ABC CHAMPION YEAR TOOL KIT

❖ **The Invisible Boy**
  o Students will *invite, include, and make everyone feel welcome.*
  o Behave in an empathetic manner.
  o Use *friendship boosters* with everyone.
  o Learn to maintain cordial relationships with each other.
  o *Fill people’s buckets* with kind thoughts and deeds.
  o Practice inclusive behaviors to create a caring school climate where *every voice is heard.*
  o Identify strategies for being an *UPstander* in the digital world.

❖ **Giraffes Can’t Dance**
  o *Dance to your own song!*
  o *Don’t focus on the dot. Focus on the page.* Be an optimist.
  o Expect good things to happen.
  o Use *positive self-talk.* Look on the bright side.
  o Find a supportive peer or adult to listen and coach you.
  o Learn a new skill and practice, practice, practice!
  o *Tap into your positive power!*

❖ **BIG**
  o *Be the biggest BIG that you can be.*
  o Small Steps Lead to *BIG* outcomes.
  o Perform *intentional acts of caring.*
  o Being *BIG* feels good in your heart.
  o Use personal power to create change in the world.
  o Understand that everyone can be *BIG* in their own way.

❖ **When Sophie Gets Angry-Really, Really Angry**
  o Be the *director of your orchestra of emotions.*
  o Be in charge of your feelings.
  o *Stop and Think* before you act.
  o Use the 8 steps to calming down.
  o Recognize the signs of your anger.
  o Stop and take a deep breath. Count to ten slowly.
  o Think and choose the best way to act.
  o Remove yourself from the situation.
  o Do something physical.
  o Talk about your feelings with a friend or caring adult.
Through My Eyes
- Know how to walk in someone else’s shoes.
- Identify the members in your web of support.
- Stand Up for your beliefs.
- Perform intentional acts of caring daily.
- Use body language to stand tall, walk proud, smile big and sing loud.

How do I Stand in Your Shoes?
- Students will notice, name, and understand the feelings of others.
- We need to accept and celebrate each other’s uniqueness.
- Students will learn how to express and receive empathy.

The Dot
- Use a growth mindset to stand tall and bloom.
- Change mud thoughts into clear thoughts.
- Empower students to provide support to their peers, family, and community.
- Help students discover and explore their sparks.

Thank You Mr. Falker
- Tap into your personal power and bloom.
- Say and do something!
- Tell and make a report.
- Everyone belongs at our school!