

TABLE OF CONTENTS

<i>Introduction</i>	<i>Page</i>
ACADEMICS (Test-Taking, Study Skills, Homework)	9
Scenario #1: World's Hardest Math Problem?	10
Follow-up Activity: Climbing Mount Everest.	11
Scenario #2: Quality Work	12
Follow-up Activity: The Quality Work Checklist.	13
Scenario #3: Tuesday is Test Day.	14
Follow-up Activity: Test Tomorrow: Are You Prepared?	15
Scenario #4: A Positive Approach to Test-Taking.	16
Follow-up Activity: A Fun Test	17
Scenario #5: Pizza, Books, & Comprehension	18
Follow-up Activity: Evaluating My Reading Program	19
Scenario #6: Test on Friday; What's Your Plan?	20
Follow-up Activity: The Handy Test-Taking Checklist	21
Scenario #7: Homework! What Homework!	22
Follow-up Activity: Homework: The Good, The Bad, The Ugly	23
Scenario #8 Stealing Minutes	24
Follow-up Activity: Be a Minute Thief.	25
ANGER & AGGRESSION.	27
Scenario #1: The Tethered Dog	28
Follow-up Activity: Good Anger	29
Scenario #2: Passing on the Pain	30
Follow-up Activity: My Anger Thermometer	31
Scenario #3: Tyrone is Going to Hit Back!	32
Follow-up Activity: Exploring Personal Triggers	33
Scenario #4: Standing is Confrontation	34
Follow-up Activity: The 6 C's of Conflict Resolution.	35
Scenario #5 More Stress: More Anger	36
Follow-up Activity: Student Stress Self-Audit.	37

© YouthLight, Inc.

Scenario #6: The Bucket	38
Follow-up Activity: Think Before You Say Anything	39
Scenario #7: Running the Anger Away	40
Follow-up Activity: Positive Venting	41
Scenario #8: The Hole in the Wall	42
Follow-up Activity: After the Storm	43

BULLYING & TEASING 45

Scenario #1: You Can't Change Others	46
Follow-up Activity: The Power of Observation	47
Scenario #2: Travel Plans	48
Follow-up Activity: Bully Mapping	49
Scenario #3: Safe at Home?	50
Follow-up Activity: Helping Lorena	51
Scenario #4: Walk that Walk	52
Follow-up Activity: What are Bullies Looking For?	53
Scenario #5: Danny's Dilemma	54
Follow-up Activity: Ten Tips for Dealing with Bullies	55
Scenario #6: Thinking Outside the Box	56
Follow-up Activity: Marla's Bully Box	57
Scenario #7: They Laughed and Called him Names	58
Follow-up Activity: Surviving the Hurtful Words	59
Scenario #8: Taking the Wind out of his Sails	60
Follow-up Activity: Positive Self-Talk	61

CAREERS 63

Scenario #1: One Degree	64
Follow-up Activity: First Names, Occupations, Degrees	65
Scenario #2: The Interview	66
Follow-up Activity: Soft Skills are hard to Learn	67
Scenario #3: From a Hobby to a Career	68
Follow-up Activity: Hobbies, Interests, Careers	69
Scenario #4: Is it too early to be Discussing Careers?	70
Follow-up Activity: Fasting Growing Occupations	71

Scenario #5: The Cotton Pickers	72
Follow-up Activity: Difficult & Dangerous	73
Scenario #6: The Two Salesmen	74
Follow-up Activity: Creative Career Risk-Takers	75
Scenario #7: The Scorekeeper	76
Follow-up Activity: Interviewing Do's & Don'ts	77
Scenario #8: The Difficult Co-Worker	78
Follow-up Activity: Irritating Colleagues	79

FRIENDSHIP ISSUES. 81

Scenario #1: Gossip Gone Bad	82
Follow-up Activity: Hurtful Words	83
Scenario #2: Poor me, I have no Friends	84
Follow-up Activity: How to Make People Like You	85
Scenario #3: Good Friends are Good Listeners	86
Follow-up Activity: Mastering Good Listening Skills	87
Scenario #4: Too Much Telephone	88
Follow-up Activity: Telephone: How Big of a Slice?	89
Scenario #5: She's Likeable	90
Follow-up Activity: The Likeability Scale	91
Scenario #6: The List	92
Follow-up Activity: Party Poopers	93
Scenario #7: Like a Pebble in your Shoe	94
Follow-up Activity: I Can't Stand That!	95
Scenario #8: Her Kindness Paid Off	96
Follow-up Activity: Rudeness: Agree or Disagree	97

GOT GRIT? (hard work, determination, perseverance, self-motivation) . . 99

Scenario #1: Framing the Mind for Success	100
Follow-up Activity: The Power of Optimism	101
Scenario #2: Callie's Comfort Zone	102
Follow-up Activity: Zipping Out of Your Zone	103
Scenario #3: Zoe's True Grit	104
Follow-up Activity: Gritty Gals	105

Scenario #4: Molly's Message 106
 Follow-up Activity: You Don't get What you Wish For. 107

Scenario #5: Birds, Bells, & Bibs 108
 Follow-up Activity: This Test Requires Grit. 109

Scenario #6: The Gritty Gridiron Guy 110
 Follow-up Activity: The Excuse Detective 111

Scenario #7: Did 'Grit' Get Her In? 112
 Follow-up: What Next? 113

Scenario #8: I'm on a Streak. 114
 Follow-up Activity: The Iron Man. 115

INTEGRITY 117

Scenario #1: The Trail of Toilet Paper 118
 Follow-up Activity: The Right Thing to Do 119

Scenario #2: Fire! Fire! 120
 Follow-up Activity: Is it Ever Okay to Lie? 121

Scenario #3: The Missing Calculator 122
 Follow-up Activity: From Bitter to Better 123

Scenario #4: A Tobacco Tale 124
 Follow-up Activity: Mixed Messages 125

Scenario #5: Creative Kindness 126
 Follow-up Activity: Forming a Foundation 127

Scenario #6: Proud Parents of a World-Changer 128
 Follow-up Activity: Tikkun: World Repair 129

Scenario #7: Turtles in the Road 130
 Follow-up Activity: Animal Guardian Angel Contract. 131

Scenario #8: A Pig or a Bicycle? 132
 Follow-up Activity: Animal Vocabulary. 133

RULES & RESPONSIBILITIES 135

Scenario #1: It's Not Mine! 136
 Follow-up Activity: That's Not Fair! 137

Scenario #2: I Didn't Know That 138
 Follow-up Activity: We are not Chameleons. 139

© YouthLight, Inc.

Scenario #3: Observing Misconduct.....	140
Follow-up Activity: Avoiding Misconduct	141
Scenario #4: Responsible Students=Happy Students?	142
Follow-up Activity: More Years: More Responsibilities	143
Scenario #5: An 'Exception' to the Rule.....	144
Follow-up Activity: Bending the Rules.....	145
Scenario #6: Giving Jolene Wings	146
Follow-up Activity: Helping or Hurting?.....	147
Scenario #7: Objects in the Rear View Mirror.....	148
Follow-up Activity: Saving the World: It's not too Late.....	149
Scenario #8: Rules;What Rules?	150
Follow-up Activity: Do You Know?.....	151

SCHOOL ATTITUDE 153

Scenario #1: Good Night & Sleep Tight.....	154
Follow-up Activity: Instead of Counting Sheep.....	155
Scenario #2: Extra Effort	156
Follow-up Activity: The 90-Minute Magic Formula.....	157
Scenario #3: The Angry Algebra Student.....	158
Follow-up Activity: Is it Helping or Hurting You?.....	159
Scenario #4: Wildcats #1?	160
Follow-up Activity: Extra-Curricular=Extra Work	161
Scenario #5: Your State of Mind	162
Follow-up Activity: States in your Mind	163
Scenario #6: Bones to Pick.....	164
Follow-up Activity: A Bag of Bones	165
Scenario #7: I Don't Think that's Fair!.....	166
Follow-up Activity: Life's not Fair!.....	167
Scenario #8: Yes, even Edison needed Assistance.....	168
Follow-up Activity: Selective Assistance	169

ANSWERS. 171

ABOUT THE AUTHOR. 173

WALK THAT WALK

Mr. Johnson, fourth grade teacher, always tells his students to, "Walk like you like yourself." He stresses the importance of walking tall, head up, and having an air of confidence. He believes that students who carry themselves in a positive manner are less likely to be victims of bully.

One day he invited Captain Harrison from the local police department to talk to his students. Captain Harrison told the students about a remarkable study done on men and women who were imprisoned for the crime of mugging. The researchers asked hundreds of muggers how they selected their victims. The muggers would hide in bushes, behind cars, or in alleys and watch people walk by, trying to decide who to attack and rob.

The muggers noted that they didn't select victims based on gender, size (tall or short) or how they dressed. They selected victims by the way they walked. They seldom jumped men and women who walked tall, with heads up, and at a steady pace. People who walked fast or who walked at a slow pace with heads down and postures 'slumped' were selected the most.

S1

LET'S TALK ABOUT IT.....

1. Why do you think Mr. Johnson invited Captain Harrison to speak to the class?
2. Do you think bullies select victims by the way they walk?
3. Have you ever noticed that many small students rarely get picked on while some of the bigger students get teased a lot? Why?
4. Why do you think the muggers attacked fast walkers?
5. Why do you think muggers jumped people who walked slowly, with heads down?
6. Do you think Captain Harrison's visit will make students be more aware of how they carry themselves (walk) in school? Why?

HOBBIES, INTERESTS, CAREERS

Objective: To have students realize how their current interests/hobbies can turn into careers later in life.

Directions: Look at all the hobbies/interests listed in the first column. Then think of a career that could blossom from them. Write the job, occupation or career in the other column.

Example:

Hobby/interest: *math*

Career: *an accountant*



Hobby/interest

Career

- Writing poems _____
- Working with animals _____
- Taking photos _____
- Interviewing people _____
- Playing video games _____
- Helping people solve conflicts _____
- Reading and studying the Bible _____
- Running _____
- Collecting stamps _____
- Collecting arrowheads _____
- Studying insects _____
- Playing hockey _____
- Writing stories _____
- Building bird houses _____