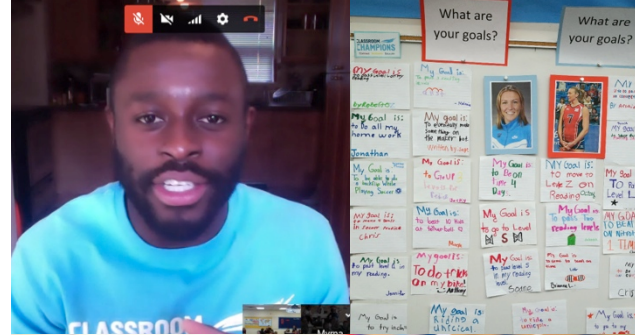


CLASSROOM CHAMPIONS™



FOUNDATION FOR
ADVANCING ALCOHOL
RESPONSIBILITY.ORG



Teacher Materials 2014- 2015

Welcome!

We are pleased to welcome you to this special partnership of Classroom Champions and Ask, Listen Learn, a program of the Foundation for Advancing Alcohol Responsibility. Your students' Mentor is excited to have the chance to participate in this program with your class. Over three video lessons, your Mentor will make introductions, challenge your students to set goals, and ask them to commit to a healthy lifestyle that includes guarding against underage drinking.

Classroom Champions teachers often tell us that taking the time to talk about these topics with their students after watching their Mentor's video lessons has a positive impact on the students' relationships with one another, and on their participation in school.

We hope that your students find their Classroom Champions experience to be meaningful and inspiring, and that they enjoy getting to know their Mentor.



Steve Mesler
President & CEO
Classroom Champions

Learn more and get ideas
by visiting:

www.classroomchampions.org



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INTRODUCTION

Your Athlete Mentor

The Athlete Mentors have made a lifestyle out of Goal Setting and Healthy Living because of their desire to compete well at the Olympics. This Introduction video will help build a connection between the students and the Athlete Mentor, so that students will take the lessons about Goal Setting and Healthy Living seriously.

The Reveal

It is Classroom Champions tradition to build excitement around the Athlete Mentors before watching the Introduction video. Teachers generally give students clues over several days about the athlete's identity. When the Introduction video is viewed, students will already be curious about their new mentor, and may already know a little about his or her sport.

Possible suggestions for clues:

- Type of sport
- Hometown
- Age
- Male or female
- Olympic record, world competition record



Introduction activities

The reveal is the main activity to go with the Introductions video lesson, but your class may also enjoy these suggestions:

- **Truth?** Students gather in an open space after the athlete reveal and after viewing the Introduction video. The teacher reads statements about the athlete, some of which are not true. If it is the truth, students jump. If the statement is not true, students stay very still.
- **Hello, hello.** After watching the Introduction video, students gather together to write letters to their new Mentor introducing themselves, and tell one thing they have learned about their mentor that seems interesting. If you take a digital photograph of the letters Classroom Champions can pass them along to your Mentor.
- **Where in the world.** With a little internet research, you could come up with a list of competitions in which your Athlete Mentor has participated in the last few years. With a world map or an atlas, find these locations with your students. What do you think your Athlete Mentor might have eaten there? What landmarks are the locals proud of in these countries?



GOAL SETTING

What is a goal? Why do goals matter?

Athlete Mentors know that setting goals help them in the following ways, and hope that they will help your students in these areas too:

- staying focused
- monitoring their progress
- increasing their confidence
- staying organized
- becoming who they want to be
- following their passions
- turning wishes into reality.

Goal Setting Activities

Classroom Champions teachers have designed many unique ways to support the Goal Setting process for students who have never set a goal before. Here are some ideas:

- **A shared goal for the whole class can unite everyone.** Work together to identify a big goal and the steps to reach it. For example, Melissa Meythaler's 7-year-old students in Missouri, USA set a goal to read 500 books as a class over the course of the year. They were so motivated, they reached their goal early!



- **Set individual goals.** Using one of the suggested graphic organizers, students set individual goals. Work with students in small groups and individually to identify short term goals that will help them reach their long term goal. Also identify how they will monitor their progress toward those goals.
- **Create visual reminders.** Create a Vision Wall by hanging up a sentence each student designs to remind him or her of an individual goal. Students could also write their goals on small pieces of paper and tape them to their desks, or to the classroom door as a reminder each morning.
- **Identify obstacles and make a plan to overcome them.** Students often don't know what to do when they face an unexpected obstacle to accomplishing their goals. When someone faces a challenge, frame it as a learning opportunity and discuss how to modify the original plan for that goal. Mentor Athletes have been through this process when recovering from injuries, or when their performance at a competition is not as successful as they expected. They adjust the plan, and keep striving toward their goals.

Creating a Goal Setting classroom

- **Set a goal for yourself.** New York City teacher Brent Nyzc filled out a graphic organizer right alongside his students, and plans to share his progress through the year with them. Participating too models the importance of this life long skill.

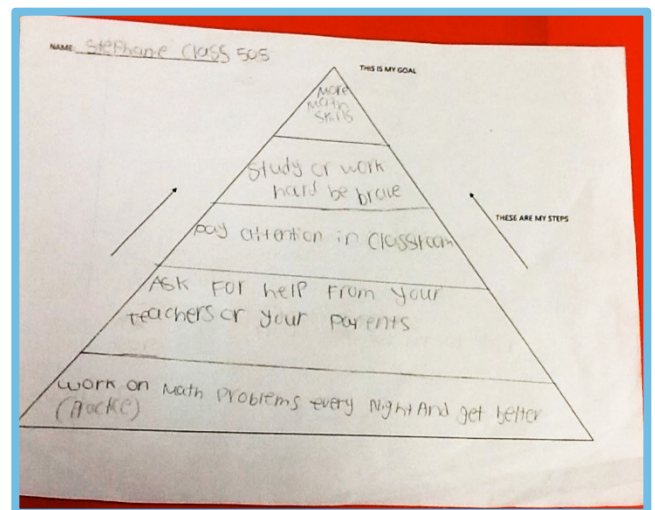
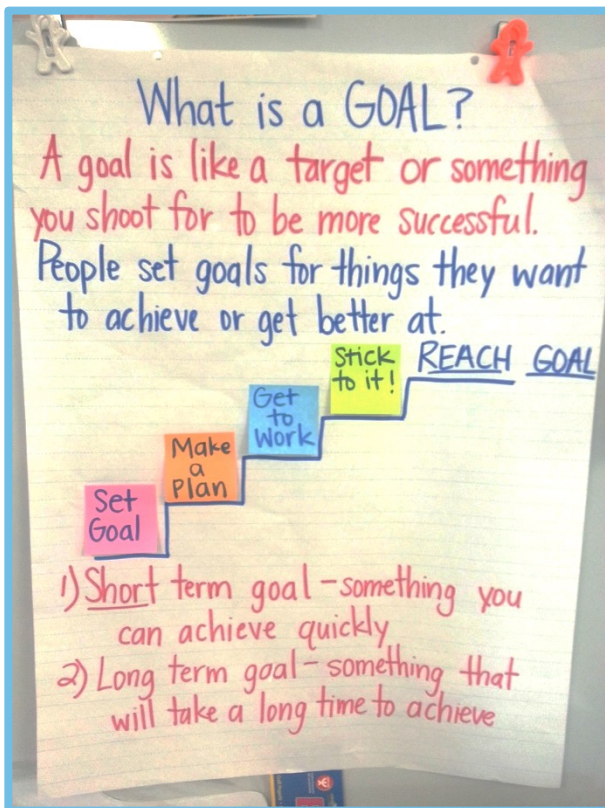


- **Encourage encouragement.** A kind word from a classmate can go a long way toward helping a student feel brave enough to try something new or to work on something difficult. Helping one another with individual goals could develop closer bonds between your students.
- **Monitor progress often.** This might be a written reflection by students on their own progress, or an acknowledgement from the teacher about improvement seen in class work or behavior.
- **Celebrate success!** When a goal has been accomplished, take a moment to congratulate that student, and encourage peers to congratulate too.

- **Extend the experience with new goals.** After accomplishing one goal, invite students to continue with the practice of Goal Setting. Ask students to welcome another challenge and set a new goal.

Graphic Organizer Directions

- **To create Steps to Success:** Place a piece of paper with the longer sides on the top and bottom. Fold it into fourths vertically. Draw four steps. Students place the long term goal on the highest steps, and the short term goals needed to accomplish it on the shorter steps.
- **To create a Goal Setting Pyramid:** Turn a paper so that the long sides are on the left and right. Fold it in half and create a triangle from the top to the bottom. Divide the triangle into three sections, horizontally. At the top, narrow part of the triangle write the long term goal. In the other areas, write short term goals, with everyday goals on the bottom. This graphic organizer is nice because a student can break down the short term steps into varying, precise goals depending on the complexity of the long term goal.



Examples of the Steps to Success and the Goal Setting Pyramid graphic organizers.

HEALTHY LIVING

How does a healthy body contribute to success?

Athlete Mentors know first hand that treating their bodies right every day means that they can do extraordinary things on competition days. For students, healthy habits can result not only in feeling good, but can result in a more even disposition, and a greater ability to learn.

Healthy Living Activities

- **Avoiding Underage Alcohol Use:** Using materials provided by Ask, Listen, Learn talk with students about the effects of alcohol on growing brains and bodies, on judgment, and on the ability to accomplish goals in school. A class pledge to help each other delay alcohol use until adulthood may be appropriate.
- **Nutrition:** Talk with students about the value of a diet with varied, wholesome foods. Students can design Dream Meals, and analyze whether their fantasy meals contain enough lean protein, fruits, vegetables and grains. They can clip out photos of food from magazines, or draw and label them. How does good food fuel the brain for success, and the body for healthy growth?
- **Physical Activity:** Science shows that moving your body has clear health benefits, and it is restful to the mind. Students can survey classmates and see how often the average child in their class exercises, or which physical activities are the most popular. Students could also estimate how many



different sports or physical activities class members as a whole have tried, and then create a graph.

- **Team Physical Activities:** Learn a new game together. A game that is quick to organize is Sequence Tag. The teacher calls out three or four things in order that students must touch prior to returning to the starting line. For instance, the teacher might instruct students to touch something blue, something made of wood, something shaped like a square, and gently high five a friend. A quick internet search for “Tag Games” results in hundreds of other ideas for having fun together while being active.
- **Sleep Log:** Doctors recommend that growing children sleep nine to ten hours a night. Good sleep helps the lessons learned during the day move into the memory. Ask students to keep a record of how much they sleep over the week, and to reflect on how they feel after a good night’s sleep versus a poor night’s sleep.
- **Where’s my water?** Consider a small science investigation: Do students know where their drinking water comes from? How is it made safe to drink? Are there places in the world that do not have reliable drinking water?
- **Gallery walk.** Post large pieces of paper around the room, and give each student a pencil or marker. As they go around the room, students add something they know about Healthy Living to each poster: exercise, nutrition, sleep, water, and avoiding underage alcohol use.



LIVE CHATS

Tips and How Tos

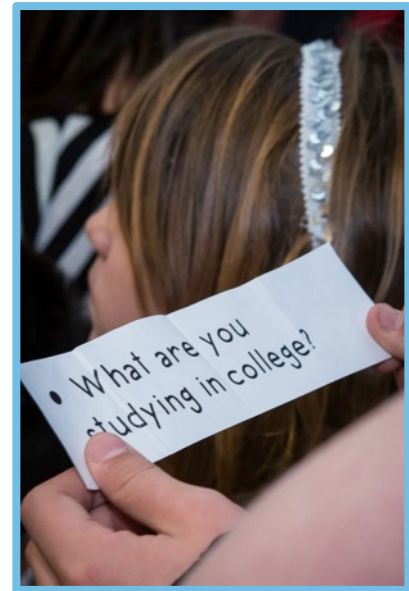
Scheduling

Live chats will be scheduled after you have worked through your three video lessons. Each class will have individual time to talk with their Mentor.

Preparing

We recommend, and experienced Classroom Champions teachers agree, that the following elements help create great chats:

- Make a list of questions ahead of time with students. This gives you a chance to check questions for appropriateness.
- Assign questions to specific students, in order of importance
- Pull the shades if it's a bright room.
- Be in position ten minutes ahead of time, and wait for your mentor to call you
- Project your mentor onto the big screen
- Students asking questions may want to get closer to the camera, and the



internal/external microphone.

Chatting!

On the big day, some teachers also like to invite parents to sit as observers in the back of the room.

Your athlete may lead off the chat with a few minutes of updating the

class on training and competition, and then offer to answer questions. Please keep an eye on the clock, and be ready to wrap up on time.

At the end of the chat, it is a Classroom Champions tradition to take a class photo with the athlete.

We look forward to hearing about your experiences with chatting, and to seeing your photos.





CLASSROOM CHAMPIONS™

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