



Table of Contents

Section 1: Introduction	6
Section 2: Activities for LIVING (<i>Personal and Social Development</i>)	7
Feelings	9
Activity 1: A Rainbow of Feelings	10
Activity 2: Crayon Magic	13
Activity 3: The Printout for Feeling Management	17
Activity 4: Calm the Volcano	19
Activity 5: Things Are Looking Up!	21
Activity 6: Scary Tales	24
Self-Concept	27
Activity 7: I'm Worth a Million Bucks	28
Activity 8: The Treasure Within Us!	30
Activity 9: Managing Mistakes	33
Activity 10: Perfect Isn't Perfect	35
Activity 11: Flip to the Bright Side	38
Friendship	41
Activity 12: Recipe for Friendship	42
Activity 13: Runway Model	44
Activity 14: What Do I Say?	46
Activity 15: Beyond the Outside	49
Activity 16: Roadblocks to Friendship	50
Activity 17: Kind Acts of Caring	52
Activity 18: When to Say No	53
Problem Solving	59
Activity 19: Problem Solving Pond - Poster and Overview	61
Activity 20: The Stepping Stones	64
Activity 21: Anger Management Island	67
Activity 22: Share	70
Activity 23: Take Turns	72
Activity 24: Heart Talk	74
Activity 25: Apologize	77
Activity 26: Give and Take	80
Activity 27: Humor	82
Activity 28: Ignore	84

Activity 29: Stay Away.....	86
Activity 30: Get Help	88
Healthy Choices	91
Activity 31: Recess Stations - Passport to Healthy Choices.....	92
Activity 32: Commercial - Healthy Choices...Priceless	97
Activity 33: Skit - Just Say NO!	98
Activity 34: Posters – Don’t Do Drugs.....	99
Character: Making the Home Connections with TABLE TALK	105
Introduction for Character Table Talk	106
Activity 35: Respect	107
Activity 36: Responsible.....	108
Activity 37: Thankful.....	109
Activity 38: Caring.....	110
Activity 39: Self-Disciplined.....	111
Activity 40: Cooperative	112
Activity 41: Honest	113
Activity 42: Good Citizen.....	114
Activity 43: Courage.....	115
Bully Prevention	117
Activity 44: Bully Free Island - Poster and Overview	119
Activity 45: Bully Behavior - Who Me?.....	122
Activity 46: Bully Behavior – Don’t Be a Wrinkle in Someone’s Heart	126
Activity 47: Bully Behavior – Don’t Be a Banana Bruiser.....	128
Activity 48: Bully Behavior – Let Empathy Guide Your Behavior	129
Activity 49: Bully Behavior – Apology from the Heart.....	132
Activity 50: Target - Target not Victim.....	135
Activity 51: Target - The Shield	139
Activity 52: Bystander - The Helping Hand	142
Activity 53: Bystander - What Can I Say to the Bully?	145
Activity 54: Bystander - What Can I Say to the Target?	147
Section 3: Activities for LEARNING (Academic Development)	149
Focusing	151
Activity 55: Tuned-In, What Does It Look Like?	152
Activity 56: Train Your Brain.....	155
Activity 57: Where’s the Self-Control Button?	158
Activity 58: Action Outcomes – Use Your Crystal Ball.....	160
Organization	163
Activity 59: What’s Your System?	164
Activity 60: The List Maker.....	166
Activity 61: Over the Long Haul	168
Study Tips	171
Activity 62: Brain Storage and Retrieval	172
Activity 63: Which Way Do I Learn?.....	175
Activity 64: The RIGHT Way to Ask a Question.....	177
Activity 65: I Can Do This On My Own.....	179
Activity 66: And ‘Yes’, Success Takes Hard Work.....	181

Homework	183
Activity 67: Top Secret: Homework and Your Future.....	184
Activity 68: Help! I'm Going Under.....	187
Activity 69: It's Greek to Me!	189
Activity 70: Homework Incentives	191
Activity 71: Caution: Roadblocks to Homework Success.....	195
Test Taking Tips	197
Activity 72: Tune-in to Key Words.....	198
Activity 73: De-Stress for the Test.....	200
Positive Attitude	203
Activity 74: Overcoming Obstacles	204
Activity 75: And Why Do I Have To Learn This?	206
Activity 76: I Think I Can...I Know I Can!	208
Activity 77: Taking Pride in a Job Well Done.....	210
Section 4: Activities for THE WORLD OF WORK (Career Development)..	213
Career Awareness.....	215
Activity 78: Connecting Your Interest to Future Careers.....	216
Activity 79: Jobs of Family and Friends	218
Activity 80: Careers All Around Us	220
Activity 81: You Can Be A Volunteer... Service Learning Continues	223
Activity 82: Making a Habit of Good Habits.....	226
Activity 83: Character Counts in Careers.....	229
Career Village.....	231
Activity 84: Career Village - Poster and Overview	233
<i>(Exploring the 16 Career Clusters developed by the U.S. Department of Education)</i>	
Activity 85: I'm Running for President! <i>(Government and Public Administration)</i>	237
Activity 86: Money, Money, Money <i>(Finance)</i>	241
Activity 87: What's Up Doc? <i>(Health Services)</i>	245
Activity 88: Be our Guest... <i>(Hospitality and Tourism)</i>	249
Activity 89: Lend a Helping Hand <i>(Human Services)</i>	253
Activity 90: Get Connected with the Tech Squad <i>(Information Technology)</i>	257
Activity 91: It's the Law <i>(Law, Public Safety, and Security)</i>	261
Activity 92: Factories at Work <i>(Manufacturing)</i>	265
Activity 93: Have I Got a Deal for You! <i>(Marketing, Sales, and Services)</i>	269
Activity 94: Scientist at Work! <i>(Science, Technology, Engineering, and Mathematics)</i>	273
Activity 95: On the Move! All Aboard! <i>(Transportation, Distribution, and Logistics)</i>	277
Activity 96: Teaching is What I Love! <i>(Education and Training)</i>	281
Activity 97: The Business World <i>(Business, Management, and Administration)</i>	285
Activity 98: On Stage! <i>(Arts, A/V Technology and Communications)</i>	289
Activity 99: Designing, Building, and Fixing <i>(Architecture and Construction)</i>	293
Activity 100: Down on the Farm <i>(Agriculture, Food and Natural Resources)</i>	297
Section 5: At the End.....	301
Activity 101: Bag Pop Summary	302
References	304



Calm the Volcano

Overview: This activity provides an awareness of the damage that our 'out of control anger' can do and reviews the ways to calm our anger.

Materials

- ✓ Picture or video clip of an erupting volcano
- ✓ Board or chart paper/markers
- ✓ Copy of *Calm the Volcano* and *Calm the Volcano – Calm the Body* worksheets

Procedures

1. Ask: **Have you ever seen a picture of a volcano?** Prompt a discussion of volcanoes with pictures or video clips. Explain that inactive volcanoes do no damage to people and property but that erupting volcanoes with flowing hot lava, fire, and ash can hurt people and property in the area.
2. Share: **In a way, we can think of ourselves like a volcano. We may get hot or angry inside. It's normal to feel angry at times but as long as we manage our anger we can be like the inactive volcano handling the steam and pressure. However, if we choose not to handle our angry feelings we explode like an erupting volcano and our 'out of control anger' can hurt people and property.**
3. Ask: **What kind of damage can our 'out of control anger' do?**
4. Establish the following 3 guidelines in managing our anger well.

When I am angry:

1. **I may NOT hurt MYSELF.**
2. **I may NOT hurt PROPERTY.**
3. **I may NOT hurt OTHERS.**

5. Discuss and make a list of appropriate ways to help calm down our anger – to let off the steam. Review each suggestion on your list and make sure the suggestion meets the three guidelines about anger.
6. Complete the *Calm the Volcano* worksheet.

Calm the Volcano

WORK SHEET

Directions: Circle the suggestions that would help calm down our angry volcano or let off steam – remember, it needs to meet the 3 guidelines about anger. Strike through the ways that would make our anger worse.

"That's not fair!"

I can walk away.

I can sit down and take some deep breaths.

"I can handle this!"

"I never get to do anything."

I'll just turn around and walk away.

"He did that on purpose, I'll get him back."

I don't like the consequences of my anger out of control.

I can count to 10 and tell myself to calm down.

"Nobody likes me. I'm no good."

I can listen to music and get in a better mood.

Since I didn't win I'll call her a cheater.

I'm so mad, I'll kick the wall.

When I am angry:

1. I may NOT hurt MYSELF.
2. I may NOT hurt PROPERTY.
3. I may NOT hurt OTHERS.

I'll just break the toy if they won't let me play.

I can talk to an adult or friend I trust.



Down on the Farm

Agriculture, Food, and Natural Resources

Overview of the Cluster: This activity focuses on the career cluster of Agriculture, Food and Natural Resources which includes jobs that ensure that we are responsibly managing our food production and our natural resource consumption. Jobs in this cluster include areas of agribusiness; animal systems; environmental service systems; food products and processing systems; natural resource systems; plant systems; and power, structural, and technical systems.

Materials

- ✓ Copy of the Career Village poster
- ✓ Copy of the *Down on the Farm* Activity and Worksheet

Procedures

1. Ask: **What is a detective? How do detectives go about doing their job?** Include that detectives gather information and get the facts by asking questions, listening, observing, and investigating.
2. Invite the students to be a detective and to investigate the career cluster of Agriculture, Food and Natural Resources. (For added effect you may use different props of a detective such as a hat, coat, and magnifying glass). Ask the following questions:
 - ★ **What are some jobs in the career cluster of Agriculture, Food and Natural Resources?** Sample jobs in this cluster include farmer, irrigation specialist, horticulturist, beekeeper, gardener, miner, lumberjack, oil rigger, dairy farmer, geologist, USDA inspector, fish and game warden, wildlife manager, zoologist, marine biologist, park ranger, plant nursery, botanist, tree surgeon, ranchers, landscapers, agronomist, hydrologist, archeologist, and forest geneticists.
 - ★ **Where would you find a job from this career cluster in our CAREER VILLAGE?** In our Career Village, jobs from this career cluster may be found on the FARM, PARK RANGER station, and on the GAME WARDEN boat.
 - ★ **Choose a job in the CAREER VILLAGE from this career cluster and answer the following:**
 - What would be the job responsibilities?
 - What skills would you need to do the job?
 - What academic subjects would help you prepare for this type of job?
 - What other jobs in the community would this person be working with?
 - How many people would have this type of job in a community – one, a few, many?
 - What jobs from this career cluster, not shown in our Career Village, could be found in a community? You may choose to add it to your career village.

Down on the Farm

Agriculture, Food, and Natural Resources



Directions: For the following list of jobs, circle the jobs that deal with or protect our **NATURAL RESOURCES** and underline the jobs that deal with **AGRICULTURE**. Use a dictionary, if needed.

fish and game
warden

USDA inspector

hydrologist

lumberjack

oil rigger

irrigation
specialist

cattle rancher

wildlife
manager

marine biologist

geologist

horticulturalist

farmer

miner

NATURAL RESOURCES
are resources
that are supplied
by nature.

AGRICULTURE
deals with
preparing the
land to produce
crops and for
raising livestock.

