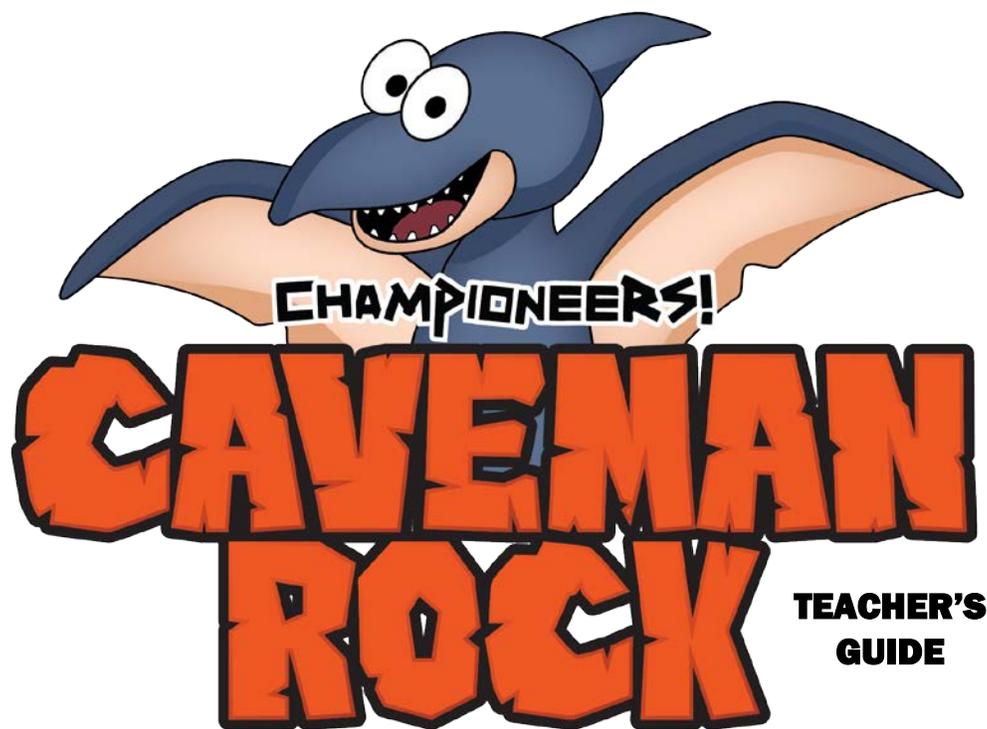


# **WELCOME TO CHAMPIONEERS!**



**Lesson #8**

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## Lesson Eight

### Lesson Eight

#### 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

Review. Learn the song, *Pterodactyl Twist*. 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. Review music. Leadership challenge is to brighten someone's day!



## Lesson Eight - Quick View

<b>1</b>	Greetings	1 min	Set the tone for your class	Modified <i>Champions! Roll Call</i> .
<b>2</b>	Review	4 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.
<b>3</b>	Sing & Swing	7 min	<i>Pterodactyl Twist</i>	Listen to song, <i>Pterodactyl Twist</i> , while keeping a steady beat. Call and response, add movements.
<b>4</b>	Video: Lesson #8	3 min	Shine Your Light	Discuss how to see things from a different perspective. Demonstrate how one light in a room chases away all the darkness. Live and/or Video.
<b>5</b>	Opt. Activity	Opt.	Shine Your Light	Demonstrate how one light in a room chases away all the darkness.
<b>6</b>	Sing & Swing	3 min	<i>Pterodactyl Twist</i>	Slow, fix any mistakes. Then faster until at tempo. Add music.
<b>7</b>	Video: Episode #8	3 min	The Truth in You	Sit in Champions! Adventure Theater Circle.
<b>8</b>	Review	4 min	As time allows	Go through all the songs you've learned. Review lesson.
<b>9</b>	Leadership Challenge	1 min	Shine Your Light	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.

# Lesson Details

## 1. Greetings

Student Leaders

## 2. Review

### DANCE CLICK-CLASS

## 3. Sing & Swing

### Pterodactyl Twist

This song is danced at the school dance held in Al-x's honor. Let's listen to see what some of the Caveman's favorite dances are! Pterodactyl twist, Ceratop hop, Pterosaur flap.

- Teach the movements for each of the favorite dances (twist, hop flap).
- Once students can perform all movements, have them sit down and learn the lyrics.
- Next, add lyrics and movements together with the music.
- Learn lyrics by call and response.
- Students sing with the music.
- Next, teach movements to the chorus.
- Add the music.
- Now teach movements for the verse.

- Combine all words and movements with the music.

### LESSON CLICK-CLASS

## 4. Object Lesson Intro Self-Reflection

We have a unique ability to either brighten or dampen someone's day just by our attitudes. Have you ever been around a happy person? They have a way of making your day just a little happier. Have you ever been around someone with a bad attitude? It's hard to be happy when you're with someone who's grumpy or mad.

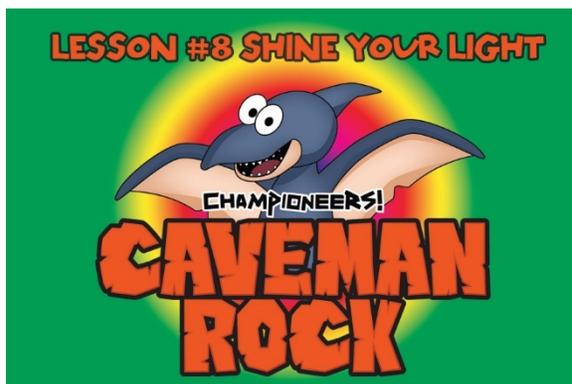
Think of your attitude as being like a candle that burns inside of you. The candle is fueled by your attitudes, which are fueled by your self-esteem. If you don't know your intrinsic worth, then your self-esteem can be affected by anything and everything that goes on around you. Sometimes we get smelly attitudes that dampen our flame, and instead of brightening the world around us, our attitudes hurt those around us.



Attitudes can reflect peer pressure because sometimes we don't even know why we're acting the way we do; we're just acting like everyone else.

To stop peer pressure and associated attitudes, ask yourself why you are feeling a certain way. Stop and think about how your attitude is affecting others. Are you shining your light or are you putting out the flame in others? 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.

### Video: Object Lesson #8 Shine Your Light



## 5. Optional Activity Shine Your Light

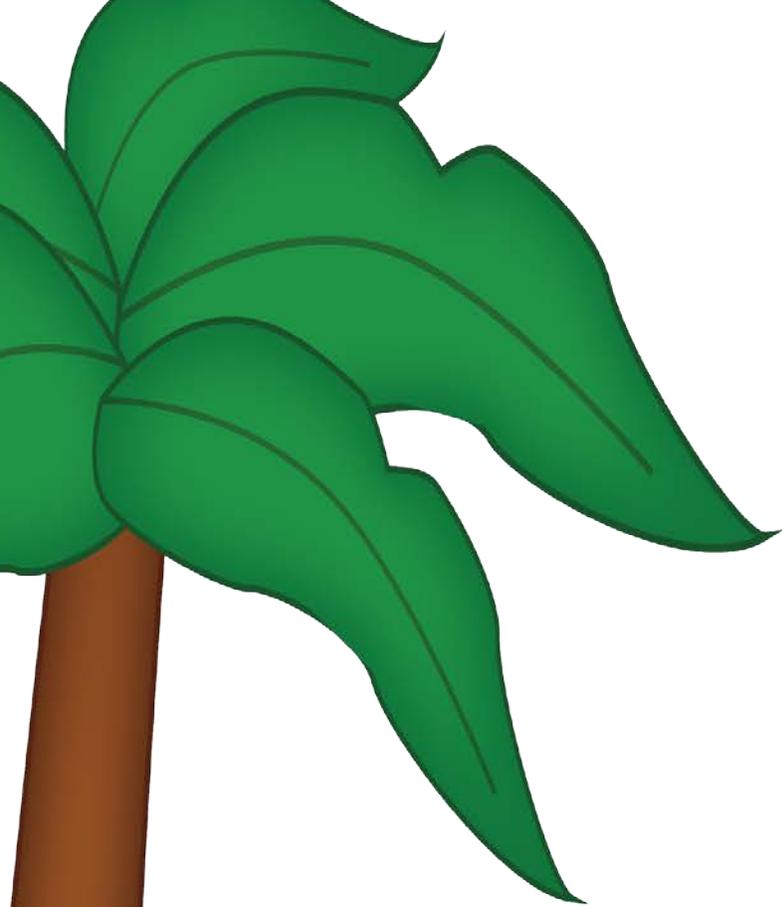
Have candle app on phone, or use a flashlight. Turn off all the lights and close the blinds. Show how one light can chase away the darkness. Now bring out a mirror, and reflect the light in the mirror. Look at how much light the candle can reflect when there's a mirror. The light is truth that Al-x knows in his heart. He knows what happened at the fishing derby, and he knows his dad is still proud of him no matter what. When he starts to remember truth, it grows in his heart, and takes away his arrogance and pride.

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!



## 6. Sing & Swing Pterodactyl Twist

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



## ADVENTURE THEATER

### 7. Video: 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.

### 8. Review

- Review all songs
- Review Self-Reflection
- Make a big deal about the next part of the story!

## LEADERSHIP CHALLENGE

### 9. 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.