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# TRICK #5

## Grade Levels

PK-12

## Performance Difficulty Level



## Topics Covered

- ☆ Self-Confidence &/or Self-Worth
- ☆ Social Skills, Friendship and/or Cultural Diversity

## Materials Needed

- ☆ One "Stretch" trick
- ☆ Rubber cement
- ☆ Cornstarch
- ☆ Scissors



# Stretch, The Long-Neck Rabbit

## THE TRICK

Stretch is a rabbit who is dissatisfied with his very long neck (see Figure 5a). As you tell his story, you fold his head back and, using scissors, you cut off a section of his neck (see Figure 5b). Amazingly, when you allow him to unfold, Stretch appears attached, but with a slightly shorter neck (see Figure 5c). Each time you finish a cut, you open him back up and his head will still be attached to his body. With each cut, however, Stretch's neck is becoming a little shorter. If you cut across his neck diagonally a few times, his neck will appear very crooked which causes lots of laughter in kids (see Figures 5d-5g). After a final cut Stretch will have a normal-looking neck, just like the other rabbits (see Figures 5h-5i). But later, Stretch finds he is dissatisfied once again for a very important reason. Kids hear that Stretch eventually stretched his neck back out as he learned a very important lesson about himself and others.

## THE SECRET

Stretch can be photocopied from the master in the kit. You will need to cut out a copy of Stretch and follow instructions that include the use of some rubber cement and a pinch of cornstarch, talcum powder or flour. If you follow the accompanying instructions, Stretch will have a thick coat of dried rubber cement behind his neck. The pinch of powder on this layer of rubber cement will keep Stretch's neck from sticking as you fold it back on itself.

Each time you fold Stretch's neck and make a cut across it, the scissors will squeeze together the tips of the cut paper so that the rubber cement sticks them together.

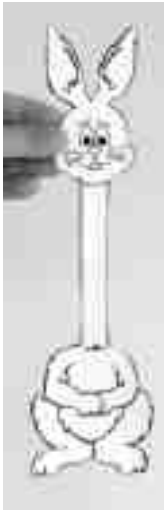


Figure 5A



Figure 5B



Figure 5C



Figure 5D



Figure 5E

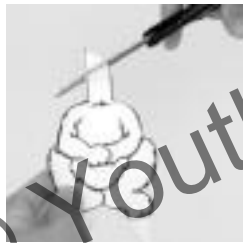


Figure 5F



Figure 5G



Figure 5H



Figure 5I

## THE STORY

### Self-Confidence &/or Self-Worth; Social Skills, Friendship, &/or Cultural Diversity

This Trick is sold with the complete story of Stretch which is not provided in this book. However, here is a summary to supplement the description on the previous page in "The Trick": Stretch is dissatisfied that his neck is so different from other rabbit's necks. It is extremely long. So, he decides to get a "harecut" (smile). So, Stretch goes to the neck barber and asks him to take a little off the middle. Each time you fold and cut Stretch's neck with the scissors, it will remain connected. Eventually, Stretch obtains the neck of his dreams. But, after two weeks, Stretch is dissatisfied once again. He no longer feels unique.

This story is an important one for kids. It emphasizes the importance of accepting our physical differences and understanding that these differences may be some of our greatest personal strengths.

## VARIATION

Once you have mastered Stretch, you can use other images to create the same effect. For example, you can use a cartoon drawing of yourself with a very long neck.

# TRICK #20

**Grade Levels**  
PK-12

**Performance Difficulty Level**



**Topics Covered**

- ☆ Feelings & Emotions
- ☆ Personal Character

**Materials Needed**

- ☆ Magic Coloring Book of Feelings book



Figure 20a

Figure 20b



Figure 20c



# Magic Coloring Book of Feelings

## THE TRICK

First, you show a coloring book showing line drawings of children with various feelings. As you flip through the pages, kids will see these uncolored line drawings on each page. As you flip through the pages a second time, the same drawings will appear full of beautiful colors. The third time you flip through the book, all the pages will be completely blank. Finally, the fourth time you flip through the pages the original uncolored line-drawings will reappear.

## THE SECRET

The pages in this book have each been cut and hand assembled so that the right edges are shaped slightly different from one another. When you flip through the pages toward the top, your thumb will only catch the uncolored pages (see Figure 20a). Then, when you flip through the pages toward the middle, your thumb will only catch the brightly colored pages (see Figure 20b). Likewise, when you flip through the pages toward the bottom, your thumb will catch only the blank pages (see Figure 20c).

## THE STORY

**Feelings & Emotions**  
**Personal Character**

**Adult:** We all have lots of feelings. Sometimes we feel pleasant or happy. Other times we feel unpleasant or unhappy. This special coloring book will help us to learn more about our feelings.

*Hold up the book and flip through the book front-to-back with your thumb near the top of the outside edge of the book to reveal only the uncolored drawings. While showing each page ask the children to identify words that may describe how they are feeling and what they believe to be the story in each scene.*

**Adult:** Notice that these pictures are missing something.

*Wait for the children to respond and then say that the pictures do not show colors and seem empty.*

**Adult:** Colors remind me of feelings. Colors and feelings kind of go together. If feelings were colors, what feeling would yellow be? (Any answer is okay.) How about red? Green? Blue?

Look at the colors on your clothes. Pretend that these are feeling-colors and place them in your hand. Now, on the count of three, everyone pretend to throw your feeling colors at this book.

*As the children throw the colors, make the book jerk back slightly as if it were hit by something invisible. Next, slowly flip through the pages with your thumb near the center of the book's side to reveal the same drawings, but filled with vibrant colors.*

**Adult:** Wow! Look at how much more beautiful the pages are with feelings. You see, feelings color our lives.

Now, I would like you to take your feelings back. Pretend you each have a powerful vacuum cleaner. Point your vacuum hose toward this book. On the count of three, turn

on your vacuums and try to suck your feelings back. One... Two... Three!

*Slowly flip through the pages with your thumb near the bottom corner of the book's side and all the pages will appear to be completely blank.*

**Adult:** Oh no! Your vacuums were so powerful, you completely cleaned out my book. Please open your vacuum bags, take out the lines and throw them back into this book.

*Again, as the children pretend to throw the lines back, jerk the book back slightly. Then, slowly flip through the book with your thumb back near the top corner of the book's side.*

**Adult:** Thank you for sharing your feeling-colors. This special coloring book reminds us that when we share our feelings, it is like magic. Two wonderful things happen when we share our feelings. The first is that we feel better inside and the second is that people understand us better. Remember that our feelings color our lives.

## VARIATION

Help the children to explore more feeling words. By helping them to increase their feeling word vocabularies, you will assist them in learning how to use the power of words as tools to express themselves more effectively and appropriately.