

WELCOME TO CHAMPIONEERS!



LESSON #7

Grades 2-6

By Deanna Rhinehart

© 2016



CHAMPIONEERS!
CAVEMAN ROCK

Lesson Seven

Grades 2-6

All Puffed Up

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

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

Materials

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

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

Greetings and review. 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	2 min	Students share Adventure Theater episode #7.	<i>Champions! Roll Call.</i>
2	Video: Leadership Workshop #7	3 min	Self-Inflating Balloon	Demonstrate how a balloon can be inflated all by itself.
3	Leadership Workbook	5 min	Pages 30-33 All Puffed Up	Discuss the difference between self-confidence and pride. Show Self-Inflating Balloon demo video and/or do activity.
4	Champ Chat	3 min	Confidence vs. Pride	What is the difference between being proud and being prideful? Give an example of when you have acted prideful. What is confidence? What do you feel confident in? mean to you?
5	Leadership Challenge	1 min	Let Go of your Ego!	Practice humility with an Ego Test. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others.

Adventure Theater Recap:

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!

1. Greetings & Review

Champions! Roll Call and student story recap.

LESSON

2. Video: Leadership Workshop 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.

WORKBOOK

3. Leadership Workbook:

Pages 30-31: All Puffed Up

Let go of your ego!

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.

CHAMP CHAT

4. Champ Chat:

- What is the difference between being proud and being prideful?
- Give an example of when you have acted prideful.
- What is confidence?
- What do you feel confident in?

CHALLENGE

5. Leadership Challenge: Be the Spark!

Practice humility with an Ego Test. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others.

