



LESSON FIVE

Rat Attack

Key: Adversity (RATS)

Concept: Overcoming Adversity

Train Your Brain #5

Train your brain to overcome.

Class Agenda

1. **Greetings**
2. **Video:** Episode #5
3. **Leadership Book:** Pg. 24-25
4. **Video:** STEM #5: Pop Goes the Weasel
5. **Leadership Book:** pg. 26-27
6. **Champ Chat**
7. **Leadership Challenge:**
Practice the RATS ON THE RUN tool.

Objectives

Video: Rat Attack

STEM Lesson: Pop Goes the Weasel

Leadership Book: Pages 24-27

Tool: RATS ON THE RUN

Challenge: Use RATS ON THE RUN

In a Nutshell

RATS in our story represent unfairness and injustice. Every person experiences “RATS” in their lives. Some are big, some are small, some are intentional, but most are circumstances that mess up our plans. Our brain is great at figuring out problems, but it hates unfairness and can get stuck if we don’t learn how to deal with it.



LESSON FIVE - QUICK VIEW

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Set the tone for your class	Change up the opening song with adding jumping jacks or running in place to get energy pumping.
2	Video: Episode #5	3 min	Rat Attack	Video: Episode #5
3	Leadership Book	3 min	What to do about rats!	Pages 24-25
4	Video: STEM #5	3 min	Pop Goes the Weasel	Show video/option to demo
5	Leadership Book	5 min	Train Your Brain #5: Train your brain to overcome	Pages 26-27
6	Champ Chat	3 min	Review & Reinforce	See questions on page 27
7	Leadership Challenge	1 min	How to deal with RATS	Use the RATS ON THE RUN tool

LESSON DETAILS

1. Greetings

Bring your energy. (Did you know that you apply information with the same level of energy you learn it? Get your kids jumping during the intro song.)



ADVENTURE THEATER

2. Video: Episode #5

Rat Attack

This week in Champions! Adventure Theater, the Bank RATS showed up to take back the farm. Instead of handing it over, Mama Hen has an idea to save it and a plan for everyone to help.



LEADERSHIP WORKBOOK

3. What to do about rats.

Pages 24-25

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STEM LESSON



4. Video: STEM #5

Pop Goes the Weasel

Watch Click-Class video. Instructions in Student Leadership Workbook page 26.

If time permits, students love hands on exploration. It’s a super simple STEM project you can do in class.

LEADERSHIP WORKBOOK

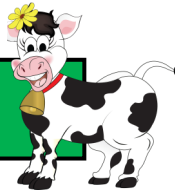


5. Train Your Brain Step #5

Train your brain to overcome

- Pages 26-27
- You may want to provide additional resources on Helen Keller. See Champ Chat for additional activity.

CHAMP CHAT



7. Champ Chat: Review

- Use The Guessing Bag as a fun way to explore items you can't see.
 - Place a common item in a bag.
 - Allow students to reach into the bag and guess what the item is only by touch.
 - Are we ever limited in our understanding of a situation because we can't see the whole story?

LEADERSHIP CHALLENGE



8. Leadership Challenge

RATS ON THE RUN

Instead of instantly responding when RATS happen, try this: STOP, breathe in slowly while thinking, "1-2-3, I control me." Exhale thinking, "3-2-1, rats on the run." Do this until you can settle your emotions and clear your thoughts so you can solve the problem instead of getting stuck in it.

LIFE TOOL



Tool: 3-2-1

RATS

ON THE RUN!

Children need to learn resilience and tenacity. We can't spare them from every naughty person or scraped knee, as much as we'd like to. Resilience is a skill that teaches us to overcome in the face of adversity. We teach this through kindness, compassion, and creating paths for success. Don't expect children to know the answers, instead show them how to find them and walk them through the process until they master their own problem-solving skills.

If you have had a farm experience you may be familiar with incubated eggs and the process of hatching. Baby chicks can spend hours pecking on the inside of their shell to break out. Every child that experiences this painfully long process wants to help that baby chick peel off his shell and break free.

This act of compassion will cause the chicks death. You see, the process of pecking his way out of its situation strengthens the muscles in the chicks neck so it can hold it up. If the process is not completed by the chick, it's muscles never gain the strength required for survival.

... are you catching the point. Obviously we help our children to be safe and make wise decisions, but in that process there comes a point when they must have consequences so they'll learn not to make that mistake again. Our job is to use the small situations in their lives to practice the tools they'll need to avoid the big consequences of life.