WELCOME TO CHAMPIONEERS!

TEACHER'S GUIDE

LESSON #8

Grades 2-6

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CHAMPIONEERS!

CAVEMAN ROCK

Lesson Eight

Grades 2-6

The Truth in You

- **Key: Shine Your Light**
- **Concept: Self-Reflection**

Class Agenda

1. **Greetings**
2. **Review**
3. **Sing:** Pterodactyl Twist
4. **Video:** Lesson #8 Shine Your Light
5. **Activity:** Shine Your Light
6. **Sing:** Pterodactyl Twist
7. **Video:** Episode #8 The Truth in You
8. **Review**
9. **Leadership Challenge**
   Shine Your Light

Materials

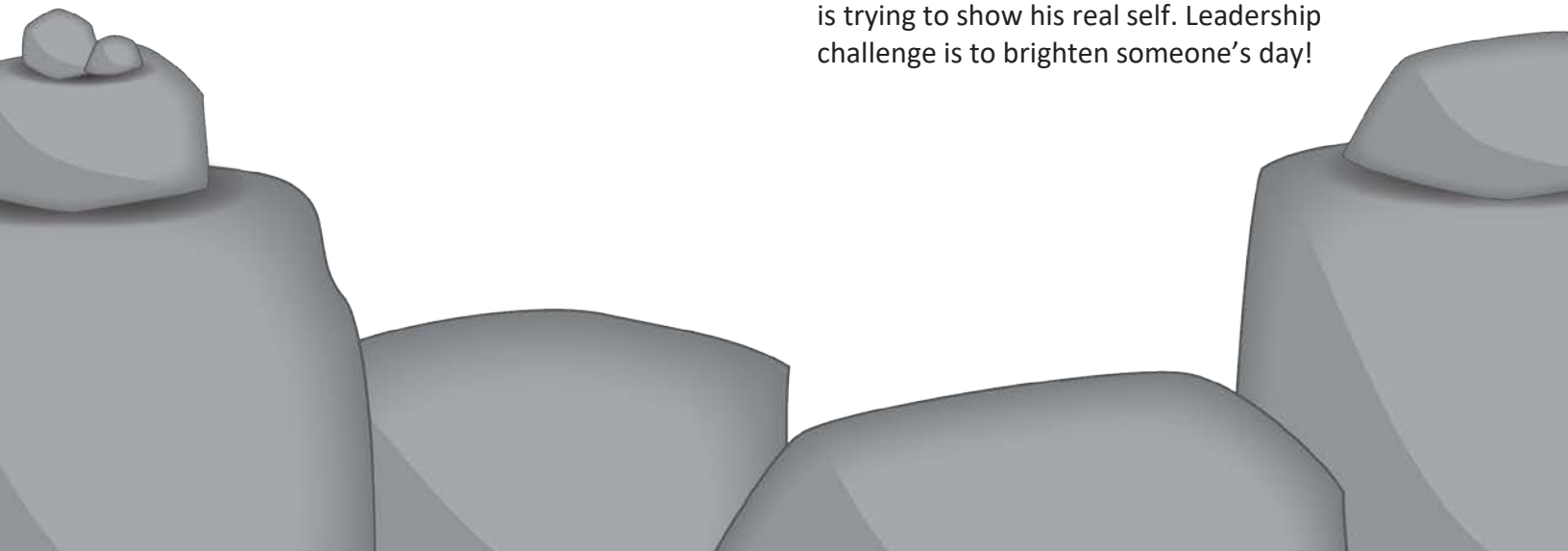
- Candle app on phone
- A mirror

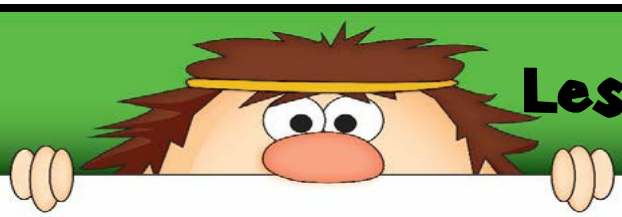
Objectives

- **Video: The Truth in You**
- **Song: Pterodactyl Twist**
- **Lesson: Self-Reflection**
- **Activity: Shine Your Light**
- **Challenge: Brighten Someone's Day**

In a Nutshell

Greeting and review. Discuss what it means to be truthful to yourself. Demonstrate the light in the darkness. Share how Al-x's reflection is trying to show his real self. Leadership challenge is to brighten someone's day!





Lesson Eight – Quick View

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Students share Adventure Theater episode #8.	Modified *Championeers! Roll Call.* Change it up. Try singing it in a whisper, in an accent, on our tippy toes, etc.
2	Video: Leadership Workshop #8	3 min	Shine Your Light	Demonstrate how one light in a room chases away all the darkness.
3	Leadership Workbook	5 min	Pages 34-37 Shine Your Light	Discuss how to see things from a different perspective. Demonstrate how one light in a room chases away all the darkness.
4	Champ Chat	3 min	The Truth in You	What is an attitude? How do you feel one someone around you is grumpy? What can you do when you feel grumpy?
5	Leadership Challenge	1 min	Self-reflection	Leaders are very aware of how their actions affect others. Instead of being focused on yourself, focus on those around you. Do something kind for someone each day this week and brighten up their day.

Adventure Theater Recap:
Episode #8: The Truth in You

Al-x's future-self starts to talk to him through the mirror. Al-x asks what's in his future. His future-self wants to warn him of something but can't tell him. All he can do is show him what his future could look like if he makes good choices.

1. Greetings & Review

Championeers! Roll Call and student story recap.

LESSON

2. Video: Leadership Workshop Shine Your Light

Have candle app on phone or use a flashlight. Turn off all the lights and close the blinds. Show how one light can chase away the darkness. When the light is placed in front of the mirror it reflects twice as much light. That's what happens when we start to believe in each other and shine our light together!

WORKBOOK

3. Leadership Workbook:

Pages 34-37: Self-Reflection

Shine Your Light

We have a unique ability to either brighten or dampen someone's day just by our attitudes. It's hard to be happy when you're with someone who's grumpy or mad.

Think of your attitude as being like a candle that burns inside of you. The candle is fueled by your attitudes, which are fueled by your self-esteem. If you don't know your intrinsic worth, your attitude can hurt those around you instead of shining on them. Sometimes we don't even know why we're acting the way we do; we're just acting like everyone else. Ask yourself why you are feeling a certain way. Stop and think about how your attitude is affecting others (this is self-reflection.) Are you shining your light or putting a damper on others?

CHAMP CHAT

4. Champ Chat:

- What is an attitude?
- How do you feel one someone around you is grumpy?
- How do you feel when you're around someone happy?

CHALLENGE

5. Leadership Challenge: Shine Your Light!

Great leaders are very aware of how their actions affect others. Instead of being focused on yourself, focus on those around you. Do something kind for someone each day this week and brighten up their day.

When you are in a conflict consider the other person's point of view. Can you imagine how the other person might feel? Is there anything you could have done differently? Is it possible that there has been a misunderstanding? When you stop and really consider the whole situation, including your part, as well as the other person's point of view, this is called self-reflection. It helps you see things from a different perspective. This skill will help you avoid conflicts and solve them more quickly.