FAMILY NIGHT ADVENTURE

CHAMPIONEERS!

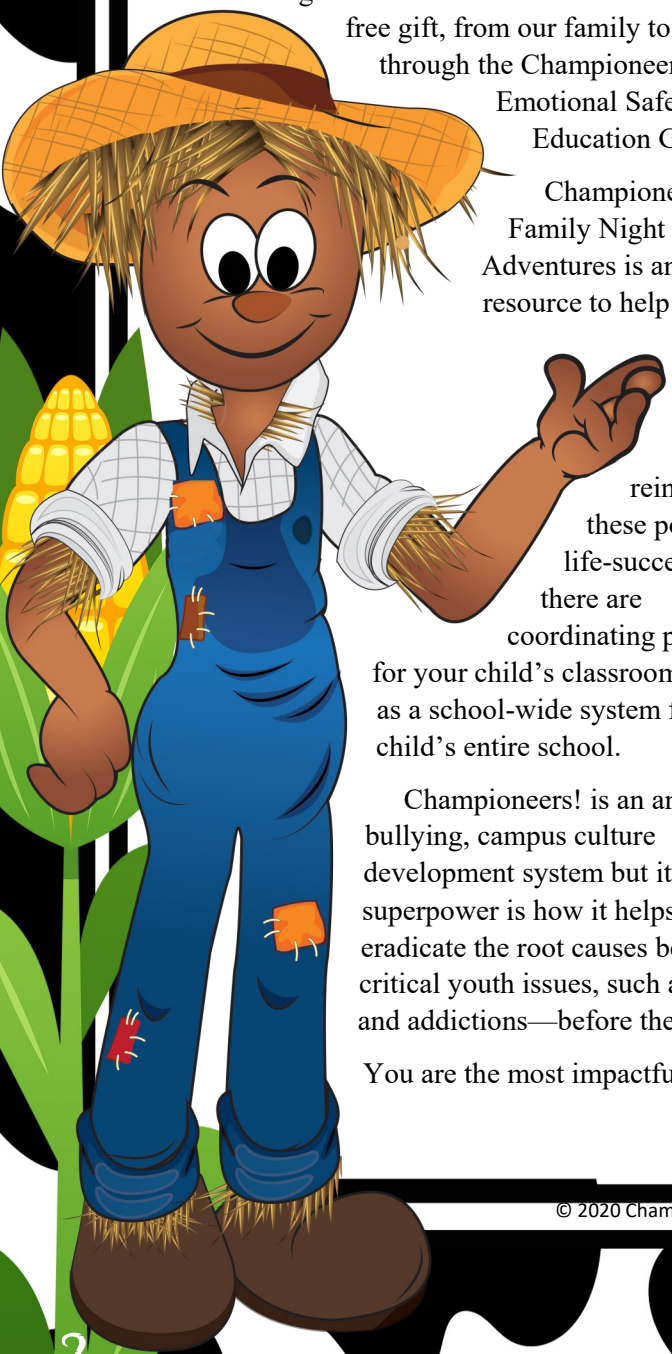
COWPIE COUNTY

By Deanna Rhinehart and Justin Morken

CHAMPIONEERS!

FAMILY NIGHT ADVENTURES

Howdy Partner!



Welcome to the Cowpie County Family Night Adventure! You've received this as a free gift, from our family to yours, through the Championeers! Emotional Safety Education Grant.

Championeers! Family Night Adventures is an essential resource to help you build your happy, healthy home. To reinforce these powerful life-success tools there are coordinating programs for your child's classroom as well as a school-wide system for your child's entire school.

Championeers! is an anti-bullying, campus culture development system but its true superpower is how it helps to eradicate the root causes behind critical youth issues, such as suicide and addictions—before they start!

You are the most impactful teacher your child will ever have, so we put you in the driver's seat with these wonderful family resources based on universal values common to everyone—like kindness, honesty, and self-esteem. Coordinating school systems incorporate these common values into their classroom and campus culture to provide a positive foundation for learning. You take them from there and discuss them with your children through your own unique family values and belief systems.

If your school does not have the Championeers! ESE System tell them about the **$10,000** a year, training and resource grants to develop a happy, healthy campus for your child to thrive in!

Enjoy your Cowpie County Family Night and remember - this is just a launching pad for family discussions. It's not how you do family night that's important, it's that you prioritize a special time in your home when you can build the most important relationships of all —family.

For more adventures and information go to:

www.FamilyNightAdventures.com

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ITS TIME FOR A FAMILY COUNTY FAIR

Well hot diggity dog, it's time for a county fair with all yer favorite kinfolk! Here's just some of the fixins goin' on:

- Y'all gonna build some awesome family memories.
- Y'all be putting' on a spread of yer favorite county fair viddles!
- Y'all be havin' more fun than a tick on a dog's ear!
- Y'all be learnin' 'bout the power of a seed and some tools to help build ya a happy, healthy home.

Click Here fer yer Click-Class then just follow along.

To make things super easy fer y'all just CLICK HERE fer our signature Click-Classes and follow along on yer TV or computer. No worries if you don't have that kind of fancy-bodangle technology. Everything you need is right here. Now let's get this adventure rollin'!

BONUS GIFT

Family Nights are more than just a fun time. They are essential tools to help you build your happy, healthy home. As a bonus gift we're sending you some brief training videos to help you get the most out of your Family Night Adventure! For more info: www.FamilyNightAdventures.com

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AGENDA

PREP FUN – PLANNING YOUR HOEDOWN

START HERE – OPERATION FAMILY FAIR

LESSON – THEATER OF THE MIND

STEM EXPERIMENT – DEFLECTION

FAMILY CHAT – MIND OVER MATTER

DINNER – COUNTY FAIR FAVORITES

Copy the agenda and tape it where everyone can follow along.

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PREP FUN — PLANNING YOUR HOEDOWN

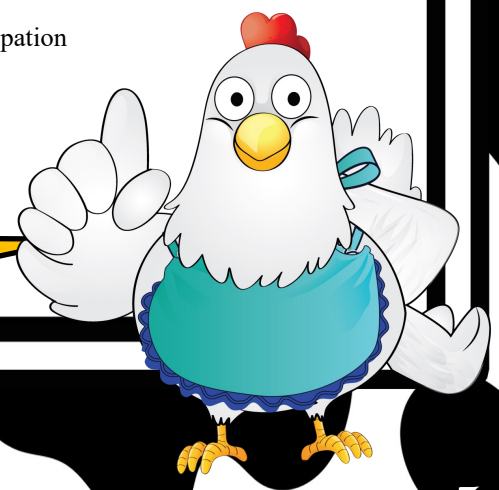
Children LOVE anticipation and will match your excitement so make a really big deal out of Family Night and an even bigger deal out of preparing for it. Children learn by "feeling" so expressing your excitement tells your children how valued they are. Talk about it for days before it happens. Make a count down calendar. Tape announcements on the doors or bathroom mirrors. Place an invitation on their pillows and pull your children into the adventure by giving them jobs. All these things provide the feelings of significance, belonging, leadership and ownership. The important thing is to have as much fun preparing as you do during Family Night!

PREPARATION

- Play hoedown music in the background to build the atmosphere and excitement. Soggy Bottom Boys, and bluegrass are fun but any county style can be found online.
- Kids love décor and themes! Use what you've got to create a country fair environment, a farm, country home, or barnyard. Use lanterns, twinkle lights, the fireplace or a camp fire depending on the time of year to make it magical and crate mood lighting.
- Prep for dinner or if you prefer to make dinner as part of your official family night activities have all the ingredients gathered.
- Set a themed table. A hoedown can be as simple as paper plates and handkerchiefs.
- Set out the ingredients for your family's favorite "gathering" beverage such as hot cocoa, specialty coffee for adults or one of the themed recipes provided.
- Set out items needed for the game and activity so everything is ready in advance.
- Gather all cell phones in a basket, to be turned off until the end of your Family Night Adventure.
- Have tons of fun while you are preparing and build into it your eager anticipation for your family's special night!!!

COPY & DISPLAY

Print out the agenda for an at-a-glance guide for your Family Night Adventure. Display so your children know what to expect and what's coming up next.



START HERE — OPERATION HOEDOWN

Kids thrive when they have structured schedules with surprises built into them. Print off the Cowpie County Family Night Agenda and place it somewhere visible so your children know what to expect next.

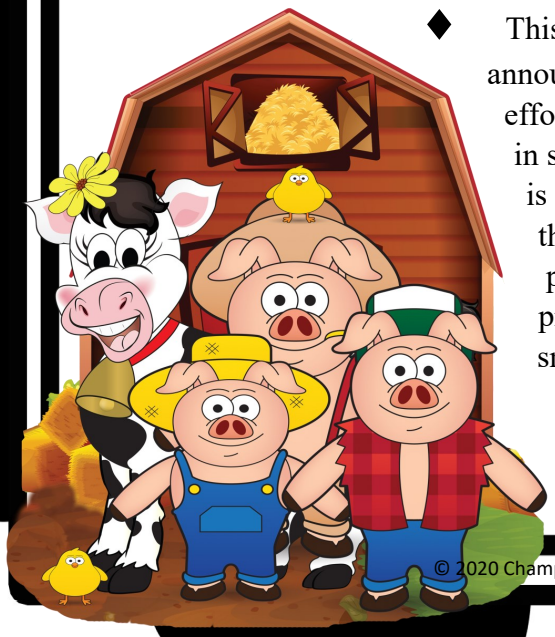
GATHERING THE CRITTERS

- Set a 25-minute pre-start timer during prep time so your children can transition from an energy burning activity, such as prep, to a quieter activity in your gathering place.

- Call the critters once and play an official Family Night theme song (or just crank the prep music). Just like musical chairs, children will see this as a game. Turn up the music, instruct the kiddos to come make or get a special FNA (Family Night Adventure) beverage you'll have set out during your prep time. The goal is for everyone to have their beverage and be in their place before the song ends. No need to stress over children who are not coming or ready when called… let the music do the work for you.

- Choose a FNA gathering place. By a fireplace is awesome if you have one, candles work, neither are necessary as long as you establish that this is your family's very special time together. To help make a really big deal out of the official start, you can all raise your mug and participate in a unified celebratory sip (toast) with the announcement, "Family Night has officially begun!"

- If your children like costumes, now is a perfect time to wear them and acknowledge the efforts of each, even taking a family picture right off the bat while everyone is most focused and attentive.



- This is the time to acknowledge accomplishments and make announcements for the week. Always praise your children for the prep efforts made for FNA and publicly acknowledge all who are gathered in some way. If you are doing the leadership challenges at home, this is award time! No criticism, correction, or sarcasm are allowed in this space… just praise and gratitude, even if little Johnny had a particularly challenging week or day, but you'll find something praiseworthy, then make a crazy big deal out of it no matter how small.

- When everyone is has finished their FNA beverage it's time for your lesson.

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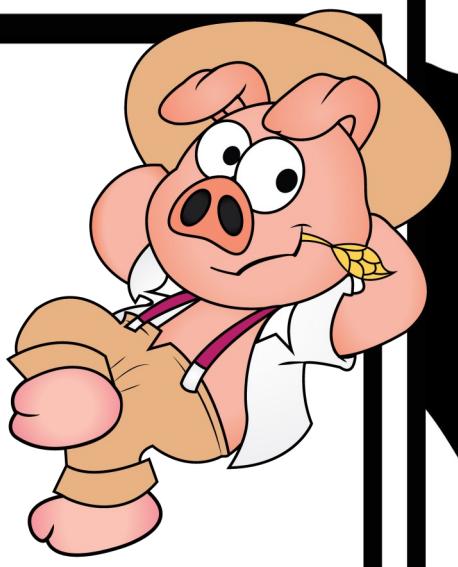
LESSON — PARENT INSIGHTS



- The Power of a Seed is the motto for the Championeers! Cowpie County unit. It is a simplistic way to explain the incredible power of the brain to create what it thinks. Neuro scientists call it neuroplasticity. It's so powerful it has the ability to heal trauma and free you from self-defeating mindsets—or it can create them. You see, thoughts are like seeds; what you plant is what you get. This lesson is just one powerful insight you'll be able to use in your own family.

- Championeers! lessons are designed for you to be in the drivers seat as you discuss them with your family through your unique values and belief systems. Your children are exposed to many different view points at their school and may have questions on the differences. This is the perfect time to share why your family believes as you do while honoring others who see things differently. It's not the differences that divide a culture, it's when we forget how much more we have in common and the incredible value of each and every individual regardless of our differences.

- Print out the work sheets on the following pages. You can write out your answers and then discuss them, or just take turns sharing. Here are some sharing rules:

  1. No judgements or criticisms.
  2. Ask open ended questions that require more than a yes or no answer to get your children thinking about why they feel the way they do.
  3. Allow everyone to share equally.
  4. There are no right or wrong answers when it comes to sharing feelings. Feelings just are what they are, but even the hardest questions and topics brought up during sharing time provide insights into your amazing family members and an opportunity to build trust and communication.

Note: Family Night is a SAFE ZONE. children who learn they can share with you during fun family times are more likely to share when real-life issues come up. Guard the safety of family nights. This is an absolutely priceless tool for raising your children!

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One of the great super powers of your brain is your imagination but sometimes our imagination goes wild. The brain has the ability to fill in missing information so it can guess what to do. This can be good, or this can be bad. Mind over Matter is choosing to be moved by your mind and not by the situation.

The well-trained brain doesn't jump to conclusions that aren't true. An example of this might be when your friend doesn't meet you on the playground when they said they would. Your brain immediately tries to solve the mystery of why they aren't there so you go through possible reasons why.

- Maybe they were hit by lightning on their way.
- Maybe they secretly don't like you.
- Maybe they just forgot.

Sometimes people are naughty, but chances are they just forgot. Meanwhile, you've created an entire imaginary story that's not real. Unfortunately the feelings and emotions you experienced were real.

Understanding this is the beginning of problem-solving and conflict resolution. Our imagination can run wild if we let it. In order to control it, as well as tap into its power, there are ground rules to

help you recognize "crow thoughts."

1. **Not everything is as it seems.**
2. **Always give the benefit of the doubt.**
3. **Refuse to make a decision until you have all the facts.**
4. **Only let good thoughts land.**
5. **Be a no fly zone (Don't let any bad thoughts fly around in your head!)**

You'll discover in the next few lessons that our thoughts, good or bad, are just like seeds. They grow, so we must guard the good ones and quickly pluck out the bad ones so they can't grow into giant lies.

EXPERIMENT - DEFLECTION

Needed:

- 1 Full Glass of water
- An Arrow Drawn on a Piece of Paper

Instructions:

Place the arrow behind the glass of water. Which way is it pointing? Deflection means to change direction. Have you ever changed your mind after thinking about something? Reflective thinking is like water deflection because it can help you see things in a different way.

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Train your brain to think positively.

Challenge: Swoosh away "Crow" thoughts.

Have you ever thought about your thoughts? Your brain loves good thoughts so much it rewards you by releasing special chemicals that fill your whole body with happiness. Bad thoughts fill your body with poison toxins that make you sad and mad. This week be aware of your thoughts. If they are happy, then keep thinking them but if they are sad or bad replace them. The easiest way to think happy thoughts is to be thankful.

Think about your thoughts.

Think about a habit you want to change. When you think about something it moves from one part of your brain to another part where you can change how you think about it? If you can think about it, you can change it!

Hot diggidy dog that sounds like magic! Our brain has some powerful stuff going on in there. When we understand our brain, it will work for us, but if we don't understand it, our brain can work against us.

You want to think about your thoughts because problems that aren't addressed can get locked deep inside your brain and you won't even know they're there, but they still influence your decisions and actions. It would be like having a box full of rotting meat buried at the bottom of a packed storage unit on a hot summer day. You couldn't see it but it would stink to high heavens.

Just like rotting meet, hurt feelings and bad memories can get stuffed away in the storage units of your brain. You won't even know they are there but in time, they can start to stink. They can even give you stinky attitudes. Your brain is so complex that it is influenced by the things you remember as well as the things you don't. And that's a problem.

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THE POWER OF A SEED

Take a minute to think about the habit you want to form or change. How does it make you feel when you do, or don't do this habit? Does it make you angry? Sad? Happy?

_____

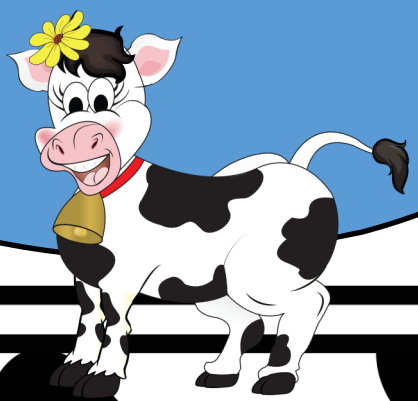
_____

(Adults and older children write their answers. Younger children can draw them.)

Take time everyday this week to think about the habit you want to change or start. REALLY think about it. This puts your MIND over the MATTER and as you do ask yourself why you do what you do and why it makes you feel the way you feel? Then think about what you can do to change the habit that day. When you ask yourself this same series of questions every day and really think about the change you want, your brain will go deeper and deeper into why you do it, and how to change it.

It takes 21 days to form a new habit and another 21 days to keep them… but there's a lot more to changing a mindset or habit than this. Get the rest of the tools in Cowpie County to help you address trauma, heal relationships, and change self-destructive thinking, while your children learn tools to prevent them. These are real family therapy tools and life-success skills to help you build happy healthy homes!

CLICK HERE for the rest of the Cowpie County Family Night Adventures or go to: www.familynightadventures.com



HABIT MAKER
Take - 5
Take-5 everyday to train your brain. Take-5 more to take action. Check off each day for 21 days to form a habit. Repeat until all your goals have been reached.
1 2 3 4 5 6 7
9 10 11 12 13
5 16 17 18 19 20
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COUNTY FAIR

THE HONOR OF YER COMPANY IS
REQUESTED FER A

FAMILY NIGHT ADVENTURE

ON _____ AT _____

WEAR YER BEST FARMER BRITCHES
AND GATHER IN THE BARNYARD
ONE HOUR BEFORE THE
FESTIVITIES BEGIN

Fill in the day and time, Sign your name and place in an envelope with family members name on the front. Then place on their pillow as a personal invitation. Print the poster on the next page to hang on doors and/or mirrors.

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COUNTY FAIR MENU

FRECKLED LEMONADE

CORNDOGS

SWEET POTATO FRIES

ELEPHANT EARS

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HOMEMADE CORNDOGS

Ingredients:

- 3/4 C. cornmeal
- 3/4 cup all purpose flour
- 1.5 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp sugar
- 1/2 tsp salt
- 3/4 cup buttermilk
- 2 eggs
- hot dogs
- skewer sticks
- vegetable oil (for frying)

Instructions:

1. Heat enough oil in pan to deep fry corndogs
2. Mix dry ingredients, set aside
3. Mix wet ingredients
4. Mix wet and dry ingredients together and pour in a tall cup
5. Secure skewer sticks in hotdogs
6. Roll hotdogs in flour
7. Dip hotdogs into cornmeal mixture
8. Fry in hot oil until crispy. Cool. Serve.

SWEET POTATO FRIES

Ingredients:

- 2 large sweet potatoes, peeled and sliced
- 3 T. olive or vegetable oil
- 1/2 t. salt
- 1/2 t. pepper
- 1/4 t. Paprika
- 1/4 t. garlic powder or salt

Instructions:

- Preheat oven to 425. Spray baking sheet with non-stick spray
- Mix seasonings
- Place sweet potatoes and oil in bowl and toss with seasoning mixture.
- Place potatoes in a single layer on baking sheet.
- Bake until tender and golden brown, occasionally turn. 18-24 minutes.

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FRECKLED LEMONADE

Ingredients:

- 1 can frozen lemonade (thawed)
- 1 pkg frozen strawberries in syrup (thawed)
- 1 fresh lemon sliced
- Ice

Instructions:

1. Prepare lemonade per instructions
2. Add thawed strawberries with syrup
3. Mix
4. Serve with ice and lemon garnish

- Optional mint garnish
- Optional fresh strawberry garnish

ELEPHANT EARS– Super Easy

Ingredients:

- Package of frozen bread dough
- Olive Oil
- Cinnamon
- Sugar
- Butter
- Optional Powdered Sugar
- Optional jam or fruit toppings
- Optional whip cream

Instructions:

- Thaw frozen bread dough
- Pinch off baseball sized chunks
- Roll out into 1/4” thick, plate-sized portions
- Fry in 1/4” oil
- Toppings of choice: butter, cinnamon-sugar mixture, jam, and/or whip cream, and powdered sugar

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CHAMPIONEERS! COWPIE COUNTY

Help create a happy, healthy school for your child!

ESE GRANT
$10,000
In training and resources, per school, per year!

Parents, you can help eradicate the root causes of critical youth issues at your child's school. Tell them about Championeers! ESE Systems and Campus Culture Development with a FREE classroom adventure!

- *Help stop bullying & peer pressure*
- *Develop emotionally safe schools*
- *Coordinated Family Nights!*
- *Leadership & life skills*

Suicide and homicide are the 2nd and 3rd leading cause of death among children as young as 10-years-old. 1 in 4 seriously contemplate suicide, 1 in 6 have a suicide plan and 2 million attempt it every year. Protect your child, insist on a peer-pressure-proof, emotionally safe campus. Just click the link below and forward to your school.

Give your child's class a FREE adventure!

$10,000 Grant per campus, per year, in resources and training for Emotional Safety Education. For more information go to: www.championeers.com

BUILD YOUR FAMILY with FUN!

A Special Family Night Delivered to You Every Month!

Easy Lessons for Busy Families!

Build Life Skills and Strong Relationships Together!

Monthly Subscription Just $10 to build your happy, healthy home!

LEARN MORE

FAMILY NIGHT ADVENTURES

for

Happy Healthy Homes

Share the LOVE!

Give this FREE Championeers Adventure to the families and teachers in your life. Click the link below and send or post!

SHARE THE LOVE