

WELCOME TO CHAMPIONEERS!



LESSON #1

Grades 2-6

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CHAMPIONEERS!
CAVEMAN ROCK

Lesson One

Grades 2-6

Lesson One

I'll Be Me and You Be You!

- **Key:** Leaders Like Themselves
- **Concept:** Comparison

Class Agenda

- 1. Greetings**
- 2. Video:** Intro: Episode #1
- 3. Sing & Swing:** What Makes Me Rock
- 4. Video:** Lesson #1: Comparison
- 5. Activity:** Tall to Small
- 6. Sing & Swing:** What Makes Me Rock
- 7. Review**
- 8. Leadership Challenge:**
The Grateful Game

Materials

- 2-3 different kinds of stuffed animals
- Rhythm sticks

Objectives

- **Video:** Intro Caveman Rock
- **Song:** What Makes Me Rock
- **Lesson:** We're All Awesome
- **Game:** Tall to Small
- **Challenge:** The Grateful Game

In a Nutshell

Welcome students. Listen to Intro and meet Hairy and Shag. Watch Comparison Lesson video. Talk Time. Share a childhood story about comparing yourself to others and relate it to Al-x.

Champ Chat and leadership challenge.



Lesson One - Quick View

1	Greetings	2 min	Set the tone for your class	With your greatest enthusiastic presentation, greet your class and tell them you have a HUGE treat for them. Briefly share about Caveman Rock.
Bonus	Video: Intro	3 min	Intro to Caveman Rock	Show Video: Episode #1 – Hairy and Shag introduction.
2	Video: Lesson #1	3 min	Comparing: There’s no best, just different.	Intro: Show the video of Hairy and Shag comparing hair.
3	Leadership Workbook	5 min	Pages 10-11	I’ll be me and you be you – that’s what makes us rock!
4	Champ Chat	3 min	Establish line-up	Comparing <i>What Makes Me Rock</i>
5	Leadership Challenge	1 min	Recognize Intrinsic Value	The Grateful Game. Leaders like who they are.



1. Greetings

Welcome class to their new caveman decorated room. A jungle theme works well with some dinosaurs added for fun.

INTRO

BONUS: Video: Episode #1 Intro to Caveman Rock

Play the Championeers! Intro video for your students. Make a really big deal out of how much fun you're going to have! I encourage you to transform your room into Caveman Land. Kids love it!

LESSON

2. Video: Looking Good!

Hairy and Shag compare their hair to determine which is best. Ham it up with them! Discussion: Who has blond hair? Who has brown hair? (and so on) They are all the best color! Depending on the characteristics of your class you can play an impromptu game. Call it something fun like, "Hair Bop." Call out a hair color and have all the students with that color hair do something, then call out a different color hair and assign them a different action.

WORKBOOK

3. Leadership Workbook:

Pages 10-11 - Comparison

I'll be me and you be you – that's what makes us rock!

CHAMP CHAT

4. Champ Chat:

- Comparing
- *What Makes Me Rock*

CHALLENGE

5. Leadership Challenge: The Grateful Game

Start with your toes and tell yourself how much you like having your toes. Can you imagine if you didn't have even one toe? Your balance would be off. Go from your toes, to your feet, ankles, knees, bones, hips, back, ribs, organs, arms, hands, fingers, head, eyes, mouth, ears, hair, etc. Think about how amazing each part of the human body is and tell yourself how grateful you are for every part of you.