two is better than one
Two heads are better than one

You can learn some things quicker than I can
I can learn some things quicker than you
We can all learn by working together
Think of the many things we can do

Work, work, working together
Play, play, playing our part
Helping each other getting things done
Sometimes two is better than one
Two heads are better than one

We're working together
Getting things done
Well we're helping each other
Having so much fun

Episode 1

Thinking Positive

Music and Lyrics by Steve James ©2020, 2000 Something Good inc.

(Chorus)

I'm thinking positive and that's a fact My attitude affects the way I act

(Chorus Repeats)

(Bridge)

There may be problems all around But I won't let them get me down

(Chorus Repeats Twice)

Thinking Positive
Siento bien (I feel good)
It's my attitude
Mi actitud (my attitude)

(Spoken Twice)

(Chorus Repeats Twice)

Siento bien Mi actitud

(Bridge in Spanish)

De vez en cuando encuentro problemas Si siento bien los puedo hacer pequeños

(Chorus Repeats with Counterpart)

Episode 1

Take A Stand

Music and Lyrics by Steve James ©2020, 2000 Something Good inc.

(Verse)

When you're home or when you're at school You want your friends to think you're cool There's a way to get respect You gotta choose You gotta elect to take a stand

(Chorus)

Stand for something good each day Stand for something lead the way Stand for something it's your call Stand for something and you won't fall Just take a stand

(Verse)

There are some who might make fun
Causing trouble for everyone
Stand for something don't give in
You can do, you'll be a winner take a stand

(Chorus)

(Bridge)

Ouu I'm gonna take a stand I'm gonna take a stand

(Chorus)

Episode 1

I've Decided

Music and Lyrics by Steve James ©2020, 2000 Something Good inc.

If by chance someone comes along And asks you to do something wrong I'll turn around I'll walk away It doesn't matter what they say

(Chorus)

'Cause I've decided to say no If they don't like me That's the way it goes 'Cause I've decided

I've decided to do what's right
It doesn't matter
If it's day or night
'Cause I've decided

(Repeat)

To drinking and drugs
I say no
To violence and crime
I say no way
To drinking and drugs
I say no
To violence and crime
I say no way

(Chorus)

Episode 1

Resilient

Music and Lyrics by Steve James ©2020, 2000 Something Good inc.

When the world knocks me down
I get off the ground
Promise myself to keep on going
If the going gets tough
Cause life can be rough
I know that I will keep growing

Hard things we go through
Make us stronger in the end
That's how we grow – I know that
I can own tomorrow
Rise above the sorrow
I can be the hero when

I am resilient
I have the power to overcome
I am resilient
I have the strength to carry on

If I'm feeling alone
Or left on my own
I will reach out to lift another
When I give of myself
To those who need help
I find that we can heal each other

Hard things we go through
Make us stronger in the end
That's how we grow – I know that
I can own tomorrow
Rise above the sorrow
I can be the hero when

I am resilient
I have the power to overcome
I am resilient
I have the strength to carry on

And no matter what stands in my way Any mountain I can climb Cause I find hope in every day And now it is my time

To be resilient
I have the power to overcome
I am resilient
I have the strength to carry on

We are resilient
We have the power to overcome
We are resilient
We have the strength to carry on

We are resilient