

WELCOME TO CHAMPIONEERS!



Lesson #5

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Lesson Five

Lesson Five

Don't Take the Bait

- **Key:** Tell the Truth
- **Concept:** Truthfulness

Class Agenda

1. **Greetings**
2. **Review**
3. **Sing & Swing:** Catch a Fish
4. **Video:** Object Lesson #5
Don't Take the Bait
5. **Activity:** Dollar Drop
6. **Sing & Swing:** Review
7. **Video:** Episode #5 Don't Take...
8. **Review**
9. **Leadership Challenge:**
Truth Dare

Materials

- A dollar bill

Objectives

- **Video:** The Winner
- **Song:** Catch a Fish, Review
- **Lesson:** What Would You Do?
- **Game:** Money Drop
- **Challenge:** Truth Dare

In a Nutshell

Review and polish movements and lyrics for *Sabertooth*, *Wally*, *The Fleas Are Back*, and *Fish Around the Rock*. Show students the dollar catch game and how we can never stop peer pressure as long as we keep falling for it. Watch episode #5. Discuss Al-x's choice. Ask students if not telling the truth is the same as lying? Review all songs.



Lesson Five - Quick View

1	Greetings	1 min	Set the tone for your class	<i>Champions! Roll Call</i> (at this point only continue if the kids are still going crazy over it. Stop before they lose interest).
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	5 min	<i>Catch At Fish</i>	Listen to song, <i>Catch A Fish</i> , while keeping a steady beat. Call and response, add movements.
4	Video: Lesson #5	1 min	<i>Don't Take the Bait:</i> Resisting peer pressure	Discuss how peer pressure only has power over you if you allow it to, by "taking the bait." Show demo video.
5	Opt. Activity	3 min	Dollar Drop Game: To show how tricky peer pressure is	Demonstrate the Money Drop Game and emphasize how peer pressure tries to get you to play its game.
6	Sing & Swing	7 min	Review <i>Sabertooth</i> , <i>Fish Around the Rock</i> , <i>The Fleas are Back</i> , <i>Wally Oops</i> as needed	Review all new songs slow. Fix any mistakes. Then faster until at tempo. Add music.
7	Video: Episode #5	4 min	Don't Take the Bait	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	Truth Dare!	Practice only telling the truth for one week. (Leaders only call out the good truth.)

Lesson Details

1. Greetings

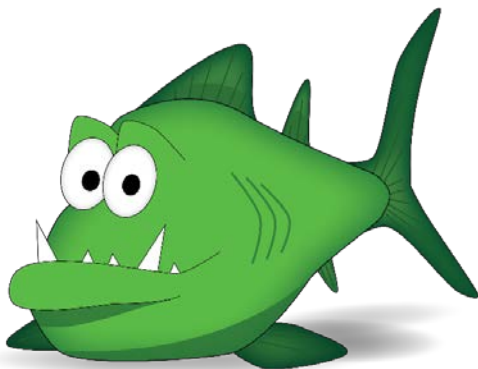
2. Review

DANCE CLICK-CLASS

3. Sing & Swing Catch A Fish

Have students sit and take a rest while listening to Catch A Fish.

- Learn the movements during the narration.
- Perform the movements while the narration is played.
- Next, learn the three different chants along with their choreography, and then add to the music.
- Do the whole song slowly without music.
- Add music.



LESSON CLICK-CLASS

4. Object Lesson Intro Don't Take the Bait

Taking the Bait is a clever way of saying you're giving in to peer pressure. Discuss how peer pressure only has power over you if you allow it to. If you do not respond to the pressure, then it has no hold on you. If you cave to the internal or external social pressures around you, then you've taken the "bait." The problem with negative peer pressure is that you can never satisfy it. It grows increasingly more demanding until those who get caught up in it are controlled by it. Just like Al-x's lie. If he tells a lie just so he'll be liked, his lies will soon take over who he really is.

It's good to fit in, and it's important we work hard to get along with others. That's just being nice and a good team player. Did you realize that you can turn negative peer pressure into positive peer pressure just by being nice? If every day, the students in your school made it their challenge to be extra nice to each other the whole school would become the nicest school anyone has ever been to! Wouldn't that be AWESOME! Positive peer pressure makes you want to be nicer, kinder, more creative, truthful, honest, and all the things that make you an even better person.

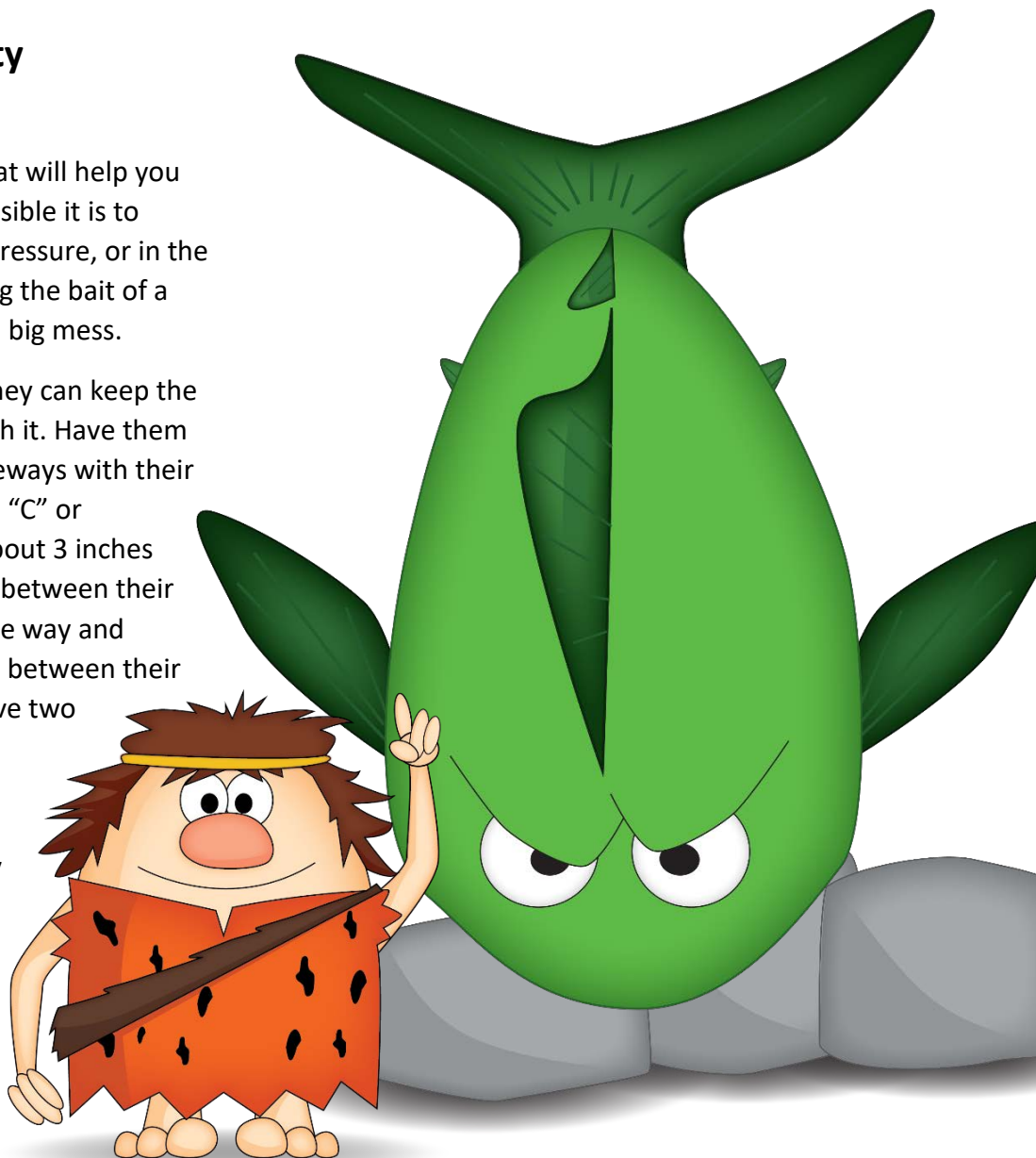


Video: Object Lesson #5 Dollar Drop Game

5. Optional Activity Dollar Drop

Here's a little game that will help you experience how impossible it is to satisfy negative peer pressure, or in the case of Al-x, how taking the bait of a little lie can turn into a big mess.

Tell a volunteer that they can keep the money if they can catch it. Have them hold one hand out sideways with their fingers extended like a "C" or duckbill clasp shape about 3 inches apart. Place the dollar between their fingers about 1/3 of the way and gently let the dollar go between their fingers. Volunteers have two rules. They cannot try closing their fingers before the money is dropped and they may not move their hand down to catch it after it has passed



through their fingers.

If this is done correctly, they will not be able to catch the dollar because their reflexes can't respond faster than the gravity of the falling dollar.

Relate this frustration to trying to make someone like you. You can't. If people don't like you, for you, it's not your issue. Your job is to be kind to others, but you don't have to change who you are and what you like so others will like you. Don't react to the "bait." Just work on being the best *you* possible.



ADVENTURE THEATER

7. Video: Episode #5 Don't Take the Bait

Al-x squeezes the belly of the fish and saves the old man. The town cheers, as the referee declares Al-x the winner before he can tell them the truth.

8. Review

- Review all songs
- Review "Don't Take the Bait"
- Continue to build suspense.
- Remind students to try the Dollar Drop Game at home.



LEADERSHIP CHALLENGE

9. Leadership Challenge The Truth Dare!

Practice telling only the truth this week. Make sure your speech is always honoring and full of integrity, never speaking badly of another. For example, if someone is being stubborn, you'd say they have great determination! I like to call it the greater truth. Truth always find the gold in others.



DANCE CLICK-CLASS

6. Sing & Swing Sabertooth Tiger

Practice and review lyrics and movements to Sabertooth Tiger. Very slow at first to fix any mistakes, then speed up to full speed. Don't add music until you've ran through it at least two times. Then add music.