

# **WELCOME TO CHAMPIONEERS!**



## **LESSON #7**

**Grades K-1**

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CHAMPIONEERS!  
**CAVEMAN ROCK**

## Lesson Seven

Grades K-1

### All Puffed Up

- Key: Let Go of Your Ego
- Concept: Confidence vs. Pride

### Class Agenda:

1. Greetings
2. Review
3. Sing & Swing: Al-x
4. Video: Lesson #7 Confidence vs Pride
5. Activity: Self-Inflating Balloon
6. Sing & Swing: Al-x
7. Video: Episode 7 Confidence vs Pride
8. Review
9. Leadership Challenge:  
Let Go of Your Ego

### Materials

- Balloon
- Small glass beverage bottle
- Small funnel
- 2 tbsp. baking soda
- 4 oz. vinegar

### Objectives

- Video: All Puffed Up
- Song: Al-x
- Lesson: Confidence vs. Pride
- Game: Self-Inflating Balloon
- Challenge: Let Go of Your Ego

### In a Nutshell

Greetings and review. Discuss the difference between confidence and pride. Demonstrate self-inflating balloon. Share how Al-x's popularity has led to a big head and how his reflection in the mirror is the first to call him out on it.



# Lesson Seven - Quick View

|          | ACTIVITY                      | TIME  | OBJECTIVE                                                         | ACTION                                                                                                                                                                          |
|----------|-------------------------------|-------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> | Greetings                     | 2 min | Students share Adventure Theater episode #7.                      | <i>Champions! Roll Call.</i>                                                                                                                                                    |
| <b>2</b> | Video: Leadership Workshop #7 | 3 min | Self-Inflating Balloon                                            | Demonstrate how a balloon can be inflated all by itself.                                                                                                                        |
| <b>3</b> | Leadership Workbook           | 5 min | Pages 32-35 Grades K-1<br>Pages 30-33 Grades 2-6<br>All Puffed Up | Discuss the difference between self-confidence and pride. Show Self-Inflating Balloon demo video and/or do activity.                                                            |
| <b>4</b> | Champ Chat                    | 3 min | Confidence vs. Pride                                              | What is the difference between being proud and being prideful? Give an example of when you have acted prideful. What is confidence? What do you feel confident in? mean to you? |
| <b>5</b> | Leadership Challenge          | 1 min | Let Go of your Ego!                                               | Practice humility with an Ego Test. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others.                                   |

## Adventure Theater Recap:

### Episode #7: All Puffed Up

Al-x returns home after the school dance held in his honor. His parents remind him that he hasn't gotten his chores done in over a week. Al-x brushes it off and says he's too cool for chores. He's sent to his room for being disrespectful. Al-x's dad tells him he's been acting like he's better than everyone else, and that it's hurting people's feelings, including

theirs. Al-x is grounded until he can treat people with kindness again. He tells Al-x he's proud of him for catching the fish, but he was just as proud of him before.

Al-x looks into the mirror, and complains that no one understands how cool he is, and he wishes he didn't have to do dumb chores. Just then, a voice in the mirror talks to Al-x!

# 1. Greetings & Review

*Champions! Roll Call* and student story recap.

## LESSON

## 2. Video: Leadership Workshop Self-Inflating Balloon

1. Using funnel, pour baking soda into balloon.
2. Fill bottom of bottle with vinegar.
3. Place balloon over the top of the mouth of the bottle.
4. Shake baking soda from the balloon into the bottle.
5. Watch the chemical reaction inflate the balloon! The active organisms in it create a gas called carbon dioxide. As the gas fills the bottle the balloon will self-inflate.

## WORKBOOK

## 3. Leadership Workbook:

Pages 32-35 Grades K-1

Pages 30-33 Grades 2-6

All Puffed Up - Let go of your ego!

Leaders are confident in themselves and their abilities, but they are not prideful. It's good to be proud of yourself, but it's not so good if you become prideful. Have you ever been

around someone who thought they were better than everyone else? That's being prideful. Leaders know who they are and are confident, even when they are not good at something, because they know their identity is not based in their abilities. We have to learn that thinking too highly of yourself will actually cost you friends, not gain them.

## CHAMP CHAT

## 4. Champ Chat:

- What is the difference between being proud and being prideful?
- Give an example of when you have acted prideful.
- What is confidence?
- What do you feel confident in?

## CHALLENGE

## 5. Leadership Challenge: Be the Spark!

Practice humility with an Ego Test. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others.

