

WELCOME TO CHAMPIONEERS!



Lesson #3

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Lesson Three

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Magnetic Kindness

- **Key:** Leaders are Kind
- **Concept:** Intentionality

Class Agenda

1. Greetings
2. Review
3. **Sing & Swing:** Fleas Are Back
4. **Video:** Lesson #3 Magnetic Kindness
5. **Activity:** Magnets Demo
6. **Sing & Swing:** Wally Oops
7. **Video:** Episode #3 Roxanna's Gift
8. Review
9. **Leadership Challenge:** Be Kind

Materials

- Magnate and Metal Objects

Objectives

- **Video:** Roxanna's Gift
- **Songs:** The Fleas Are Back
Wally Oops
- **Lesson:** Magnetic Kindness
- **Game:** Mentos
- **Challenge:** Do something kind

In a Nutshell

Review and polish movements and lyrics. Teach *The Fleas Are Back*. Preview *Wally Oops*. While listening, keep steady beat. Show Mentos video. Review Fleas. Make sure students start bounce on correct word. Watch episode #3. Discuss how Roxanna's really ugly hat was a very kind gift! Challenge students to do one kind thing everyday for someone else.



Lesson Three - Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	<i>Champions! Roll Call.</i>
2	Review	2 min	Review <i>What Makes Me Rock</i> and <i>Quarry Rock</i>	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>The Fleas Are Back</i>	Listen to song, <i>The Fleas Are Back</i> while keeping a steady beat. Call and response, add movements.
4	Video: Lesson #3	4 min	Magnetic Kindness	Has anyone ever done something kind for you? How did it make you feel?
5	Opt. Activity	4 min	Kindness pulls good out of others	Magnet Demo. See page 32.
6	Sing & Swing	5 min	Learn <i>Wally Oops</i> lyrics & words	Listen to song, <i>Wally Oops</i> while keeping a steady beat. Call and response, add movements.
7	Video: Episode #3	4 min	Roxanna's Gift	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	Acts of kindness	Leaders are kind. Do something kind for someone every day.

Lesson Details

1. Greetings

2. Review

Immediately go into review with the music for *What Makes Me Rock* and *Quarry Rock*. Review lyrics, and polish all movements, if needed.

DANCE CLICK-CLASS

3. Sing & Swing

The Fleas Are Back

Ask, "Do you think Cavemen showered?" Kids will say, "no." Ask, "Do you think they ever used soap?" Kids will say "no!" Ask, "Do you think the cavemen were stinky?" Kids will say, "yes!" Yes, they probably were stinky, and you know what likes stinky things? Fleas! This song is called, *The Fleas Are Back*. Let's listen. Have students listen while keeping the steady beat.

- Teach lyrics by call and response while students sit.
- Teach the itchy move. Scratch in two different places, one while singing each itchy.
- Students jump up when singing "Itchy, itchy, the fleas are back!"
- Sing and do the itchy move with the



music.

- Teach students the movements to "Oh, now I gotta shower..."
- Sing along with the music and add all movements learned so far.
- Finally, add the steady beat bounces, including which word each bounce starts on
- Do the whole song slowly without music, then add music.

LESSON CLICK-CLASS

4. Object Lesson Intro Magnetic Kindness

Ask the students: Has anyone ever

done something kind for you? How did it make you feel?

Has anyone ever done something naughty to you? How did that make you feel?

Student discussion on things we can do to show kindness to others.

Video: Object Lesson #3 Magnetic Kindness

5. Optional Activity Magnets Demo

Scatter some metallic objects on a demonstration surface. Tell the students that people are like the objects and peer pressure is like the invisible force of the magnet. When we act kind, we draw people to us. When we act mean, it keeps people away. Peer pressure can either pull the good or the bad out of people. We all want to fit in.



DANCE CLICK-CLASS

6. Sing & Swing Wally Oops

- Ask, "Do you think Cavemen are very coordinated?" (You may need to explain what coordinated is to your younger students.) Kids will say, "no." Tell them that, just like the rest of us, sometimes cavemen knock things over and break them. Have you ever accidentally broken anything? They'll answer "yes." Assure them we all have. Ask them what they do when they break something. Do you lie about it or try to hide it? Today we're going to sing about a caveman who has lots of accidents; his name is Wally. He always says "sorry" when he breaks something.
- Have students listen while keeping the steady beat.
- Learn lyrics by call and response.
- Add movements, then add lyrics and music.
- Explain that a modulation is when a song changes keys in the middle and goes a little higher each time.

Note from Deanna: Modulation can be a tricky concept for children. A fun supplemental activity is to draw the C scale on the board. Sing Mary Had a Little Lamb starting on C. Repeat song starting on, and pointing to, the next higher step of the scale each time. This helps children feel, see and hear the modulation while they sing. Have fun!

ADVENTURE THEATER

7. Video: Episode #3

Roxanna's Gift

Al-x was nervous about the fishing derby. Roxanna came to wish him luck, and commented that he looks happiest when he's playing with his rock collection, not fishing. Al-x realizes that he is good at a lot of things, but not fishing. He tells her about the magnetized rocks he likes to collect and how he's making devices that will help always guide you home if you ever get lost. Roxanna thinks that Al-x is very smart and says that maybe

someday his
inventions will
become
famous!
She gives



him a special gift that she made him for luck.

8. Review

- *Quarry Rock* and *What Makes Me Rock*
- Make a big deal about the next part of the story. Keep it a secret!
- Remind them to try the Mentos experiment.

LEADERSHIP CHALLENGE

9. Leadership Challenge

Leaders are kind. Do something kind for someone every day.

Discussion Examples:

- Open the door
- Write a thank-you note
- Share
- Smile
- Give someone your seat
- Give a compliment
- Introduce yourself to someone
- Help your teacher
- Give a compliment
- Give encouragement