

# **EVERYBODY'S IN!**

with the  
**CAN-DO CREW**

by Kiki Stew





## The Can-Do Crew



As a valuable complement to an existing SEL program,  
**The Can-Do Crew** is an impactful and innovative  
character development curriculum for Grades 2, 3, and 4.

### **The Can-Do Crew:** Encourages Mindfulness

Promotes Self-Awareness and Resiliency

Cultivates Interpersonal Skills

Empowers Problem-Solving beyond the Classroom

Strengthens Community by Developing Socially Responsible Youth

### **How does the Can-Do Crew do what we do?**

- Short, fun and easy to follow lesson plans with explicit SEL skills
- Versatile Tool Kit used in its entirety or in segments to fit the available time
- Energetic, dynamic hands-on curriculum that's exciting for students
- Variety of creative teaching strategies that incorporate students' individual learning styles
- Interactive games, experiential learning, brainstorming, role playing, individual and group learning

# "Everybody's In!"

## TABLE OF CONTENTS

Before you start:	TEACHER/LEADER GUIDE	Approximate Timing
<b>Lesson 1:</b>	<b>INTRODUCTION AND STORY</b>	
	The Can-Do Crew and You	
	The Can-Do Code	3-5 minutes
	Read "Everybody's In!"	
	Let's Talk About The Story	15-20 minutes
<b>Lesson 2:</b>	<b>OUR CAN-DO CODE PATH</b>	
	The Can-Do Code	1-2 minutes
	Our Can-Do Code Path	1-2 minutes
	World Changing Words Treasure Map	1-2 minutes
	Key Cove	1-2 minutes
	Discovery Island	1-2 minutes
	Signal Mountain	1-2 minutes
	Card Cave	4-5 minutes
	Linking Lake	5-10 minutes
	Connection Woods	5-10 minutes
	Put It All Together Falls	5-10 minutes
	Word Search Swamp	5-10 minutes
	Super Crew World Changers	1-2 minutes
<b>Lesson 3:</b>	<b>YOUTH DEVELOPMENT – EMPATHY, EMPOWERMENT AND INCLUSION</b>	
	The Can-Do Code	1-2 minutes
	I Include! Definition, Gesture and Example	
	Let's be Inclusive Super Crew World Changers	4-5 minutes
	How Does It Feel To Be Left Out?	2-3 minutes
	Be a "Double E" Leader	3-4 minutes
	"Double E" Hot Potato Game	12-15 minutes
	"Everybody's In!" Coupon	5-10 minutes
	WCW Treasure Trunk and Game #2	5-10 minutes

## "Everybody's In!" TABLE OF CONTENTS - page 2

### Lesson 4: **EMPATHY**

The Can-Do Code	1-2 minutes
I have Empathy! Definition, Gesture and Example	
Let's be Empathetic Super Crew World Changers	4-5 minutes
Empathy Detectives	3-4 minutes
Empathy Detective Cards	4-5 minutes
Follow the Clues	12-15 minutes
"Double E" Leader in Action	8-10 minutes

### Lesson 5: **EMPOWERED**

The Can-Do Code	1-2 minutes
I am Empowered! Definition, Gesture and Example	
Let's be Empowered Super Crew World Changers	4-5 minutes
A Can-Do Crew Kid has Empathy and is Empowered!	
Re-read "Everybody's In!"	10-15 minutes
"Double E" Superstar Auditions! You Be The Judge!	12-15 minutes
WCW Treasure Trunk and Game #3	5-10 minutes

### Lesson 6: **QUALITIES OF FRIENDSHIP**

The Can-Do Code	1-2 minutes
I show Friendship! Definition, Gesture and Example	
Let's be Friendly Super Crew World Changers	4-5 minutes
Captain Can-Do's Friendship Acrostic Poem	
Friendship Ship Game	30-40 minutes
Captain Can-Do's "Everyone's In!" Checklist	3-4 minutes

## "Everybody's In!" TABLE OF CONTENTS - page 3

### Lesson 7: **TRUE FRIENDSHIP**

I Cooperate! Definition, Gesture and Example	
Let's be Cooperative Super Crew World Changers	4-5 minutes
Can-Do Cooperation Crew	
Friendship Cooperation Quilt	20-25 minutes
Qualities Quest! Game	
True Friendship is not a Joke!	20-25 minutes 4-5 minutes

### Lesson 8: **WRAP-UP AND REVIEW**

We are "Everybody's In!"	
Super Crew World Changers	5-10 minutes
Crew Clue Review – "Everybody's In!" Theater	20-30 minutes
Crew Clue Detectives - Word Search	8-10 minutes
My WCW Ticket	8-10 minutes

### Lesson 9: **THEATRE PARTICIPATION**

Can-Do Crew Readers' Theatre Show	30-40 minutes
WCW Treasure Trunk and Game #4	5-10 minutes
Be a Friend Word Hunt - Friendship	5-10 minutes

### Lesson 10: **CULMINATING ACTIVITY**

Admission Gate to the "Everybody's In! Games	4-5 minutes
Stand Up and Cheer	10-15 minutes
Truth and Stare	5-10 minutes
We Can Make That!	10-15 minutes
Musical Chairs - with an "Everybody's In!" Twist!	10-15 minutes
Decode the Jumble	5-6 minutes
Certificate of Completion	4-5 minutes

# The Can-Do Crew

## "Everybody's In!"

### Leader's Guide

## Goals and Overview

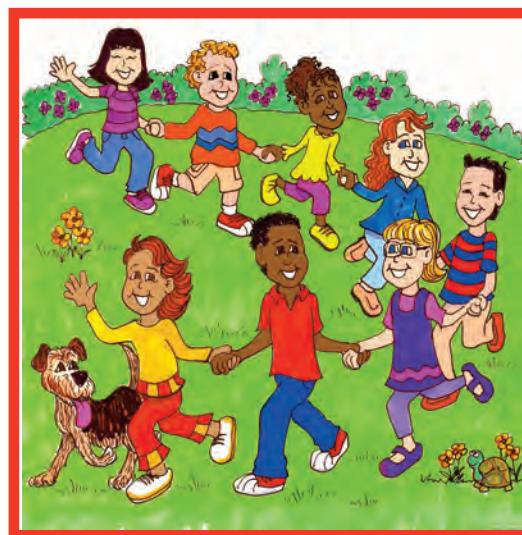
### Goals:

- Help students become "Empathy Detectives" through awareness of another person's feelings by how they look, what they say and what is going on around them.
- Encourage students to be Empowered by making a positive difference in another person's life through acts of Inclusion.
- Be "Double E" Leaders in Empathy and Empowerment.
- Develop skills to promote Cooperation and Integrity.
- Build awareness of "The Top 10 Qualities of True Friendship".

### Overview:

- 'Everybody's In!' celebrates the joy and importance of Friendship in children's lives and encourages Inclusion, Empathy and Empowerment.
- In the process, students explore the pain of being excluded and the pleasure of including others.
- It provides experiential learning opportunities in Cooperation and Integrity.
- It lays the foundation for understanding the qualities of True Friendship.
- It allows students to put into practice the concepts of Inclusion, Cooperation and Integrity through Team Building Games.

**THEMES  
and  
CHARACTER SKILLS:**  
**Empathy**  
**Empowerment**  
**Inclusion**  
**Friendship**  
**Cooperation**  
**Integrity**



# The Can-Do Crew

"Everybody's In!"

Leader's Guide

## Themes and Character Skills



EMPATHY



EMPOWERED



INCLUSION

## BE A LEADER!

**Empathy, Empowerment and Inclusion** are three concepts that build on one another and lay a solid foundation to become a successful leader.

In order to **Include**, a student must first understand **Empathy** and then realize one's own ability to act and be **Empowered**. Students will develop all the important Social and Emotional Learning skills of self-awareness, self-management, social awareness,

## EMPATHY DETECTIVES

Students become "**Empathy Detectives**" through self-awareness of another person's feelings by how they look, what they say and what is going on around them. By following these important clues, they learn to understand and care about these feelings and become **empathetic** people in the classroom, at school, at home, and in their community.

## "DOUBLE E" LEADERS: Empathy + Empowered

With the understanding of **Empathy**, students realize their ability to act and make a difference in other people's lives. When they combine their skills of **Empathy** and **Empowerment** together, they sense their power as "**Double E**" Leaders. Students participate in engaging role play and games using real life situations with multiple opportunities to perform newly learned behaviors. Self-awareness, responsible decision making and relationship skills are promoted through these interactive activities.

## SPOTLIGHT ON INCLUSION

Students explore the pain of being excluded and the pleasure of including others.

With their heightened social awareness of **Empathy** and **Empowerment**, students learn the importance of **Inclusion** through dynamic games, theater and self expression which promote healthy rewarding relationships and constructive choices.

**The Can-Do Crew**  
**"Everybody's In!"**  
Leader's Guide

## Themes and Character Skills



**A TRUE FRIEND**  
Friendship



**COOPERATION CREW**  
Cooperation  
Collaboration



**INTEGRITY**

## A TRUE FRIEND

Students discover fundamental qualities for **True Friendship**. The five essential Social Emotional Learning skills of self-awareness, self management, social awareness, relationship skills and responsible decision making are all incorporated in this Learning Unit. Through interactive games and self expression, students have the opportunity to practice all of these SEL skills and understand how to be a **True Friend**.

## COOPERATION CREW

Working together for a common purpose, students put into practice the concept of **Cooperation** through creative social engagement and team building games.

Reinforcing the core SEL skills of self-management, social awareness and healthy relationships, students are empowered to effect a positive collaborative environment. Students actively listen, clearly communicate and constructively negotiate while engaging in dynamic play.

## SPOTLIGHT ON INTEGRITY

Shine the **Integrity Spotlight** on being fair, honest and doing what is right at home, at school and in the community. Through role play using real life situations, students learn to make respectful and ethical choices. Students become mindful of positive self-management and responsible decision making as they engage in fun interactive games focusing on these key SEL skills.

**The Can-Do Crew**  
**"Everybody's In!"**  
Leader's Guide



## Expectations

- We expect that students will know very little, if anything, about the topics that we will be introducing.
- Please do not be dismayed that they may struggle at the beginning and may not know all the words and the answers. That's okay.
- What is great is that they will learn everything they need to know through our Curriculum.
- Each lesson builds upon the next and we continuously discuss and develop the major concepts and vocabulary.
- Each lesson contains a vocabulary review game to assist the student in understanding and learning the World Changing Words.
- In the end, you will be amazed how much better everyone understands and implements the concepts!
- We have suggested time frames for the various activities. Please adjust the timing for your group as you see fit.



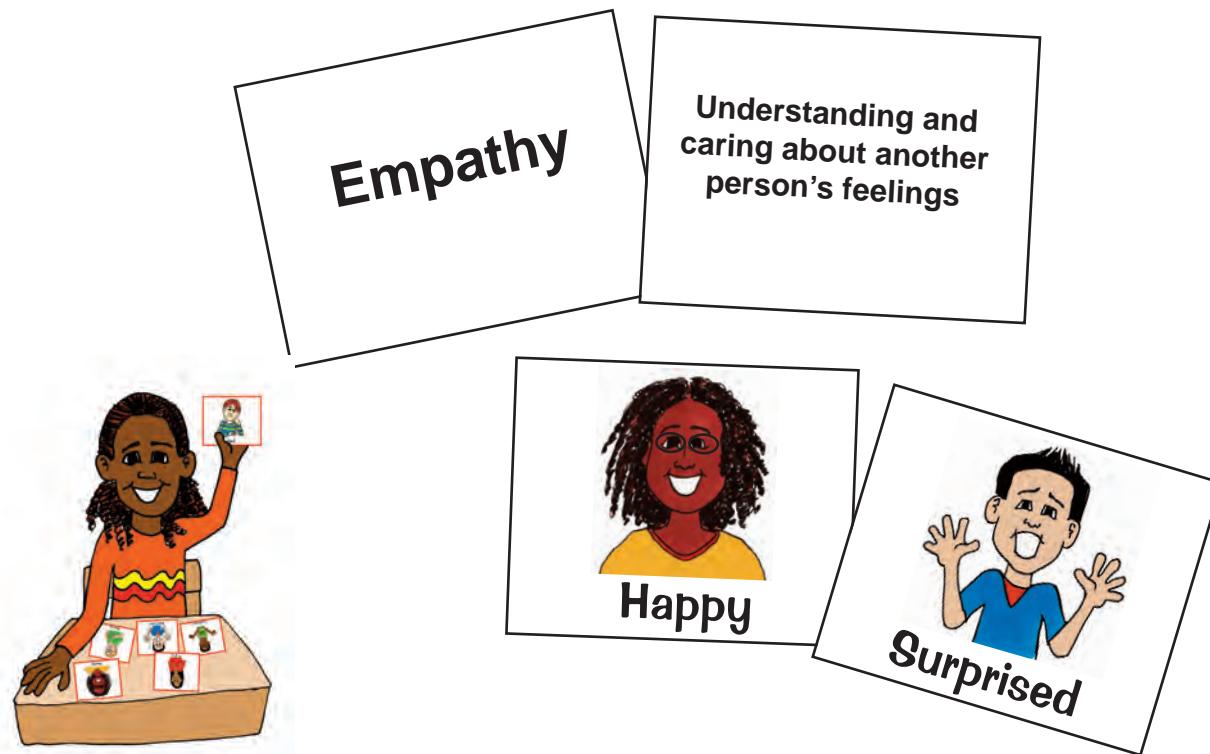
**The Can-Do Crew**  
**"Everybody's In!"**  
Leader's Guide

## Advance Preparations

### Game Cards



- There are two sets of Game Cards for the Unit:  
World Changing Word Cards and  
Empathy Cards.
- Each student will receive their own sets of cards
- The templates for these Game Cards are on the following pages.
- World Changing Word (WCW) Cards: Using cardstock make double-sided copies.
- Empathy Cards: Using cardstock make COLOR one-sided copies
- It is your choice to either cut out each of the cards along the guidelines and group them in sets OR have your students do this.
- The WCW Cards will be handed out in Lesson #2 and  
the Empathy Cards in Lesson #3.





**Empathy**



**Integrity**



**Inclusion  
(Include)**



**Cooperation**



**Friendship**



**Empowered**



**being fair, honest  
and doing what is right**



**understanding and  
caring about another  
person's feelings**



**working together for a  
common purpose**

**taking a person into  
a group**



**to have or be given the  
ability to act and  
to be able to make  
a difference**



**relationship between  
people who like and  
trust each other**



**Sad**



**Angry**



**Happy**



**Surprised**



**Scared**



**Confused**

**The Can-Do Crew**  
**"Everybody's In!"**  
**Leader's Guide**

## **Advance Preparations**

### **Reader's Theatre Show Preparation**

- In Lesson #9, the students will perform a Readers Theatre Show:  
"Everybody's In!"
- Prior to beginning the Lesson, assign a character part(s) to each student.
  - There are 22 parts. Each character has 3-4 lines.
  - For smaller classes, you may assign one student several parts.
  - For larger classes, you may have several students share the same characters and divide up the lines.
  - Alternatively, if you have a large group of students, it may be beneficial to pair a stronger reader with a weaker one.
- Have the students find their lines throughout the script and highlight them.
- It may be helpful to do a "read-through" to familiarize the students with their lines.
- For the Show, the students will perform one scene "on stage" at a time. This gives everyone the opportunity to be both on stage and in the audience.
- Our Readers' Theatre Show showcases messages of Empathy, Integrity, Inclusion, Cooperation, Friendship and Empowerment and provides a fuller understanding of the World Changing Words and reinforces the themes and character skills addressed in the Unit.

### **Certificate of Completion**

- Make copies of the Certificate of Completion.
- Fill in each of the students' names on the space provided.
- Hand out after the Culminating Activity

# Lesson 1

## CAN-DO WELCOME AND "EVERYBODY'S IN!" STORY

Approximate  
Time Frame

- The Can-Do Crew and You
- The Can-Do Code

Project on screen, read aloud and follow directions

3-4 minutes

- Read "Everybody's In!"
- Let's Talk About The Story

Project on screen, read aloud and follow directions

15-20 minutes



# The Can-Do Crew and You

We know that even **ONE person**  
can make a big difference in the world...  
by caring,  
by finding ways to help,  
and by doing good deeds.

**It is FUN, EASY and EVERYBODY can do it!**

Do **YOU** care about other people?

If you do, stand up

Do **YOU** help those in need?

Stand up and clap your hands

Do **YOU** do acts of kindness for others?

Stand up, clap your hands and stand on one foot.

Do **YOU** think you can Make a Difference in the world?

Stand up, clap your hands, stand on one foot and hop  
all at the same time

**Let's Shout out our Motto:**



We can  
make the  
world better!



## Welcome to The Can-Do Crew!

Let's read aloud together:

# We are The Can-Do Crew!

We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## We can make the world better!



Read aloud the story, "Everybody's In!".  
Listen for the rhyming words.

# EVERYBODY'S IN!

with the  
**CAN-DO CREW**

by Kiki Stew

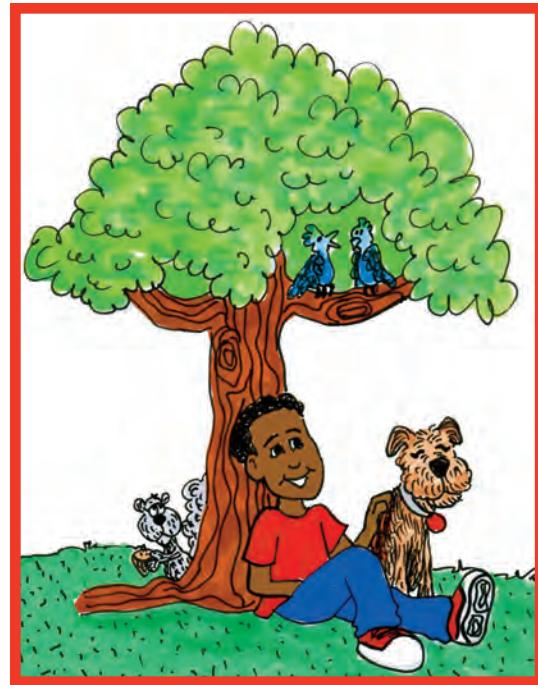


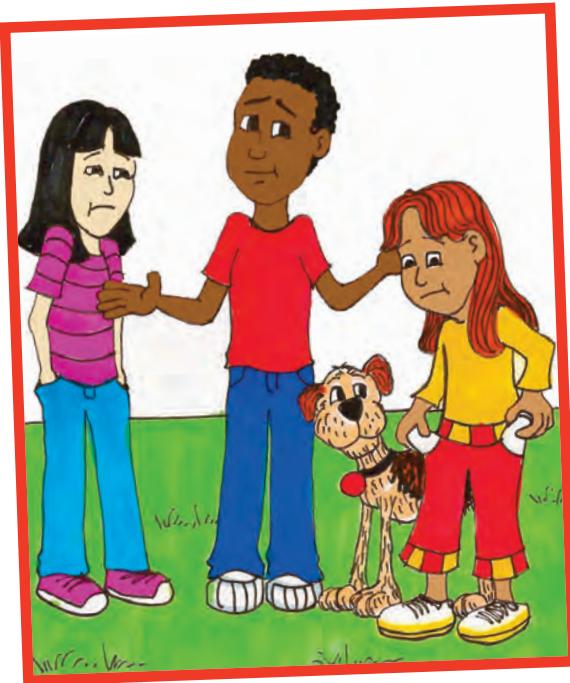
# EVERYBODY'S IN!

What do you think  
That I can do  
To make the world better  
For me and for you?

My name is Eddie  
I am here to tell you  
About a group of kids  
Called the Can-Do Crew!

We follow a rule  
That is simple and true:  
Always treat other people  
How you want them to treat you.





We are just kids  
With no money to spare  
we do not have much  
To give away or share.

Except for our friendship  
A smile and a hand  
A kind word for someone  
Who does not understand.

Why some kids are mean  
And will not let someone play  
With them on the playground  
At recess each day.



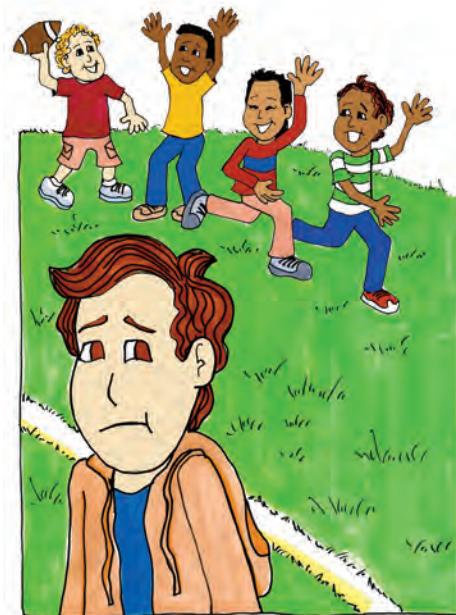


All I have to do is look  
Around me each day  
To see if there is anyone  
Who needs a friend to play.

Someone sitting alone  
Or standing on the side  
I know how it feels  
To just want to hide.

So I came up with a plan  
That would be a good deed  
To reach out to kids  
When a friend is what they need.

It does not take much  
Just a little bit of time.  
I have plenty of that  
Though I do not have a dime.



It hurts to feel lonely.  
It hurts to feel sad.  
It hurts me to see  
Someone else feeling bad.

Like Joe, who just moved here  
From a town far away.  
Today he just sat there  
And watched us all play.

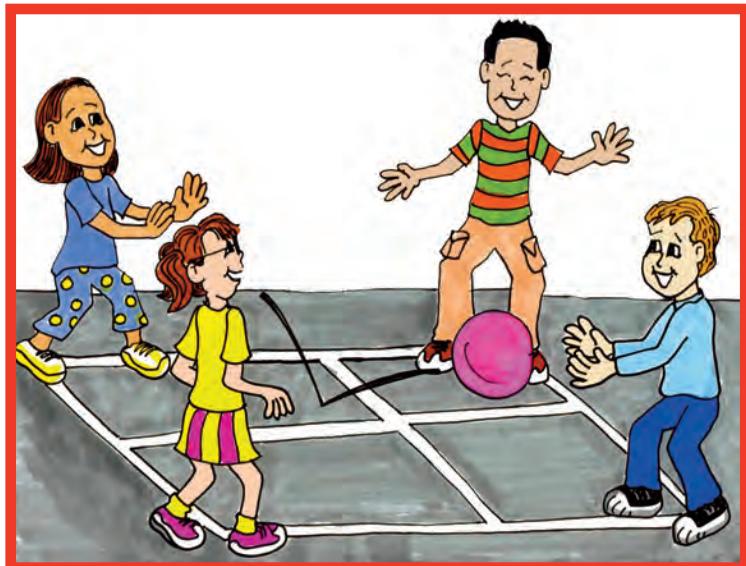
Everybody's In!  
Lesson #1



I know if I walk over  
And say, "Hi, Joe! Want to play?"  
We will both make a new friend  
The Can-Do Crew way!

And the next day at recess  
The Crew will see who  
Is feeling all alone, and ask,  
"Can we play with you?"

Maybe at lunchtime  
We will look around to see  
If someone is alone  
And looks unhappy.





Sometimes the lunchroom  
Can be a hurtful place  
When kids walk right past you  
And do not see your face.

I want all my classmates  
To know that I care  
So if Lilly is alone  
I will pull up a chair.

And ask "May I sit  
And eat lunch with you?  
I have an oatmeal cookie  
That is big enough for two!"

If we make sure each day  
That no one is left out  
Soon we will all play together  
That is what friendship is about.



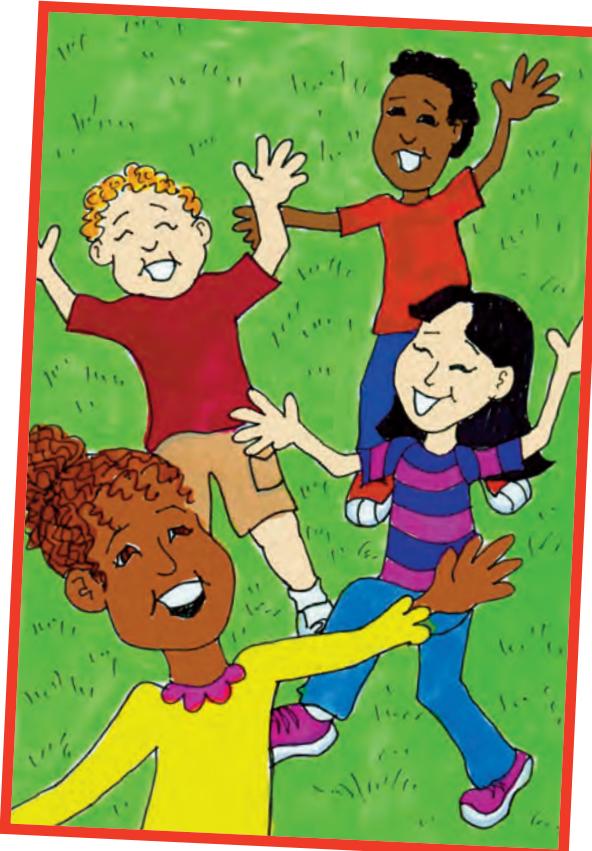
**Everybody's In!**  
Lesson #1

**It is so nice and easy  
And always polite  
To say, "Everybody's In!"  
It simply feels right.**

**We all have the power  
To make others feel good.  
We follow the Can-Do Code  
And do as we should.**

**I can make a big difference  
Just little old me  
With a smile and a hand  
To help someone lonely.**

**With love in my heart  
And one good idea or two  
I can make the world better  
For me and for you!**



## Let's Talk about The Story

### Leader's Guide

For each question, circle **ALL** of the correct answers.

There may be more than one correct answer for each question.

All of the answers can be found in the story!

1. Eddie is a member of the Can-Do Crew. At the beginning of the story, he tells us they follow a simple rule. What is it?
  - a. Look both ways before you cross the street
  - b. Don't talk to strangers
  - c. Treat other people how you want them to treat you
  - d. Walk single-file in line



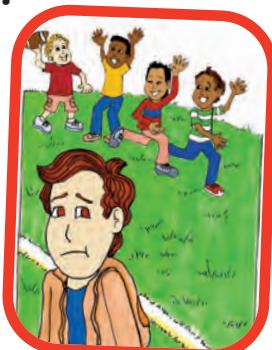
Give an example of how  
YOU can follow this rule.



2. Eddie says, "I'm just a kid...I don't have anything to give away or loan". But he does have something special to offer. What is it?
  - a. Friendship and a smile
  - b. Just a little bit of time
  - c. A hand
  - d. A kind word

What do YOU have  
that is special to offer?

3. What is bothering Eddie as he looks around the playground?
  - a. It hurts to see someone else feeling bad
  - b. The kids are running too fast
  - c. Some kids are mean and will not let them play
  - d. There is a long line for the slide

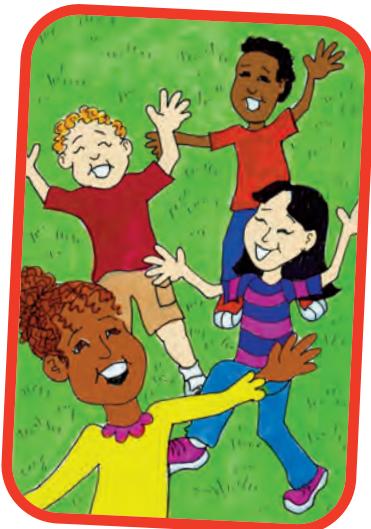


What bothers YOU  
on the playground?

Leader's Guide (page 2)

4. What Plan does Eddie come up with to solve the problem?
- a. Make himself team captain
  - b. Play music on the playground
  - c. Make recess shorter
  - d. Reach out to kids when a friend is what they need**

**What is YOUR Plan  
to solve the problem?**



5. A Good Deed is a kind act that one person does for another. What good deeds do Eddie and The Can-Do Crew plan to do?
- a. Walk over and say Hi**
  - b. Ask, "Can we play with you?"**
  - c. Ask, "May I sit with you?"**
  - d. Run around and make silly faces

**What Good Deed  
do YOU plan to do?**

6. What will you do to make sure Everybody's In?
- a. Ask someone to play**
  - b. Make sure everybody is included**
  - c. Always be polite**
  - d. Ask someone to sit at your lunch table**

**How can YOU make sure  
Everybody's In?**

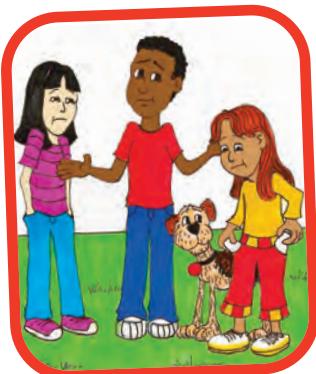


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All of the answers can be found in the story!

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  - a. Look both ways before you cross the street
  - b. Don't talk to strangers
  - c. Treat other people how you want them to treat you
  - d. Walk single-file in line



Give an example of how  
YOU can follow this rule.

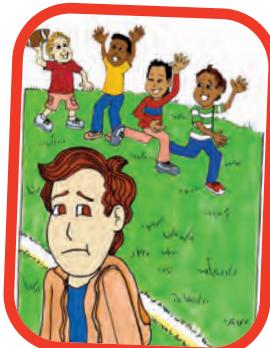


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  - a. Friendship and a smile
  - b. Just a little bit of time
  - c. A hand
  - d. A kind word

What do YOU have  
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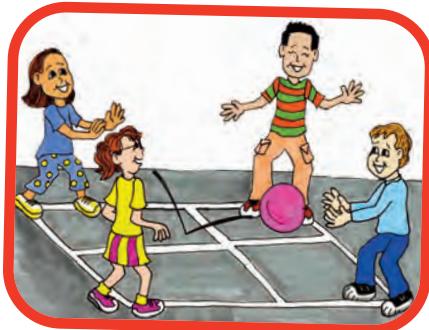
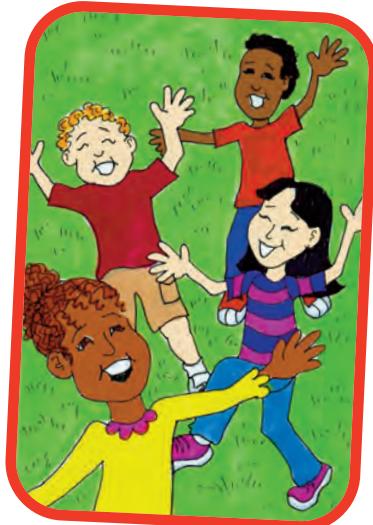
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  - c. Some kids are mean and will not let them play
  - d. There is a long line for the slide

What bothers YOU  
on the playground?



4. What Plan does Eddie come up with to solve the problem?
- a. Make himself team captain
  - b. Play music on the playground
  - c. Make recess shorter
  - d. Reach out to kids when a friend is what they need

What is YOUR Plan  
to solve the problem?



5. A Good Deed is a kind act that one person does for another. What good deeds do Eddie and The Can-Do Crew plan to do?
- a. Walk over and say Hi
  - b. Ask, "Can we play with you?"
  - c. Ask, "May I sit with you?"
  - d. Run around and make silly faces

What Good Deed  
do YOU plan to do today?

6. What will you do to make sure Everybody's In?
- a. Ask someone to play
  - b. Make sure everybody is included
  - c. Always be polite
  - d. Ask someone to sit at your lunch table

How can YOU make sure  
Everybody's In?



## Lesson 2

# THE CAN-DO PATH

### - Can-Do Code

Project on screen, read aloud and follow directions

Approximate  
Time Frame

1-2 minutes

### - Our Can-Do Code Path

Project on screen, read aloud and follow directions

1-2 minutes

### - World Changing Words Treasure Map

Project on screen, read aloud and follow directions

1-2 minutes

### - Key Cove

Project on screen, read aloud and follow directions

1-2 minutes

### - Discovery Island

Project on screen, read aloud and follow directions

1-2 minutes

### - Signal Mountain

Project on screen, read aloud and follow directions

1-2 minutes

### - Card Cave

Hand out and follow directions

4-5 minutes

### - Linking Lake

Project on screen or hand out copies and follow directions

5-10 minutes

### - Connection Woods

Project on screen or hand out copies and follow directions

5-10 minutes

### - Put it together Falls

Project on screen or hand out copies and follow directions

5-10 minutes

### - Word Search Swamp

Project on screen or hand out copies and follow directions

5-10 minutes

### - Super Crew World Changers

Project on screen, read aloud and follow directions

1-2 minutes

Let's read aloud together:

# We are The Can-Do Crew!

We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## We can make the world better!



# Our **Can-Do Code** Path

leads us to a

## Treasure Trunk of World Changing Words



When we open our  
"Everybody's In!" **Treasure Trunk**,  
we will uncover

### 6 Powerful, Mighty and Amazing World Changing Words

We call them **WCW**.

Now, stand up strong and tall.  
Put your fists on your hips and shout:



We will  
Learn these words!  
Understand their meanings!  
Use them everyday!



**Super Crew World Changers!**

How do we get started?

We need a **WCW Treasure Map**, of course!  
Let's go on our **Treasure Hunt**!

Our WCW Treasure Map is our guide to becoming  
Super Crew World Changers.

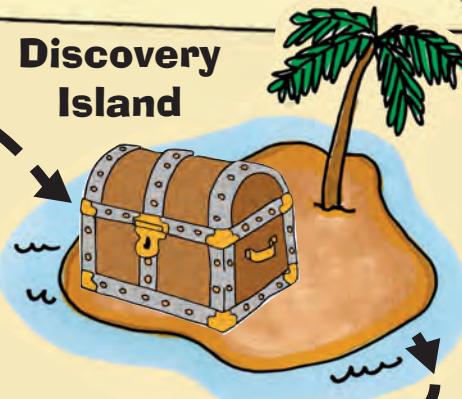
Our quest has many fun games and activities!  
Let's trace our steps along the way and say together  
the name of each place.

**Start**

**Key Cove**



**Discovery Island**



**Signal Mountain**



**Card Cave**



**Linking Lake**



**Put It All Together Falls**



**Connection Woods**



**Word Search Swamp**



**Super Crew  
World Changers**

**We Can Make The World Better!**

## Key Cove



**Start**



Let's begin our **WCW Treasure Hunt**.

**The Key to opening the  
Treasure Trunk of World Changing Words is**

### **The Can-Do Code:**

Let's say it together:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

Now that we have  
the **Key**,  
let's find the  
**WCW Treasure Trunk**  
on our Quest to be  
**Super Crew**  
**World Changers!**



## Discovery Island



Let's open the "Everybody's In!"  
Treasure Trunk of **World Changing Words!**  
Read aloud each **WCW** and its definition.



### Empathy

understanding and caring about  
another person's feelings

### Integrity

being fair, honest and  
doing what is right

### Inclusion

taking a person into a group

### Cooperation

working together for a  
common purpose

### Friendship

relationship between people  
who like and trust each other

### Empowered

to have or be given the ability to act  
and to be able to make a difference

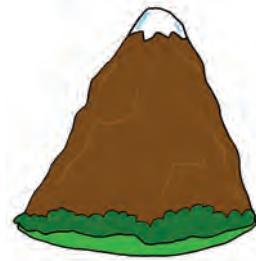
"Everybody's In!"



Let's go to our next stop,  
Signal Mountain!



## Signal Mountain



Each **World Changing Word** has its own **Gesture Signal**.  
This **Gesture** will help you remember what the word means.  
Say the **WCW**, pantomime the **Gesture** and think of the definition.



**Empathy**  
Index fingers on each  
side of your face near  
your eyes



**Integrity**  
Right hand on your  
heart and raise your  
left hand



**Inclusion**  
Wave your hand  
toward you



**Friendship**  
Smile with index fingers  
on each cheek



**Cooperation**  
Clasp hands together  
in front of you



**Empowered**  
Hold two arms over  
your head

## Card Cave



Let's now head into Card Cave  
where we will find the **WCW**, their **Definitions**  
and **Gesture Signals** all in one place!

# World Changing Words Cards

1. Cut out each **WCW** Card
2. Write your name or initials on each card
3. Use them for the "Everybody's In!"  
World Changing Word Games

**Empathy**  
understanding and caring about another person's feelings

**Integrity**  
being fair, honest and doing what is right

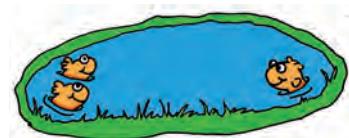
**Friendship**  
relationship between people who like and trust each other

**Inclusion**  
taking a person into a group

**Cooperation**  
working together for a common purpose

**Empowered**  
to have or be given the ability to act and to be able to make a difference

## Linking Lake Leader's Guide

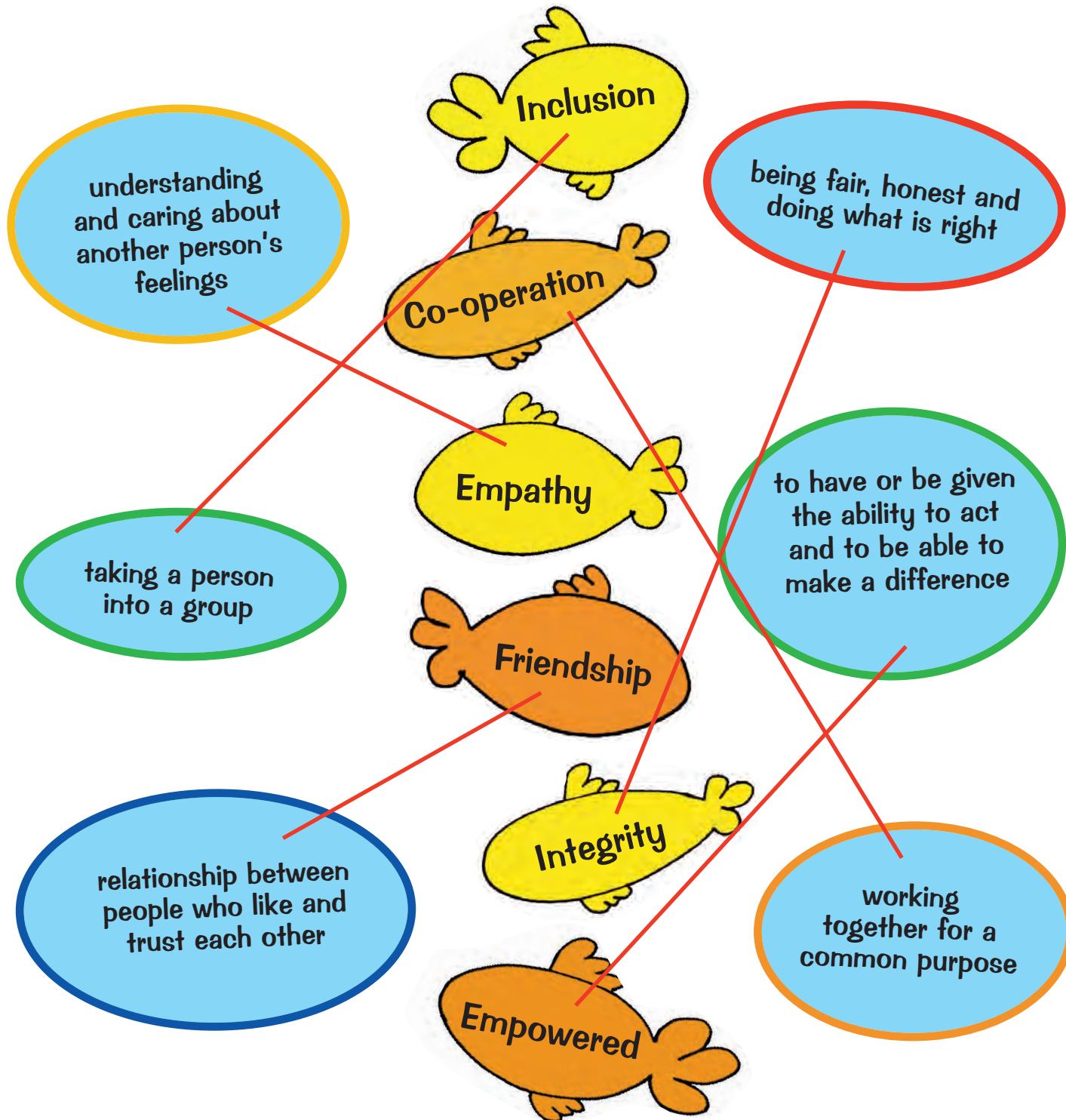


Link each **World Changing Word** with its **definition**.

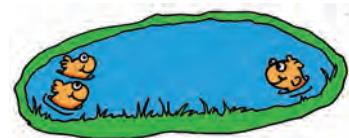
Spread your **WCW** cards out in front of you.

Make the **Signal Gesture** for each word.

Draw a line connecting the **WCW** and its **definition** together.



## Linking Lake



Link each **World Changing Word** with its **definition**.

Spread your **WCW** cards out in front of you.

Make the **Signal Gesture** for each word.

Draw a line connecting the **WCW** and its **definition** together.

understanding  
and caring about  
another person's  
feelings

Inclusion

being fair, honest and  
doing what is right

taking a person  
into a group

Co-operation

to have or be given  
the ability to act  
and to be able to  
make a difference

relationship between  
people who like and  
trust each other

Empathy

Friendship

Integrity

working  
together for a  
common purpose

Empowered



## Connection Woods Leader's Guide

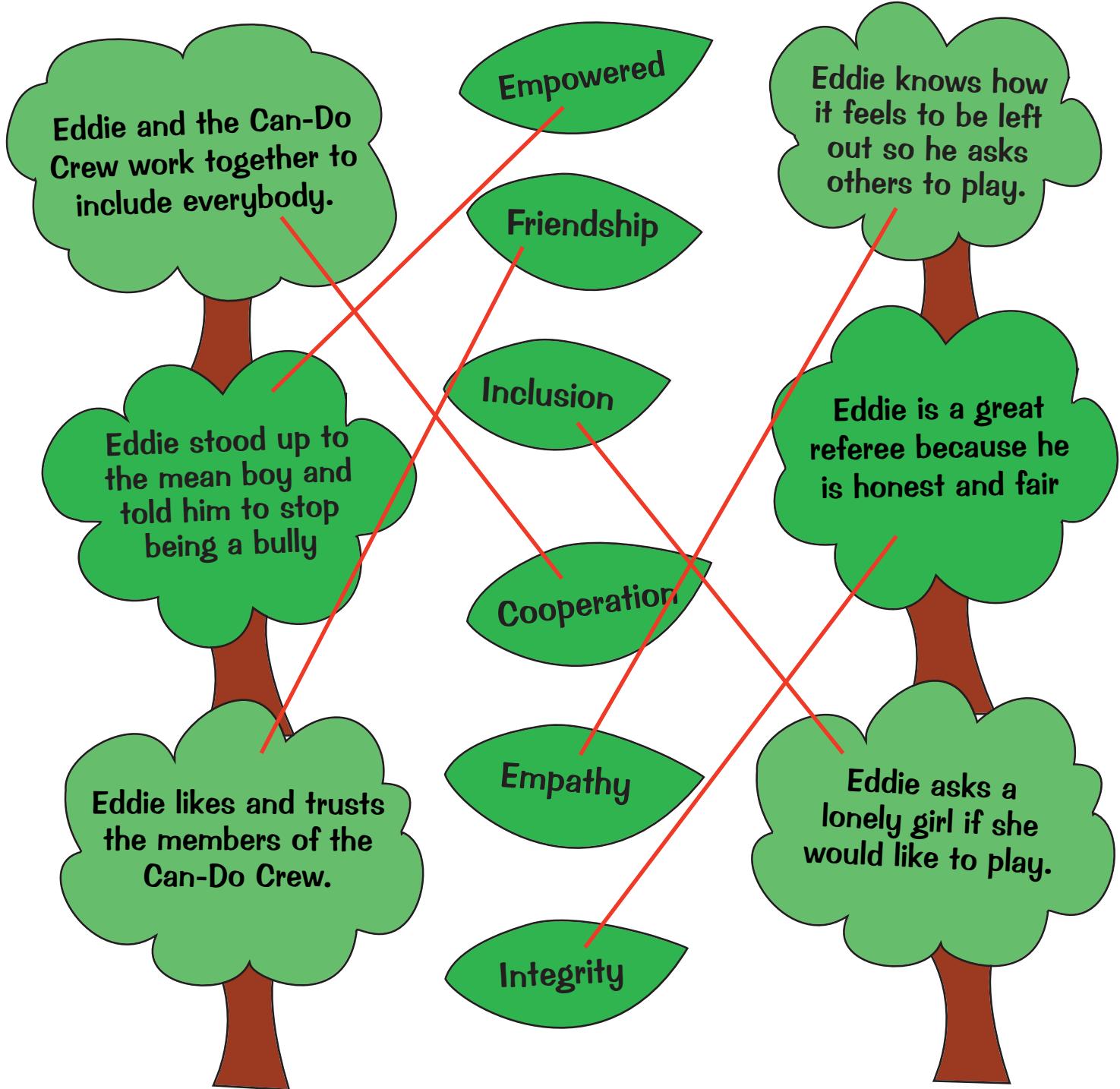
Connect each **World Changing Word** with its **example**.

This connection will give you a better idea of how to use each word.

Spread your **WCW** cards out in front of you.

Make the Gesture Signal for the **WCW**.

Draw a line connecting the **WCW** and its **example** together.





## Connection Woods

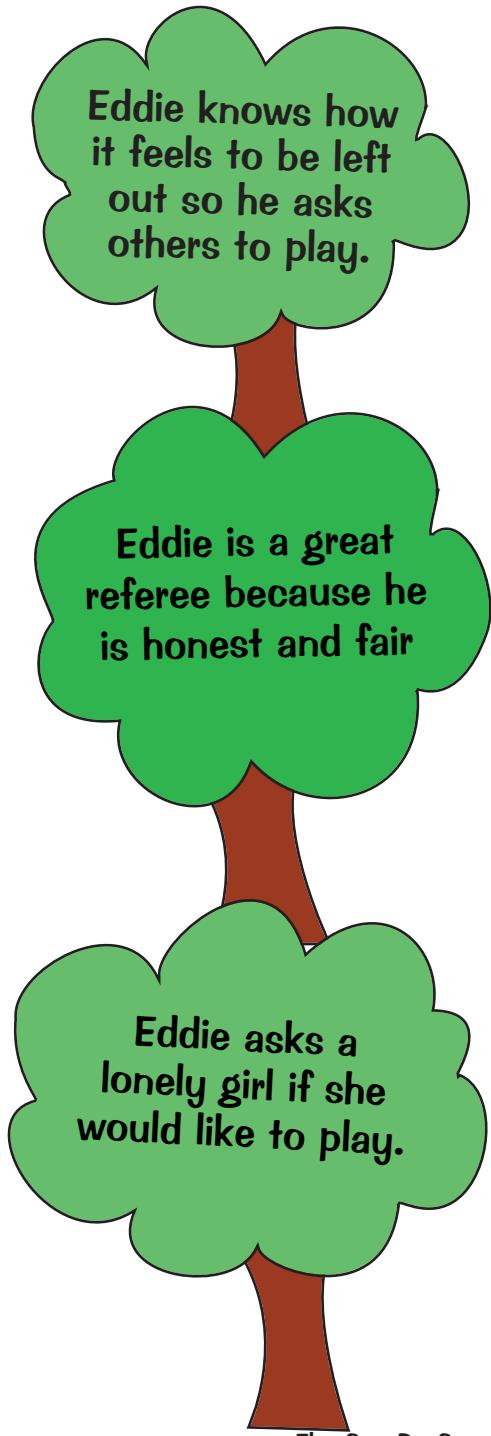
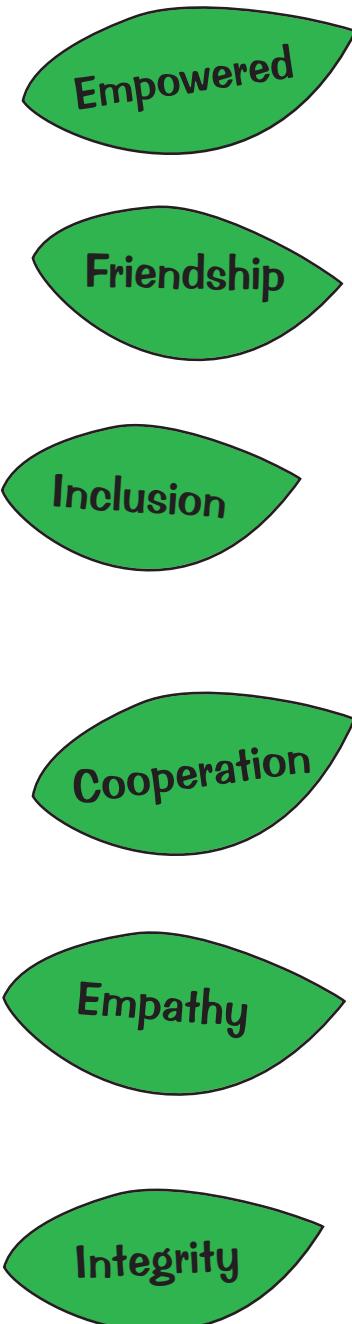
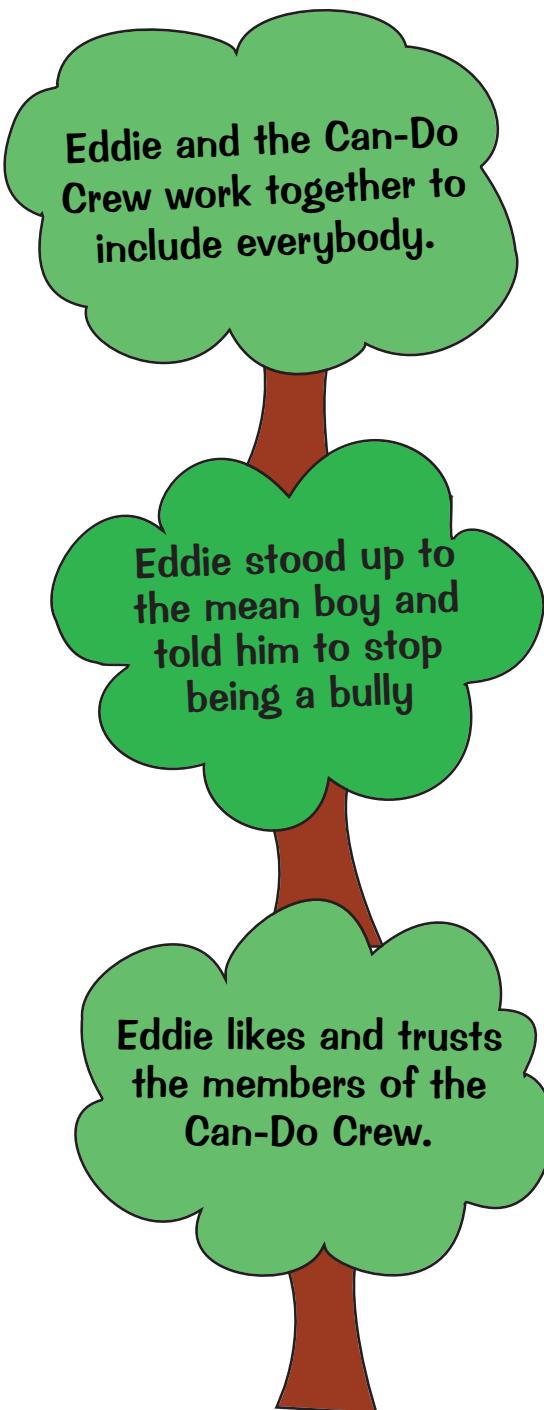
Connect each **World Changing Word** with its **example**.

This connection will give you a better idea of how to use each word.

Spread your **WCW** cards out in front of you.

Make the Gesture Signal for the **WCW**.

Draw a line connecting the **WCW** and its **example** together.





# Put It All Together Falls

## Leader's Guide



### World Changing Word Game #1

- Spread the WCW Cards out in front of you with the Word facing up.
- Read each sentence.
  - Hold up the correct **WCW Card**.
  - Make the **Gesture Signal**.
  - Write the **WCW** on the line.

1. Eddie knows how bad it feels to be lonely and cares about classmates who feel left out.

Eddie displays **Empathy** for people who are left out.

2. Eddie makes sure that all of his classmates get to join in to the game at recess.

Eddie makes sure to **Include** everyone in the game.

3. Eddie, Joe and Lily work together to build a sand castle at lunchtime.

Eddie, Joe and Lily **Cooperate** with each other to build the sand castle.

4. Even Lily does not know she lost her bracelet, Eddie does the right thing and returns it to her.

Eddie shows **Integrity** in returning Lily's bracelet to her.

5. Eddie and Joe are nice, supportive, dependable and polite to one another.

Eddie and Joe have a true **Friendship**.

6. Eddie makes a difference in Joe's life by including him in the game.

Eddie is **Empowered** and helps make Joe feel less lonely.



## Put It All Together Falls



### World Changing Word Game #1

- Spread the WCW Cards out in front of you with the Word facing up.
- Read each sentence.
  - Hold up the correct **WCW Card**.
  - Make the **Gesture Signal**.
  - Write the **WCW** on the line.

1. Eddie knows how bad it feels to be lonely and cares about classmates who feel left out.  
Eddie displays \_\_\_\_\_ for people who are left out.
2. Eddie makes sure that all of his classmates get to join in to the game at recess.  
Eddie makes sure to \_\_\_\_\_ everyone in the game.
3. Eddie, Joe and Lily work together to build a sand castle at lunchtime.  
Eddie, Joe and Lily \_\_\_\_\_ with each other to build the sand castle.
4. Even Lily does not know she lost her bracelet, Eddie does the right thing and returns it to her.  
Eddie shows \_\_\_\_\_ in returning Lily's bracelet to her.
5. Eddie and Joe are nice, supportive, dependable and polite to one another.  
Eddie and Joe have a true \_\_\_\_\_.
6. Eddie makes a difference in Joe's life by including him in the game.  
Eddie is \_\_\_\_\_ and helps make Joe feel less lonely.

# Word Search Swamp

## Leader's Guide

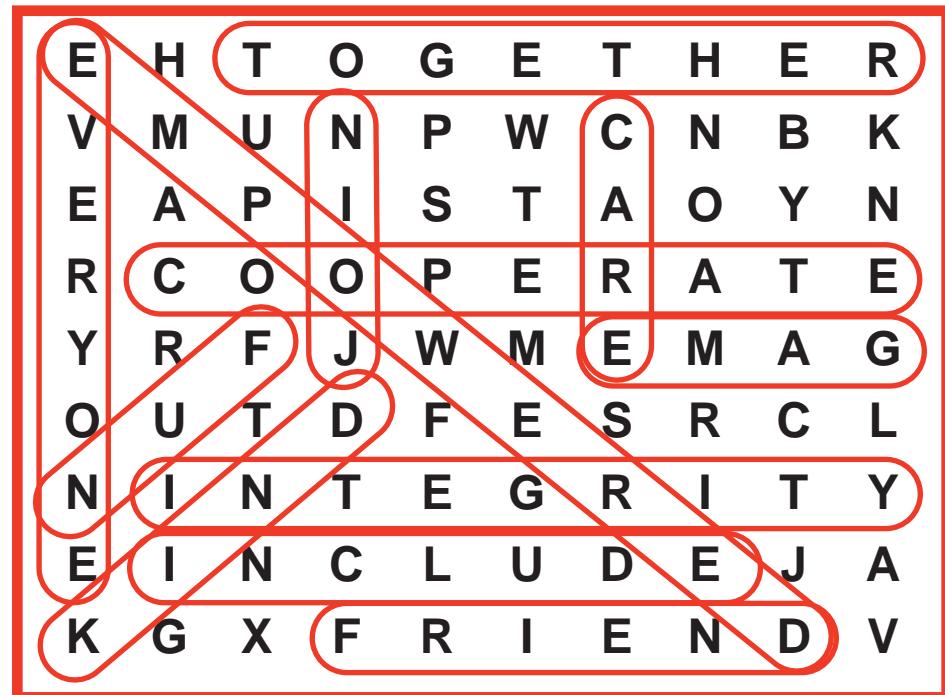


Join together and include everyone  
When we cooperate we all have fun!  
Become empowered, be thoughtful and kind  
When we understand and care  
A friend is what we find!

The Crew is looking for these hidden words  
in the puzzle below.

Join	Together	Everyone	Cooperate
Fun	Empowered	Kind	Include
Friend	Care	Game	Integrity

Please help them find these hidden words.  
Be aware, the words can be horizontal, vertical, or diagonal.  
They can be written frontward or backward!  
Circle each word when you find it.  
Then check it off on your list.  
Let's search.



## Word Search Swamp



Join together and include everyone  
When we cooperate we all have fun!  
Become empowered, be thoughtful and kind  
When we understand and care  
A friend is what we find!

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Please help them find these hidden words.  
Be aware, the words can be horizontal, vertical, or diagonal.  
They can be written frontward or backward!  
Circle each word when you find it.  
Then check it off on your list.  
Let's search.

E	H	T	O	G	E	T	H	E	R
V	M	U	N	P	W	C	N	B	K
E	A	P	I	S	T	A	O	Y	N
R	C	O	O	P	E	R	A	T	E
Y	R	F	J	W	M	E	M	A	G
O	U	T	D	F	E	S	R	C	L
N	I	N	T	E	G	R	I	T	Y
E	I	N	C	L	U	D	E	J	A
K	G	X	F	R	I	E	N	D	V



We are now

**Super Crew  
World Changers**



Show your **POWER**  
Say the **WCW**  
Signal the **Gesture**  
**Make the World Better!**



## Lesson 3

# YOUTH DEVELOPMENT - INCLUSION, EMPATHY AND EMPOWERMENT



### - Can-Do Code

Project on screen, read aloud and follow directions

Approximate  
Time Frame

1-2 minutes

### - I Include! Definition, Gesture and Example

### - Let's be Inclusive Super Crew World Changers

Project on screen, read aloud and follow directions

4-5 minutes

### - How Does It Feel To Be Left Out?

Project on screen, read aloud and discuss

2-3 minutes

### - Be a "Double E" Leader

Project on screen, read aloud and follow directions

3-4 minutes

### - "Double E" Hot Potato Game

Project on screen and play game

12-15 minutes

### - "Everybody's In!" Coupon

Make copies, hand out to students and follow directions

5-10 minutes

### - WCW Treasure Trunk and Game #2

Project on screen or print page and follow directions

5-10 minutes

Let's read aloud together:  
**We are The Can-Do Crew!**  
We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## We can make the world better!

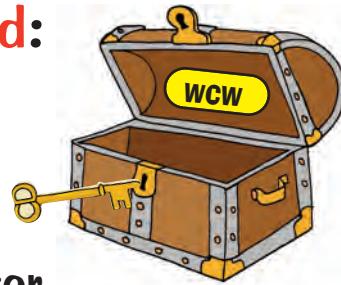


Here is our **World Changing Word:**



# Inclusion

Let's discover it's meaning and  
how we use it to make the world better.



## Inclusion

taking a person into a group

I  
**Include!**

Eddie asks a  
lonely boy if he  
would like to play.



To help you remember what  
**Inclusion** means,  
make this **Gesture**:

Wave your hand  
toward you

like you are inviting someone  
to come over



Let's Be  
**INCLUSIVE**  
**Super Crew**  
**World Changers**



Here are some ways to show **INCLUSION**:

When Carlos sees Lizzie by herself at lunch, he says "Come sit with us!"

How does Carlos **INCLUDE** Lizzie?

Bella invites Jamal to join Rupali, Justin and her in a game of four square on the playground.

What does Bella do to **INCLUDE** Jamal?

Sam asks Maggie, who is new to their school, to help Antonio and Rachel paint the poster for the big fundraiser.

Why does Sam **INCLUDE** Maggie?

Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I  
**Include!**



2. Give its Meaning

**Inclusion** means taking a person into a group

3. Signal its Gesture

Wave your hand toward you like you are inviting someone to come over

4. Tell YOUR way to show **INCLUSION!**

# How Does it Feel to be Left Out?

At the beginning of the story, Joe is standing all by himself and feeling left out.

How do you think Joe feels when he is EXCLUDED?

Joe may be feeling lots of different emotions.

Show how YOU think Joe feels.



I'm Confused



Also in the story, Lilly is sitting by herself and feeling left out.

How do you think Lilly feels when she is EXCLUDED?

Show how YOU think Lilly feels.

I'm Angry



I'm Scared



Eddie asks Lilly if he could sit with her at lunch.

How do you think Lilly feels when she is now INCLUDED?

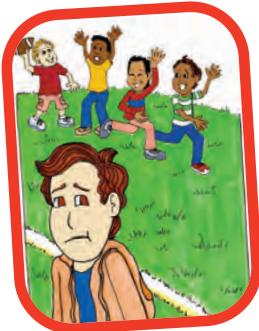
Show how YOU think Lilly feels.

# Stop the feelings of being Left Out.

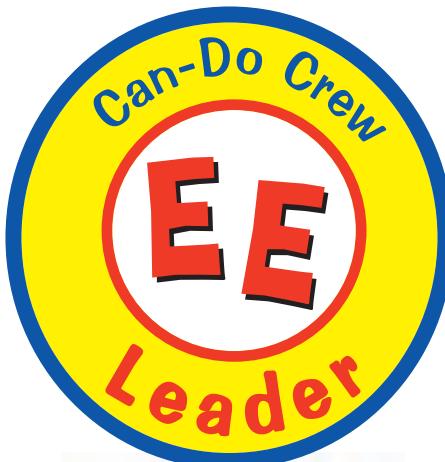


Eddie has  
**Empathy**

He understands and cares  
that Joe may be  
feeling lonely because he  
looks sad standing  
by himself on the playground.



He also cares that Lilly  
looks upset because  
she is sitting all by herself  
in the lunchroom



He also is able to  
make a difference  
by pulling up a chair and  
joining Lilly for lunch.



**Eddie is a "Double E" Leader!**

**Let's make the "Double E" Leader Gesture Signal.**

We combine **Empathy** and **Empowered** into one.

Place your right index finger on the side of your face near your eyes  
and hold your left arm over your head.

You can be a **"Double E" Leader**, too!

# "Double E" Hot Potato Game!

## Leader's Guide

"Double E" Hot Potato Game is a fun upbeat group activity where students will experience firsthand how it feels to be left out and become empowered to act to include everyone.

Students' empathy, self-management and social awareness are heightened as they become "Double E" Leaders. Hand-eye coordination and motor skills are enhanced as students utilize positive cooperative behaviors to play the game.

### Overview of the Game

The students will be playing a game of Hot Potato. On the surface, it will appear to the students that they are just playing a game.

But, they will be seeing and feeling firsthand how it feels to be left out since three students will not be included in the first round of the game.

After this round is completed, there is a series of discussion questions to talk about those students who were left out, how it felt, and what to do about it.

The next round will be played as "**Double E**" Hot Potato with everyone included.

### How to play the Game

Before beginning the game, crumble up a scrap piece of paper into a ball to use as your "Hot Potato". Or, you may use a ball (soft) if you have one.

Divide the students up randomly into Color Groups. You may do this either by assigning the students yourself or having them choose their color groups by picking out pieces of colored paper from a concealed container (e.g., paper bag)

#### Color Groups:

- 1 student Yellow,
- 1 student Green,
- 1 student Orange
- The remainder of the students equally divided between Red and Blue.

Ask the Blue Group to please stand up and form a circle on one side of the room.  
Ask the Red Group to please stand up and form a circle on the other side of the room.  
Do not address the 3 students in the Yellow, Green and Orange groups.

The 3 students left out might be feeling uncomfortable since they have no group to join. **This is the point of the game and what you will be discussing afterwards.**

## "Double E" Hot Potato Game!

Leader's Guide page 2

Before starting the game, please display the "Double E" Hot Potato page  
(after Leader's Guide Instructions).

With all students seated, read the opening lines.

Object of the Game:

Don't get caught holding the "Double E" Hot Potato  
when the leader calls "Hot"

1. Gather in your assigned color group and form a circle.
2. When the leader calls "Go", pass the "Double E" Hot Potato around the circle in one direction, no one can be skipped.
3. When the leader calls out "Hot", stop passing the "Double E" Hot Potato.
4. The player caught holding the "Double E" Hot Potato when the leader calls out "Hot" is out.

Let's Play "Double E" Hot Potato!

Begin playing the Hot Potato Game

Have the Blue and Red Groups gather in different circles to play 3 rounds of Hot Potato.

You, as the leader, calls out "Go" and the students begin passing the Hot Potato around the circle in one direction, no one can be skipped.

When you, as the leader calls out "Hot", the students stop passing the Hot Potato.

The player caught holding the Hot Potato when "Hot" is called is Out. He/She takes a step out of the circle and watches the next 2 rounds.

When you finish your 3 rounds, have EVERYONE gather together to reflect on the game they just played. This includes the Yellow, Orange and Green Groups.

## "Double E" Hot Potato Game!

Leader's Guide page 3

### Reflections after the Hot Potato Game

Ask the students these questions:

Who is in the Yellow Group? (Have the person raise his/her hand.)  
How did you feel being all by yourself?

Who is in the Green Group? (Have the person raise his/her hand)  
How did you feel that you were not part of the larger groups?

Who is in the Orange Group? (Have the person raise his/her hand)  
How did you feel that you did not get to play the game?

Did anyone notice the three people who were not playing the game?

If yes, did YOU try to do anything about it? Why or why not?

If no and YOU did nothing, what could YOU have done?

Did anyone care about their feelings? Do you care about them now?  
What would a Double E Leader do?

Show EMPATHY. Pay attention to people who have been excluded  
and try to understand how it feels.

Be EMPOWERED. Say and/or do something to include someone.

### Play "Double E" Hot Potato Game

Tell Students:

Let's play "Double E" Hot Potato. Let's all be "Double E" Leaders!

Divide the students up randomly into color Groups again:

1 student Yellow,

1 student Green,

1 student Orange

With the remainder of the students equally divided between Red and Blue.

Ask the Yellow Group to please stand up. (there should be only 1 student)

Turn to the class and ask if anyone would like to say anything to this person.

Have them invite the student into their Group.

Repeat this for Green and Orange.

All students should be included as you begin to play the Game of "Double E" Hot Potato.

Play "Double E" Hot Potato again.



# "Double E" Hot Potato Game!



Object of the Game:

Don't get caught holding the "Double E" Hot Potato  
when the leader calls "Hot"

1. Gather in your assigned color group and form a circle.
2. When the leader calls "Go", pass the "Double E" Hot Potato around the circle in one direction, no one can be skipped.
3. When the leader calls out "Hot", stop passing the "Double E" Hot Potato.
4. The player caught holding the "Double E" Hot Potato when the leader calls out "Hot" is out.

Let's Play "Double E" Hot Potato!



## "Everybody's In!" Coupon

We now have an understanding of how badly it feels to be EXCLUDED

We also have experienced how GREAT it feels to be INCLUDED.

We are Double E Leaders! We have Empathy and are Empowered.



We can make the world better  
with an Act of Kindness using our  
"Everybody's In!" Coupon!

Here is what we can do:

1. Write your name on a small piece of paper and fold it twice.
2. Place all the folded papers into a pile and mix them up.
3. Take turns picking a name from the pile, BUT SHHHHHH...  
  
You want it to be a surprise when you give your classmate  
your "Everybody's In!" Coupon.
4. Look at the name but don't say anything! If you pick your own name,  
pick another
5. Think of a really kind way to include your classmate.
6. Cut out the Coupon and give it with a Smile!



## The Can-Do Crew "Everybody's In!" Coupon

We can make the world better!



I have EMPATHY and am EMPOWERED when I INCLUDE other people.

**A Good Deed** I will include: \_\_\_\_\_

when I \_\_\_\_\_

\_\_\_\_\_

From: \_\_\_\_\_

**An Act of Kindness**

# Treasure Trunk of WORLD CHANGING WORDS

In order to become Super Crew World Changers,  
we have to know all of the **WCW**.

Read the words, their definitions and make their **Signal Gestures**.



## Empathy

understanding and caring about  
another person's feelings



## Integrity

being fair, honest and  
doing what is right



## Cooperation

working together for a  
common purpose



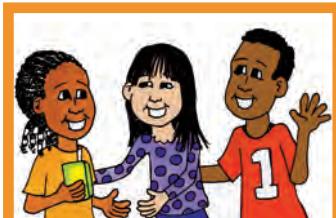
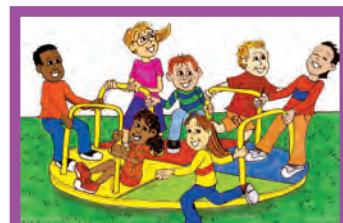
## Inclusion

taking a person into a group



## Friendship

relationship between people  
who like and trust each other



## Empowered

to have or be given the ability to act  
and to be able to make a difference

## World Changing Word Game #2

### Leader's Guide

Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.



- Without being asked, Marquand gives back Justin's baseball mitt that he borrowed even though he wished he could have kept it.

Marquand does the right thing and shows **Integrity**.

- Marquand and Justin realize they enjoy doing the same activities and share a lot of the same interests.

Marquand and Justin have begun a **Friendship**.

- Marquand remembers how sad he felt when he first came to his new school and does not want the new student, Vanessa, to feel the same way.

Marquand demonstrates **Empathy** when he understands and cares about Vanessa's feelings.

- Justin and Whitney work together with Marquand to make a welcome card for Vanessa.

Marquand, Justin and Whitney **Cooperate** to make the welcome card.

- Marquand invites Vanessa to join Whitney, Justin and him in a game of four square on the playground.

Marquand **Includes** Vanessa in a game of four square with his friends.

- Marquand asks his friends to help him clean up the playground. This will make a big difference at their school.

Marquand **Empowered** his friends to make a difference.

## World Changing Word Game #2



Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.

- Without being asked, Marquand gives back Justin's baseball mitt that he borrowed even though he wished he could have kept it.

Marquand does the right thing and shows \_\_\_\_\_.

- Marquand and Justin realize they enjoy doing the same activities and share a lot of the same interests.

Marquand and Justin have begun a \_\_\_\_\_.

- Marquand remembers how sad he felt when he first came to his new school and does not want the new student, Vanessa, to feel the same way.

Marquand demonstrates \_\_\_\_\_ when he understands and cares about Vanessa's feelings.

- Justin and Whitney work together with Marquand to make a welcome card for Vanessa.

Marquand, Justin and Whitney \_\_\_\_\_ to make the welcome card.

- Marquand invites Vanessa to join Whitney, Justin and him in a game of four square on the playground.

Marquand \_\_\_\_\_ Vanessa in a game of four square with his friends.

- Marquand asks his friends to help him clean up the playground. This will make a big difference at their school.

Marquand \_\_\_\_\_ his friends to make a difference.



## Lesson 4 **EMPATHY**



Approximate  
Time Frame

### - Can-Do Code

Project on screen, read aloud and follow directions

1-2 minutes

- I have Empathy! Definition, Gesture and Example
- Let's be Empathetic Super Crew World Changers

Project on screen, read aloud and follow directions

4-5 minutes

### - Empathy Detectives

Project on screen, read aloud and discuss

3-4 minutes

### - Empathy Detective Cards

Beforehand, make double sided copies on card stock

4-5 minutes

Hand cards out to students

Project on screen, read aloud and discuss

### - Follow the Clues

Project on screen and follow directions

12-15 minutes

### - "Double E" Leader in Action

Make copies, hand out to students and follow directions

8-10 minutes

Let's read aloud together:  
**We are The Can-Do Crew!**  
We live by

## **The Can-Do Code:**

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## **We can make the world better!**

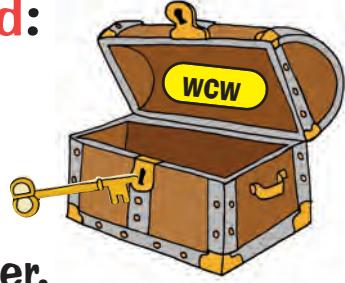




Here is our **World Changing Word:**

# Empathy

Let's discover it's meaning and  
how we use it to make the world better.



## Empathy

understanding and caring about  
another person's feelings

I have  
**Empathy!**

Sarah knows how  
it feels to be left  
out so she asks  
others to play.



To help you remember what  
**Empathy** means,  
make this **Gesture**:

Stand up and put your index fingers  
on each side of your face  
near your eyes  
like you are thinking

Let's Be

**EMPATHETIC  
Super Crew  
World Changers**



### Here are some ways to be **EMPATHETIC**:

George sees Antonio is left out and asks him to join his football game.

How does George show **EMPATHY**?

Vanessa remembers how sad she felt when she first came to her new school and asks the new student, Marquand, to sit with her at lunch.

What makes Vanessa **EMPATHETIC**?

After Yoshi broke his arm, Angela helps carry his science project into class because she remembers how badly she felt when she broke her leg.

Why does Angela show **EMPATHY**?

### Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I have  
**Empathy!**



2. Give its Meaning

**Empathy** means understanding and caring about another person's feelings

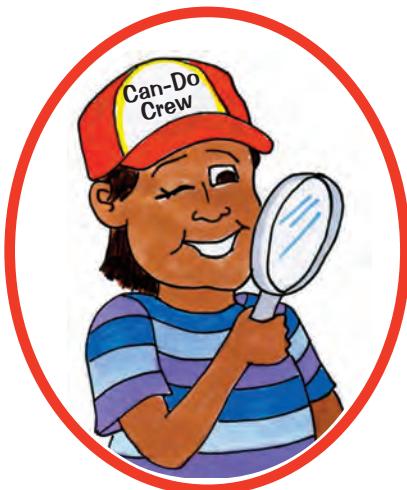
3. Signal its Gesture

Stand up and put your index fingers on each side of your face (like you are thinking)

4. Tell **YOUR** way to show **EMPATHY**!

# Empathy Detectives...

Follow the Clues  
to Solve the Mystery



What Clues Can Help  
You Identify Another  
Person's Feelings?



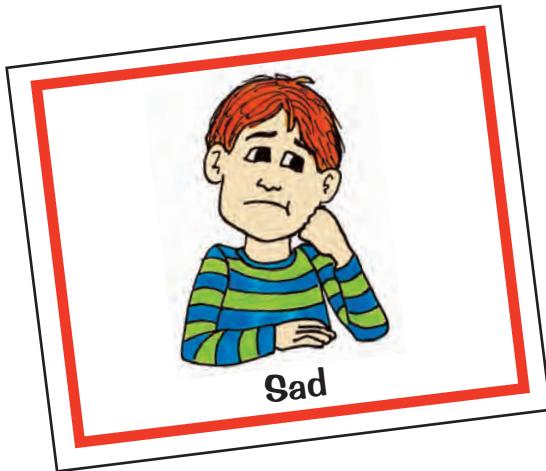
- \* How they look
- \* What they say
- \* What is going on around them



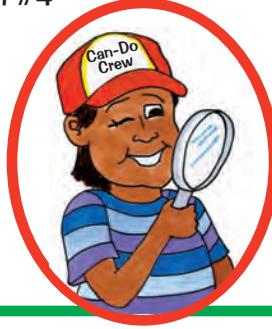
These are the clues that will help us understand and care about another person's feelings.  
We have our own "Everybody's In!"  
**Empathy Detective Cards**  
to make our job easier and fun, too!

# Empathy Detective Cards

1. Cut out each Empathy Detective Card
2. Write your name or initials on each card
3. Use them for the "Everybody's In!" Empathy Games



# Follow the Clues



As an Empathy Detective,  
sometimes you might find more than one answer.  
It is okay to have multiple feelings and reactions.

Hold up the Empathy Card or Cards that best describes each sentence.

1. Mario is crying because he cannot find his dog. How does Mario feel?
2. Jamal finds a lost dog. How might Jamal feel?
3. Jamal recognizes the dog and wants to return the dog to Mario. How does Jamal feel?
4. The dog begins to run toward a busy street. How does Jamal feel?
5. The dog stops before it reaches the street, and waits for Jamal. How does Jamal feel?
6. Jamal returns Mario's dog to him. How do Mario and Jamal feel?

Hold up the Empathy Card or Cards that best describes how the SPEAKER feels.

7. "I am glad you are my friend."
8. "You hurt my feelings when you called me a mean name."
9. "This place is spooky."
10. "I wish I had someone to play with."
11. "I am mad at you for taking my book without permission."



# Follow the Clues



Hold up the Empathy Card or Cards that best describes how each statement makes YOU feel.

12. "You never do anything right."
13. "You can't play with us."
14. "That is a great idea."
15. "You are going to be in a lot of trouble."
16. "Surprise! It's your birthday party!"



Hold up the Empathy Card or Cards that best describes how YOU would feel in each situation.

17. Being invited to a friend's birthday party
18. Not being invited to a friend's birthday party
19. Sitting alone on the bus when everyone else is sitting with someone else
20. Seeing a snake on the sidewalk
21. Being pushed and shoved in the hallway

# "Double E" Leader in Action

## Leader's Guide

**Empathy**

**Empowered**



1. Draw a picture of when you saw someone being left out.
2. As an **Empathy Detective**, choose one of the **Empathy Cards** that matches how that person might feel.
3. Write a speech balloon of what he or she is saying about being Excluded.
4. Now put yourself in the picture as a "**Double E**" Leader.  
You have **Empathy** and you are **Empowered** to **Include**.  
Write a speech balloon of what would you say to that person.



**The Can-Do Crew      We can make the world better!**

## "Double E" Leader in Action

**Empathy**

**Empowered**



1. Draw a picture of when you saw someone being left out.
2. As an **Empathy Detective**, choose one of the **Empathy Cards** that matches how that person might feel.
3. Write a speech balloon of what he or she is saying about being Excluded.
4. Now put yourself in the picture as a "**Double E**" Leader.  
You have **Empathy** and you are **Empowered** to **Include**.  
Write a speech balloon of what would you say to that person.

## Lesson 5

# EMPOWERED

Approximate  
Time Frame

### - Can-Do Code

Project on screen, read aloud and follow directions

1-2 minutes

- I am Empowered! Definition, Gesture and Example
- Let's be Empowered Super Crew World Changers

Project on screen, read aloud and follow directions

4-5 minutes

- A Can-Do Kid has Empathy and is Empowered!
- Re-read "Everybody's In!"

Project on screen, read aloud and discuss

10-15 minutes

- "Double E" Superstar Auditions!  
You Be The Judge!

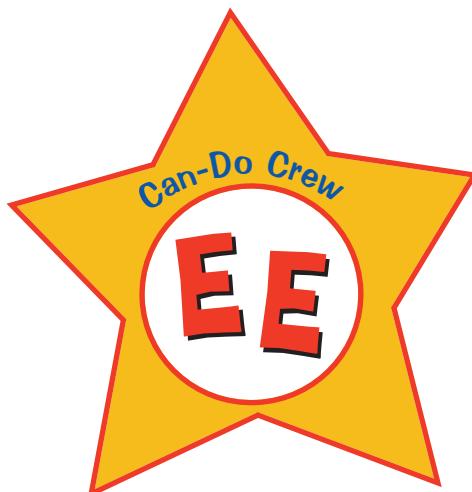
Project on screen, read aloud and follow directions

12-15 minutes

- WCW Treasure Trunk and Game #3

Project on screen or print page and follow directions

5-10 minutes



Let's read aloud together:  
**We are The Can-Do Crew!**  
We live by

## **The Can-Do Code:**

When we are saying things,  
**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,  
**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,  
**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## **We can make the world better!**

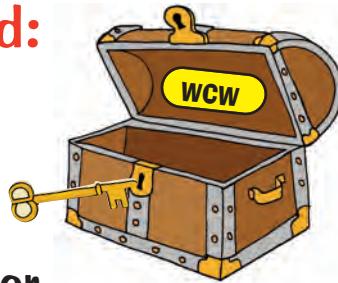




Here is our **World Changing Word:**

# Empowered

Let's discover it's meaning and  
how we use it to make the world better.

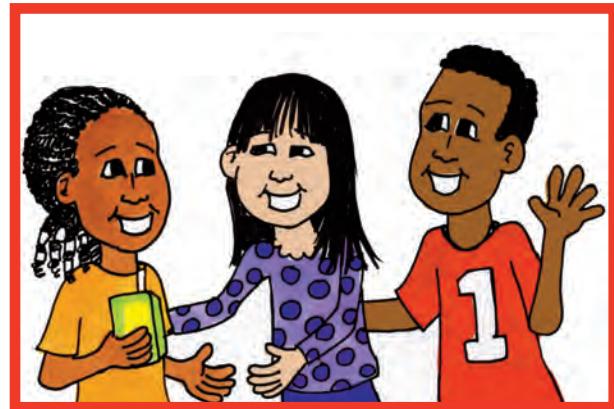


## Empowered

to have or be given the ability to act  
and to be able to make a difference

I am  
**Empowered!**

Eddie and Kim  
invite Lilly to sit  
with them at lunch



To help you remember what  
**Empowered** means,  
make this **Gesture**:



**Stand up, make two fists  
and hold them over your head  
to show your power**

## Let's Be

# EMPOWERED Super Crew World Changers



## Here are some ways to be EMPOWERED:

When Kamesha sees Carlos sitting by himself at recess, she asks him to be part of the game.

What does Kamesha do to be EMPOWERED and make Carlos less lonely?

After the storm, Denzel asks his friends to help him clean up the playground which will make a big difference at their school.

How is Denzel EMPOWERED?

Whitney encourages Jason to write a get-well card for his good friend Mr. Lopez to make him feel better while he is in the hospital.

Are both Whitney and Jason EMPOWERED and why?

## Show your Super Crew World Changing POWER!

### 1. Say the World Changing Word

I am  
**Empowered!**



### 2. Give its Meaning

Empowered means to have or be given the ability to act and being able to make a difference.

### 3. Signal its Gesture

Stand up, make two fists and hold them over your head to show your power

### 4. Tell YOUR way to be EMPOWERED!



**EMPATHY** and is **EMPOWERED**

**Can YOU show EMPATHY?**

Understanding and caring about another person's feelings

**Can YOU be a EMPOWERED?**

To have or be given the ability to act to make a difference

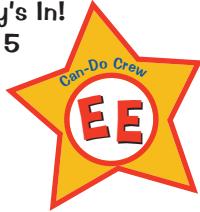
Absolutely



It's Easy

Let's read aloud again "Everybody's In!"  
to see how Eddie has **Empathy** and became **Empowered**  
and how **YOU** can too!





# "Double E" Superstar Auditions!

## YOU be the Judge!



What does it take to be a **Double E Leader**?  
You "judge" with a **Thumbs UP** or **Thumbs DOWN**  
and show the **"evidence"** for your decision.



1. We will be acting out **8 short scenes**.  
Each scene will have a **Group of 4 actors**.  
Each audience member is a **Judge**.

2. To get a Judge's Thumbs Up,  
the Group needs to show  
**Empathy AND be Empowered**

3. **YOU be the Judge . . .**  
at the end of each scene.  
Thumbs **UP** - "Double E" Leader,  
or  
Thumbs **DOWN** - NOT a "Double E"

4. With a Thumbs **DOWN**,  
the audience remains seated.  
There is no "Double E" Evidence.  
No one has shown  
**Empathy or Empowerment**.

5. With a Thumbs **UP**,  
everyone stands up and  
makes the  
**"Double E" Leader**  
Gesture Signal.

6. With a Thumbs Up,  
circle the **"Double E" Evidence**  
in the scene.  
These are the lines that  
show **Empathy** and  
being **Empowered**.



Let the  
**"Double E" Superstar**  
Judging Begin!



# "Double E" Superstar Auditions!

## YOU be the Judge!



### Leader's Guide



**Orange Group A**



Thumbs up:

Actor 3: I feel badly she is sitting there on the bench all alone.

Actor 4: Let's go over to see if she needs help.

**Orange Group B**



**Blue Group A**



Thumbs up:

Actor 3: I know how it feels to not get picked for either team.

Actor 4: Me too. Let's ask him to play with us.

**Blue Group B**



**Red Group A**



Thumbs up:

Actor 2: I do. I think she is really quiet and too shy to talk to us.

Actor 3: We could use some help with this poster we are making.

**Red Group B**



**Purple Group A**



Thumbs up:

Actor 3: That just happened to me. I know how bad it feels to accidentally hurt someone.

Actor 4: The best thing to do is say you are sorry and really mean it.

**Purple Group B**





# "Double E" Superstar Auditions!

## YOU be the Judge!



### Orange Group A

- Actor 1: Did you hear that? I heard someone crying.  
Actor 2: I did, too, but I did not know what to do.  
Actor 3: I feel badly she is sitting there on the bench all alone.  
Actor 4: Let's go over to see if she needs help.  
Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?

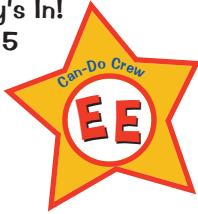
### Orange Group B

- Actor 1: Did you hear that? I heard someone crying.  
Actor 2: I did, too, but it is not my problem.  
Actor 3: We need to get to the lunch room.  
Actor 4: Let's go. We do not want to be late.  
Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?



# "Double E" Superstar Auditions!

## YOU be the Judge!



### Blue Group A

- Actor 1: Did you see that? Those boys left him out again.
- Actor 2: I did, but that happens sometimes.
- Actor 3: It does not mean that it is right.
- Actor 4: It does not have anything to do with us. Let's play.
- Everyone: Thumbs Up or Thumbs Down?

Judges:



### What is the Evidence?

### Blue Group B

- Actor 1: Did you see that? Those boys left him out again.
- Actor 2: I did and he looks very sad.
- Actor 3: I know how it feels to not get picked for either team.
- Actor 4: Me too. Let's ask him to play with us.
- Everyone: Thumbs Up or Thumbs Down?

Judges:



### What is the Evidence?



# "Double E" Superstar Auditions!

## YOU be the Judge!



### Red Group A

- Actor 1:** Do you see the new girl in our class standing there watching us draw?
- Actor 2:** I do. Will you please pass me the red crayon?
- Actor 3:** I think she came here last week.
- Actor 4:** The poster we are making for the Bake Sale is looking really good!
- Everyone:** Thumbs Up or Thumbs Down?

Judges:



### What is the Evidence?

### Red Group B

- Actor 1:** Do you see the new girl in our class standing there watching us draw?
- Actor 2:** I do. I think she is really quiet and too shy to talk to us.
- Actor 3:** We could use some help with this poster we are making for the Bake Sale.
- Actor 4:** Let's go over and ask her to join us.
- Everyone:** Thumbs Up or Thumbs Down?

Judges:



### What is the Evidence?



# "Double E" Superstar Auditions! **YOU be the Judge!**



## Purple Group A

- Actor 1: Oh, I did not mean to step on your foot.
- Actor 2: Ouch, it hurts, but you did not do it on purpose.
- Actor 3: That just happened to me. I know how bad it feels to accidentally hurt someone.
- Actor 4: The best thing to do is say you are sorry and really mean it.
- Everyone: Thumbs Up or Thumbs Down?

Judges:



## What is the Evidence?

## Purple Group B

- Actor 1: Oh, I did not mean to step on your foot.
- Actor 2: Ouch, that really hurt! It did not feel like an accident.
- Actor 3: It really bothers me when people bump into me.
- Actor 4: Yeah, everyone should just watch where they are going.
- Everyone: Thumbs Up or Thumbs Down?

Judges:



## What is the Evidence?

## Treasure Trunk of WORLD CHANGING WORDS

In order to become Super Crew World Changers,  
we have to know all of the **WCW**.

Read the words, their definitions and make their **Signal Gestures**.



### Empathy

understanding and caring about  
another person's feelings



### Integrity

being fair, honest and  
doing what is right



### Cooperation

working together for a  
common purpose



### Inclusion

taking a person into a group



### Friendship

relationship between people  
who like and trust each other



### Empowered

to have or be given the ability to act  
and to be able to make a difference

## World Changing Word Game #3

### Leader's Guide

Hold up the correct **WCW Card** for each sentence.

Make the **Gesture Signal**.

Then write the **WCW** on the line.



1. Maggie and Yoshi want to write a new song for their school play. They know they will have to work together in order to do it well.

Maggie and Yoshi will need to Cooperate to write their song.

2. Although David is quiet, Maggie knows he has musical talent and would like him to be part of the songwriting team.

Maggie wants to Include David as a member of their songwriting team.

3. Maggie and Yoshi discover David is very polite and they like singing songs with him as well as listening to music together.

Maggie and Yoshi have a lot in common with David and develop a Friendship.

4. When his neighbor, Mr. Lopez breaks his arm, Yoshi remembers how badly he felt when he broke his finger last summer. Yoshi cares about how Mr. Lopez is feeling.

Yoshi displays Empathy towards Mr. Lopez.

5. David encourages Yoshi to write a get-well song for Mr. Lopez while he is in the hospital to make him feel better.

David Empowers Yoshi to make a difference in Mr. Lopez's life.

6. After Yoshi goes to the store for Mr. Lopez, he is honest and returns all the extra money to Mr. Lopez.

Yoshi is honest and shows Integrity.

## World Changing Word Game #3

Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.



1. Maggie and Yoshi want to write a new song for their school play. They know they will have to work together in order to do it well.

Maggie and Yoshi will need to \_\_\_\_\_ to write their song.

2. Although David is quiet, Maggie knows he has musical talent and would like him to be part of the songwriting team.

Maggie wants to \_\_\_\_\_ David as a member of their songwriting team.

3. Maggie and Yoshi discover David is very polite and they like singing songs with him as well as listening to music together.

Maggie and Yoshi have a lot in common with David and develop a \_\_\_\_\_.

4. When his neighbor, Mr. Lopez breaks his arm, Yoshi remembers how badly he felt when he broke his finger last summer. Yoshi cares about how Mr. Lopez is feeling.

Yoshi displays \_\_\_\_\_ towards Mr. Lopez.

5. David encourages Yoshi to write a get-well song for Mr. Lopez while he is in the hospital to make him feel better.

David \_\_\_\_\_ Yoshi to make a difference in Mr. Lopez's life.

6. After Yoshi goes to the store for Mr. Lopez, he is honest and returns all the extra money to Mr. Lopez.

Yoshi is honest and shows \_\_\_\_\_.

## Lesson 6

# QUALITIES OF FRIENDSHIP

Approximate  
Time Frame

### - Can-Do Code

Project on screen, read aloud and follow directions

1-2 minutes

### - I show Friendship! Definition, Gesture and Example

### - Let's be Friendly Super Crew World Changers

Project on screen, read aloud and follow directions

4-5 minutes

### - Captain Can-Do's Friendship Acrostic Poem

### - Friendship Ship Game

Project on screen, read aloud and follow directions

30-40 minutes

### - Captain Can-Do's "Everybody's In!" Checklist

Project on screen or print page and follow directions

3-4 minutes



Let's read aloud together:  
**We are The Can-Do Crew!**  
We live by

## **The Can-Do Code:**

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## **We can make the world better!**

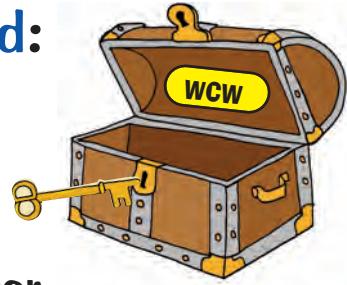


Here is our **World Changing Word:**



# Friendship

Let's discover it's meaning and  
how we use it to make the world better.



## Friendship

relationship between people  
who like and trust each other

I show  
**Friendship!**

Eddie likes and  
trusts Rachel  
and Yoshi.



To help you remember what  
**Friendship** means,  
make this **Gesture**:

**Smile with index finger  
on each cheek**  
because true **Friendship** makes  
you smile

## Let's Be

# FRIENDLY Super Crew World Changers



## Here are some ways to show true FRIENDSHIP:

Lizzie and Sarah help each other and are dependable and polite when they are together.

How do Lizzie and Sarah show their true FRIENDSHIP?

Denzel and Marco respect and are nice to each other. They also both like to play basketball, read science fiction and build model cars.

Why do Denzel and Marco have a true FRIENDSHIP?

Maggie and Antonio are always honest with each other. They care about each other's feelings and keep their promises.

What do Maggie and Antonio do to demonstrate their true FRIENDSHIP?

## Show your Super Crew World Changing POWER!

### 1. Say the World Changing Word

I show  
**Friendship!**

### 2. Give its Meaning

**Friendship** means  
the relationship  
between people  
who like and trust  
each other



### 3. Signal its Gesture

Smile with index finger  
on each cheek

because true Friendship  
makes you smile

### 4. Tell YOUR way to show true FRIENDSHIP!

## Captain Can-Do's Acrostic Friendship Poem



Captain Can-Do says:  
To have a **True Friend**,  
**YOU** must be a **True Friend**, too.



How do you know what a **TRUE Friend** is?

Let's read aloud my **Acrostic FRIENDSHIP Poem** to find out:

Here are the top qualities,  
There are **10**  
To help you remember  
How to be a **True Friend!**

**F** is for **Faithful** always loyal and true

**R** is for **Respectful** and valuing what they do

**I** is for **Interests** that you share

**E** is for **Empathy** because you care

**N** is for **Nice** your kindness runs deep

**D** is for **Dependable** and the promises you keep

**S** is for **Supportive** you're there to help out

**H** is for **Honesty** with no lies or doubt

**I** is for **Integrity** do what is right night and day

**P** is for **Polite** - please and thank you is what you say

Are **YOU** a **True Friend**?

What Qualities do **YOU** have?



# Let's Get Onboard Captain Can-Do's **FRIENDSHIP SHIP GAME**

## Leader's Guide

The Friendship Ship is an active game to engage students in the discovery of the Top 10 Qualities of true Friendship and their meanings.

This multisensory activity is a highly effective way to teach students these concepts and skills through fun repetition.

Before starting the game, please display the "Let's Get Onboard Captain Can-Do's Friendship Ship" page (after Leader's Guide Instructions).

With all students seated, read the opening lines:

**Let's make sure we know  
the Top 10 Qualities of True Friendship.  
It takes ALL of them for smooth sailing!**

1. We are loyal and stick up for each other.

We are FAITHFUL, stand up and jump

**Please sit back down. We will sit down after each jump.**

2. We are considerate and value each other.

We are RESPECTFUL, snap your fingers

We are FAITHFUL, stand up and jump

**Remember, we sit back down after each jump.**

3. We like to do some of the same things.

We have shared INTERESTS, clap your hands

We are RESPECTFUL, snap your fingers

We are FAITHFUL, stand up and jump

4. We understand and care about each other's feelings.

We have EMPATHY, put your hands on your heart

We have shared INTERESTS, clap your hands

We are RESPECTFUL, snap your fingers

We are FAITHFUL, stand up and jump

5. We are kind to each other.

We are NICE, stamp your feet

We have EMPATHY, put your hands on your heart

We have shared INTERESTS, clap your hands

We are RESPECTFUL, snap your fingers

We are FAITHFUL, stand up and jump



## Let's Get Onboard Captain Can-Do's **FRIENDSHIP SHIP** Leader's Guide page 2

### 6. We are trustworthy and reliable.

We are **DEPENDABLE**, stand up, put your hands on your hips and sit back down

We are **NICE**, stamp your feet

We have **EMPATHY**, put your hands on your heart

We have shared **INTERESTS**, clap your hands

We are **RESPECTFUL**, snap your fingers

We are **FAITHFUL**, stand up and jump

### 7. We help and encourage each other.

We are **SUPPORTIVE**, flap your elbows

We are **DEPENDABLE**, stand up, put your hands on your hips and sit back down

We are **NICE**, stamp your feet

We have **EMPATHY**, put your hands on your heart

We have shared **INTERESTS**, clap your hands

We are **RESPECTFUL**, snap your fingers

We are **FAITHFUL**, stand up and jump

### 8. We tell each other the truth.

We are **HONEST**, stand up, turn around and sit back down.

We are **SUPPORTIVE**, flap your elbows

We are **DEPENDABLE**, stand up, put your hands on your hips and sit back down

We are **NICE**, stamp your feet

We have **EMPATHY**, put your hands on your heart

We have shared **INTERESTS**, clap your hands

We are **RESPECTFUL**, snap your fingers

We are **FAITHFUL**, stand up and jump

### 9. We do what is right.

We have **INTEGRITY**, wave your hands above your head.

We are **HONEST**, stand up, turn around and sit back down.

We are **SUPPORTIVE**, flap your elbows

We are **DEPENDABLE**, stand up, put your hands on your hips and sit back down

We are **NICE**, stamp your feet

We have **EMPATHY**, put your hands on your heart

We have shared **INTERESTS**, clap your hands

We are **RESPECTFUL**, snap your fingers

We are **FAITHFUL**, stand up and jump

## Let's Get Onboard Captain Can-Do's **FRIENDSHIP SHIP** Leader's Guide page 3

10. We have good manners.

We are **POLITE**, stand up, take a bow and sit back down.

We have **INTEGRITY**, wave your hands above your head.

We are **HONEST**, stand up, turn around and sit back down.

We are **SUPPORTIVE**, flap your elbows

We are **DEPENDABLE**, stand up, put your hands on your hips and sit back down

We are **NICE**, stamp your feet

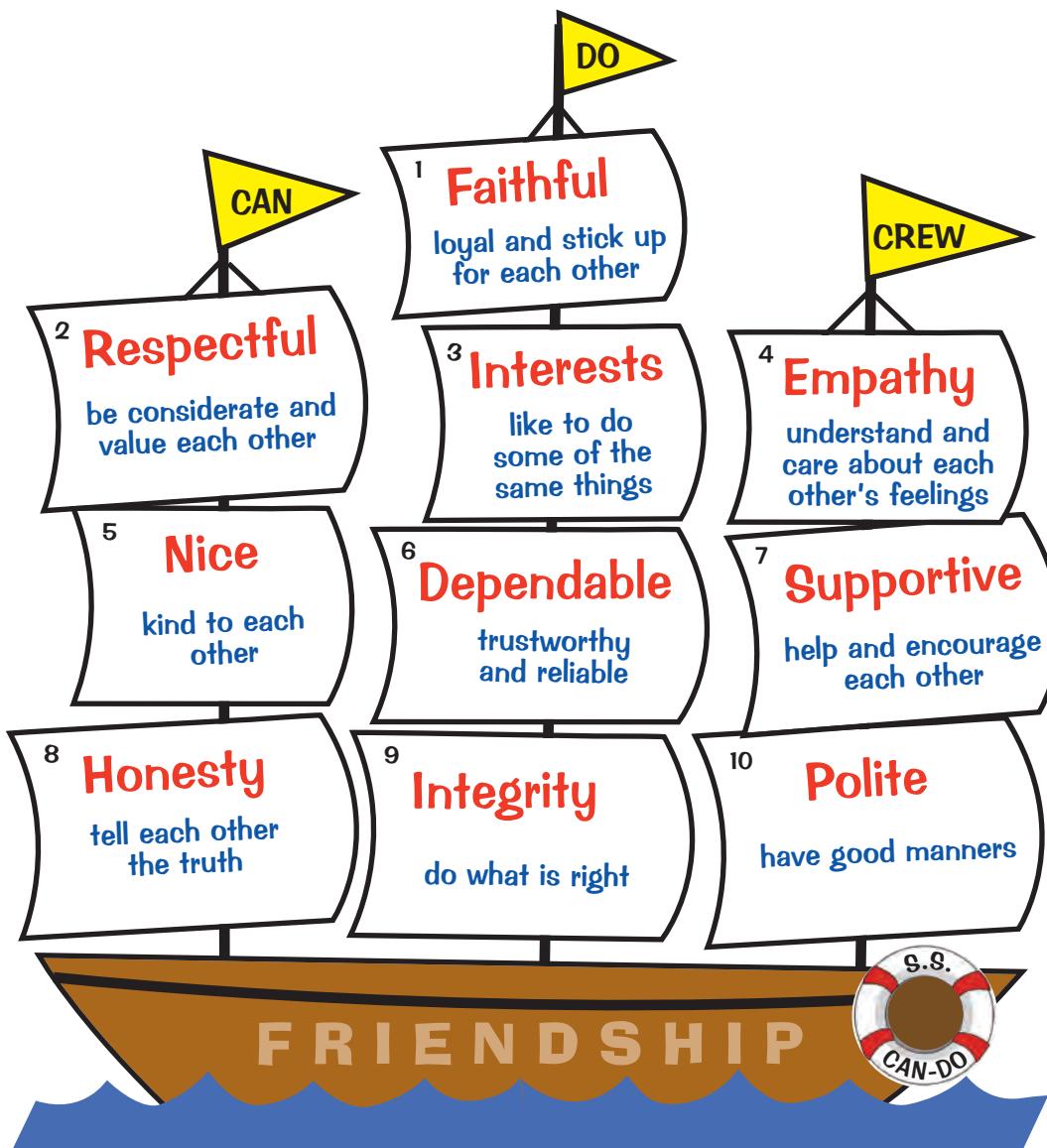
We have **EMPATHY**, put your hands on your heart

We have shared **INTERESTS**, clap your hands

We are **RESPECTFUL**, snap your fingers

We are **FAITHFUL**, stand up and jump

Our sails are all up and our **Friendship Ship** is ready to go!

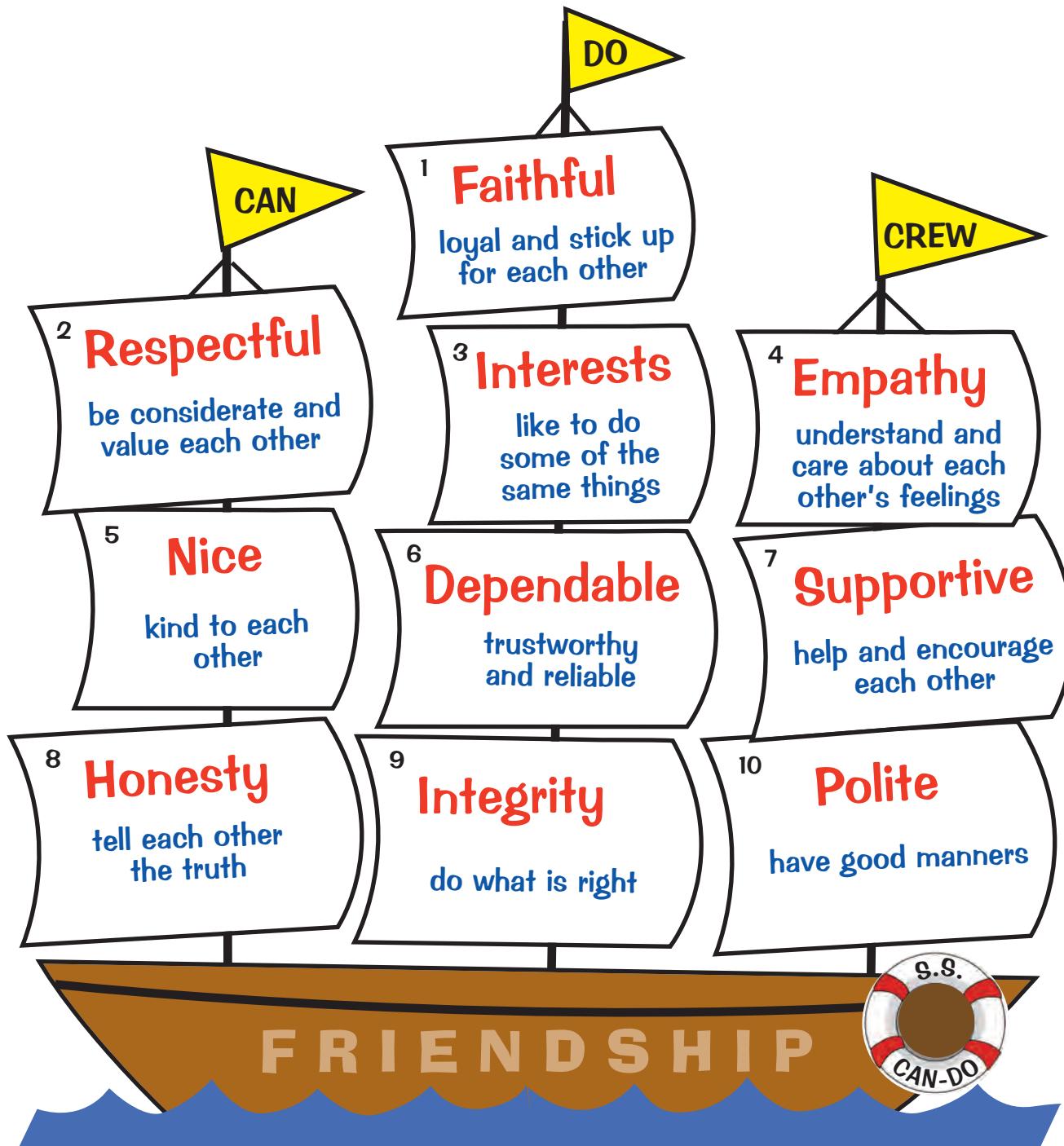




# Let's Get Onboard Captain Can-Do's **FRIENDSHIP SHIP**

Let's make sure we know  
the Top 10 Qualities of **True Friendship**.  
It takes **ALL** of them for smooth sailing!

Let's start putting up our sails...



Our sails are all up and our **Friendship Ship** is ready to go!

# Captain Can-Do's

## True Friendship Everyday Checklist

There are lots of ways to show your **True Friendship**.  
Here are a few we can do at home, at school and at play.  
See how many you can check off during each day.



## Lesson 7

# TRUE FRIENDSHIP

Approximate  
Time Frame

- I Cooperate! Definition, Gesture and Example
- Let's be Cooperative Super Crew World Changers

Project on screen, read aloud and follow directions

4-5 minutes

- Can-Do Cooperation Crew  
Friendship Cooperation Quilt

Project on screen and follow directions

20-25 minutes

- Qualities Quest! Game

Project on screen or print page and follow directions

20-25 minutes

- True Friendship is not a Joke!

Project on screen or print page and follow directions

4-5 minutes

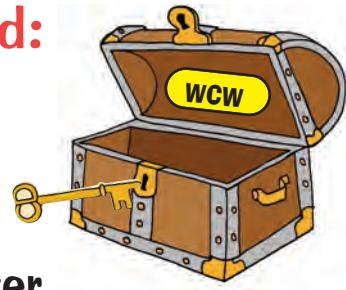




Here is our **World Changing Word:**

# Cooperation

Let's discover it's meaning and  
how we use it to make the world better.

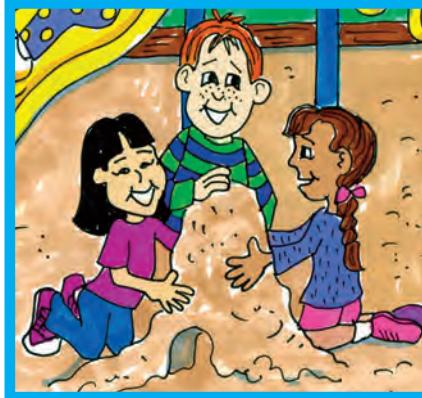


## Cooperation

working together for a  
common purpose

I  
**Cooperate!**

Sam, Kim and  
Rachel work  
together to build  
a sand castle.



To help you remember what  
**Cooperation** means,  
make this **Gesture**:

Clasp your hands  
in front of you  
to show working together



Let's Be

## COOPERATIVE Super Crew World Changers



### Here are some ways to show Cooperation:

In order to win the derby competition, Denzel, Marco, Ketesha and Kim decide to work together to build the best model race car.

Why do the four students want to COOPERATE?

Before they can go to recess, Mrs. Sanchez asks all the students to come together to clean up the classroom.

What are the students doing to COOPERATE?

Justin cracks the eggs, Whitney measures the flour and Marquand stirs the batter as they work together to bake a cake.

How do the three of them demonstrate COOPERATION?

### Show your Super Crew World Changing POWER!

#### 1. Say the World Changing Word

I  
**Cooperate!**



#### 2. Give its Meaning

Cooperation means working together for a common purpose

#### 3. Signal its Gesture

Clasp your hands  
in front of you  
to show working together

#### 4. Tell YOUR way to show COOPERATION!

# The Can-Do Cooperation Crew Friendship Cooperation Quilt



- Each of us will draw a Picture of **Friendship** for the Quilt.
- We will **COOPERATE** by sharing our supplies and working together on each other's picture.
- When we are done, we will work as a Team to put our **Friendship Cooperation Quilt** together.

**Step 1: Think and Draw**  
**What makes YOU think of true Friendship?**

Is it a symbol?



Is it a person?



Is it words?



Is it all of these things?



Using a pencil, draw the outline of your Quilt Square picture on a piece of paper.  
When you are finished, wait for the next step to color it in.

### Step 2: Color Share

Count off into groups of 5 students  
Each group gets 5 crayons - blue, red, yellow, green, orange

## 5 Minute Color Cooperation Challenge!

Begin to color in your Quilt Square

You must use all 5 colors on your Quilt Square

AND

You must share all five colored crayons with your group

AND

You have 5 minutes to start to color your Quilt Square

It is OK if you do not finish coloring

You will have more time later

After 5 minutes, FREEZE and stop drawing.



## Color Cooperation Challenge Review

How many Qualities of true Friendship  
did you show during the Color Cooperation Challenge?

Stand up

... if you showed at least 1 Quality of true Friendship  
Turn to the person next to you and say the Quality.

Clap your hands twice

... if you showed 2 Qualities of true Friendship.  
Whisper both of them.

Hop 3 times on one foot

... if you showed 3 Qualities of true Friendship.  
Shout out all three.

Give yourself a big pat on the back!

... if you showed more than 3 -

### Step 3: Picture Share

In your same group of 5, each person takes 1 crayon.  
Each student will have one of the 5 colors.

## 5 minute Swap and Draw Challenge

You must pass your Quilt Square to the person on your right  
**AND**

You must use YOUR crayon to respectfully draw  
on the picture in front of you

**AND**

You must continue passing and coloring each Quilt Square in  
your group until you have added your crayon color to all 5  
**AND**

You have 5 minutes to creatively work on all 5 Quilt Squares  
It is OK if you do not finish coloring  
You will have more time later

After 5 minutes, **FREEZE** and stop drawing

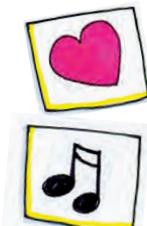
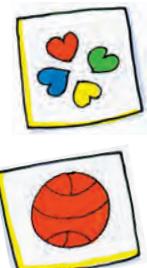
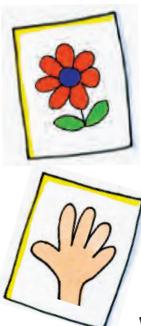
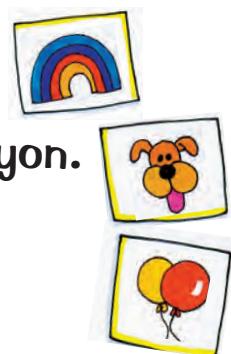
## Swap and Draw Challenge Review

Did YOU show **Integrity**?

When no one was looking  
. . . did YOU do the right thing?  
**If you did, wave both hands in the air**

Did you treat the picture  
. . . as if it was your own?  
**If you did, give yourself a Big Hug**

If you did both things  
. . . stand up and make the Gesture Signal for **Integrity**  
**Put your right on your heart and raise your left hand like you  
are making a promise.**



### Step 4: Finishing Touches

In your same Group of 5, continue to share your 5 crayons.

Finish coloring in your Quilt Square.

If you are finished, ask if anyone would like your help.



### Step 5: Quilt Time

In your Group of 5, tape your 5 Quilt Squares together in a row.



When everyone is finished, gather together in one big circle,  
bringing your row of Quilt Squares with you.

Cooperate in assembling the rows to make your Friendship Quilt.



### Step 6: A Display of Friendship

Hang your Friendship Quilt.

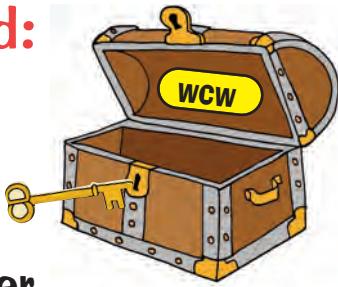
Be proud of your Cooperation and beautiful artwork!

Here is our **World Changing Word:**



# Integrity

Let's discover it's meaning and  
how we use it to make the world better.



## Integrity

being fair, honest and  
doing what is right

I have  
**Integrity!**

Lilly picks up the  
trash in the park  
without being asked  
because it is the  
right thing to do.



To help you remember what  
**Integrity** means,  
make this **Gesture:**

Stand up and put your right hand  
on your heart and raise your left hand  
like you are making a promise



Let's Be

## INTEGRITY Super Crew World Changers



### Here are some ways to have INTEGRITY:

Even though Sarah does not know she lost her bracelet, when Eddie sees it on the playground he returns it to her.

How does Eddie show INTEGRITY?

Without being asked, Marquand gives back Justin's mitt that he borrowed even though he wished he could have kept it.

Why is Marquand showing INTEGRITY?

After Yoshi goes to the store for Mr. Lopez, he returns all the extra money to Mr. Lopez.

What are Yoshi's choices? How does he show INTEGRITY?

### Show your Super Crew World Changing POWER!

1. Say the World Changing Word

I have  
**Integrity!**

3. Signal its Gesture

Stand up and put your right hand on your heart and raise your left hand like you are making a promise



2. Give its Meaning

**Integrity** means being fair, honest and doing what is right

4. Tell YOUR way to show INTEGRITY!

# Qualities Quest! Game

## Leader's Guide

Qualities Quest is a challenging and fun board game for students to understand the Top 10 Qualities of True Friendship and how they are experienced in everyday life.

As Friendship Finders, students go on a colorful Quest on The Friendship Ship collecting Qualities of True Friendship Sails: Faithful, Respectful, Interests shared, Empathy, Nice, Dependable, Supportive, Honesty, Integrity and Polite. When they have collected all 10 Sails, they are Winners and TRUE Friends!

The object of the Game is to answer the True or False questions correctly and move along the game board collecting **Sails of True Friendship**.

Using every day examples, students must decide if a true quality of friendship is being demonstrated. Their path is not always straight forward; sometimes they go ahead, sometimes they go backwards and have to get "**Back on Track**". Along the way, they will be faced with special "**Quality Questions**", be confronted with a "**Quality Quandary**", have a few "**Missed Q's**" and even get stuck in "**No Quality Quicksand**".

As students earn each **Quality**, write the letter in the correctly numbered **Sail** at the bottom of the page. At the end of the game, they will have spelled out the word "**FRIENDSHIP**".

Before starting the game, please display the "Qualities Quest" game page (on the next page) and distribute tokens; they can be anything you want (e.g., paper clips, coins, erasers).

Read aloud to students:

Let's be a **Friendship Finder** and go on a **Qualities Quest!**

Collect as many **Sails of True Friendship** as you can.

As you earn each **Quality**,

write the **LETTER** in the correctly numbered **Sail**.

At the end of your Quest, when you have collected **all 10**,  
you are a **Winner** and a **TRUE Friend!**

We are Ready to Play!

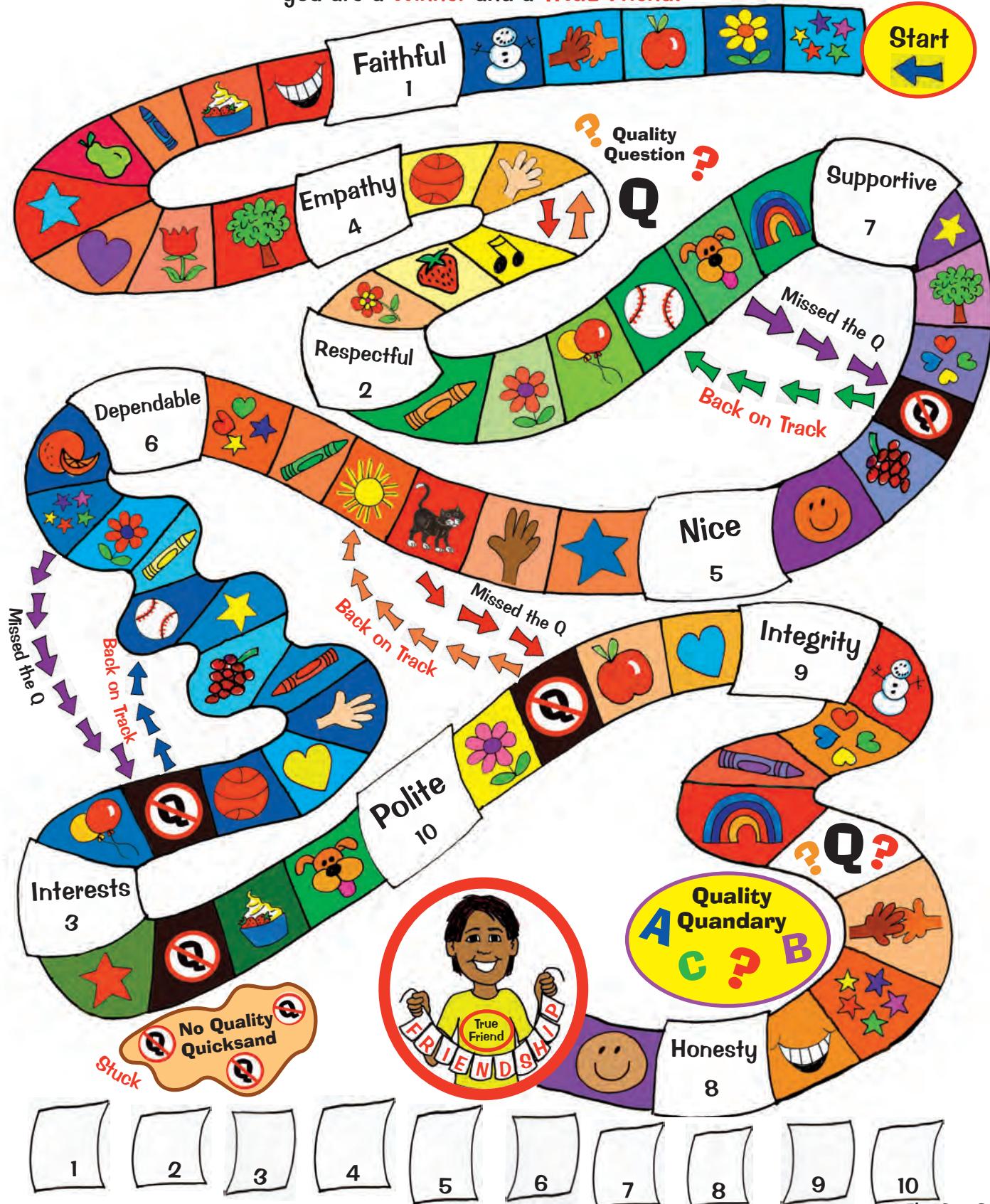
Place your token on **Start**.

Here's our first True or False Question:



# Qualities Quest!

Let's be a **Friendship Finder** and go on a **Qualities Quest!**  
Collect as many Sails of True **Friendship** as you can.  
As you earn each **Quality**,  
write the **LETTER** in the correctly numbered Sail.  
At the end of your Quest, when you have collected **all 10**,  
you are a **Winner** and a **TRUE Friend!**



## Qualities Quest!

Leader's Guide pg. 2

### True or False Quality Questions

1. True or False: Isabel is Faithful to her spelling bee partner, Noah, when she sticks with him even though he struggles with some of the words.

Touch your Nose if you think this is True.

The answer is True. Move ahead 4 spaces.

2. Although Amy's team hardly ever wins, Rob shows he is Faithful by being loyal and rooting for her.

Touch your Elbow if you think this is True.

The answer is True. Move ahead 2 spaces.

You have earned your first Sail for **Faithful**. Write the Letter "F" on Sail #1.

3. Nina shows **Empathy** when she asks Betsy how she is feeling after she scraped her knee on the playground.

Touch your Chin if you think this is True.

The answer is True. Move ahead 6 spaces.

4. Tyler shows **Empathy** when he stops and stares at Tessa when she walks into class with a new cast on her arm.

Touch your Knee if you think this is True.

The answer is False. Staring at someone does NOT show Empathy; it is rude.

Move **BACK** 2 spaces.

5. When Charlie hears that Duncan's mom is sick, he shows **Empathy** by putting his arm around his friend and asking if he is okay.

Put your Arm around the person next to you if you think this is True.

The answer is True. Move ahead 5 spaces.

You have earned your next Sail. It is for **Empathy**. Write the Letter "E" on Sail #4.

6. When the teacher asks a question, Lilly and Peter have very different answers but are **Respectful** as they listen and value what each other has to say.

Touch your Ears if you think this is True.

The answer is True. Move ahead 3 spaces.

## Qualities Quest!

Leader's Guide pg. 3

### True or False Quality Questions

#### 7. ???QUALITY QUESTION???

When Adam has something to add to Isaiah's show and tell, how is he **Respectful**? Does Adam interrupt Isaiah or does he wait until his friend is finished?

If you think Adam is Respectful by waiting, stand up.

If you think he interrupts, stay seated.

Adam is Respectful by waiting for his friend to finish. Everyone move ahead 4 spaces.

You have won your Sail for **Respectful**. Write the Letter "**R**" on Sail #2.

#### 8. To show his **Support**, Marquand spends a lot of time with Ketesha to help her learn her lines for the school play.

If you think this is True, touch your shoulder.

The answer is True. Marquand is **Supportive**. Move ahead 5 spaces.

#### 9. Rachel is **Supportive** when Naomi asks her to help with the bake sale and Rachael says no without giving any reason.

Raise your hand if you think this is True.

The answer is False. You Missed the Q! Follow the arrows to the Missed Q.

Here is your Try Again Question to get Back on Track:

#### 10. For Lenny's car wash fundraiser, Rosie is **Supportive** helping him make posters as well as sharing her crayons.

If you think this is True, hop on one foot.

The answer is True. Rosie is **Supportive**. Get Back on Track to the Baseball.

#### 11. Since Joey is nervous to see the school nurse, Samantha is **Supportive** and goes with him.

Touch your head if you think it is True.

It is True. Samantha is **Supportive**. Move ahead 3 spaces.

You achieved your next Sail for **Supportive**. Write the Letter "**S**" on Sail #7.

#### 12. Laura is **Nice** as she compliments Andre on how good he looks in his new pair of glasses.

Point to both eyes if you think this is True.

The answer is True. Laura is being **Nice**. Move ahead 5 spaces.

## Qualities Quest!

Leader's Guide pg. 4

### True or False Quality Questions

13. When they are picking teams for soccer, Mike is **Nice** and makes sure that his friend Brooke is included on the team too.

If you think this is True, touch both shoulders.

The answer is True. Mike is Nice. Move ahead 2 spaces.

You have earned your next Sail for **Nice**. Write the Letter "**N**" on Sail #5.

14. Because he always does what he says he will do, Levi knows Jacob will be **Dependable** and bring him back the baseball glove that he has borrowed in time for his game.

Swing a bat if you think it is True.

The answer is True. Jacob is Dependable. Move ahead 3 spaces

15. Parker is **Dependable** when he consistently makes plans with Jamie and then backs out at the last minute.

If you think it is True, shake your head yes.

The answer is False. You Missed the Q! Follow the arrows to the Missed Q.

Here is your Try Again Question to get Back on Track:

16. Jim can always count on Nina to meet him at his garden at 8 o'clock to walk to school each morning.

If you think Nina is Dependable, jump in place twice.

It is True. Nina is Dependable. Get Back on Track and move along the arrows to the Sun.

17. Raphael is **Dependable** and keeps his promise to meet Jamal in the library even though he just got invited to go a party.

Clap your hands three times if you think it is True.

The answer is True. Raphael is Dependable. Move ahead 3 spaces.

You deserve your sixth Sail for **Dependable**. Write the Letter "**D**" on Sail #6.

18. Jonas and Jasmine share the same **Interests** because they both like to paint and play basketball.

If you think it is True, clap your hands twice.

The answer is True. Move ahead 2 spaces.

19. Stella thinks Marco's Interest in collecting coins, stamps and baseball cards is a waste of time.

If you think Marco is showing True Friendship, touch your toes.

The answer is False. You Missed the Q! Follow the arrows to the Missed Q

## Qualities Quest!

Leader's Guide pg. 5

### True or False Quality Questions

Here is your Try Again Question to get Back on Track:

20. Carmen and Iris enjoy reading books together and writing their own stories too!  
If you think Carmen and Iris share the same **Interests**, pretend to read a book.

The answer is True. Get Back on Track to the Baseball

21. Nathan spends lots of time learning magic tricks and performing them with Maddox.

Give yourself a hug if you think Nathan and Maddox share **Interests**.

The answer is True. Move ahead 9 spaces.

You have won your next Sail. It is for **Interests**. Write the Letter "**I**" on Sail #3.

22. Danny **Politely** asks Jessie, "May I please borrow your pencil sharpener?  
If you think Danny is Polite, touch your ears.

The answer is True. Danny is Polite. Move ahead 2 spaces.

23. \*\*\* NO QUALITY QUICKSAND\*\*\*

Hannah shoves Lexi and cuts in front of her in the lunch line.

What is Hannah doing? Hannah is being impolite and rude. You are stuck.  
Do not move forward or backward.

Here is your Get out of Quicksand Question:

24. When Tony has his hands full of books, Jin holds the door open for him.  
Tony thanks Jin for being **Polite**.

Touch your nose if you think it is True.

The answer is True. You Get out of Quicksand and Move ahead 3 spaces.

You have earned your next Sail for **Polite**. Write the Letter "**P**" on Sail #10.

25. Christopher demonstrates his **Integrity** when he goes to the library with Jamie even though he really wants to go to play soccer.

If you think it is True, touch your knee.

The answer is True. Christopher shows Integrity. Move ahead 3 spaces.

## Qualities Quest!

Leader's Guide pg. 6

### True or False Quality Questions

26. Jackson shows his Integrity to Erica when he stays with her until her mom arrives rather than going to play basketball.

Touch your shoulder if you think it is True.

The answer is True. Jackson shows Integrity. Move ahead 2 spaces.

You deserve your Ninth Sail for Integrity. Write the Letter "I" on Sail #9.

27. When Joel accidentally breaks the toy, he tells Joannie the truth when she asks him how it happened.

If you think Joel is Honest, shake your hands.

The answer is True. Joel is being Honest. Move ahead 6 spaces.

28. Sam is Honest when he tells Travon he cannot come over to his house because he is sick, but he is really going over to David's house to play.

If you think this is True, look down.

The answer is False. Sam is lying. He is being dishonest. Move BACK 1 space.

29. \*\*\* QUALITY QUANDARY\*\*\*

Stella picks up Alex's hair clip that falls out of her backpack without her knowing it. Stella really likes this hair clip and needs a new one. Plus no one sees her pick it up. What does Stella do?

If Stella is trustworthy, does she keep it or return it?

Because Stella is HONEST, she returns the hair clip to Alex.

Stella also demonstrates Integrity. Move ahead 1 space

30. When Billy wants to copy Peter's paper, Peter is Honest and tells Billy that isn't right and he must do his own work.

If you think Peter is being Honest, jump up and down.

The answer is True. Move ahead 3 spaces.

You have earned your final Sail. It is for Honesty. Write the Letter "H" on Sail #8.

Yea!!! We have completed our Quest earning all 10 Qualities of Friendship!

Move ahead 2 spaces into the Friendship Circle.

We are all True Friends! Our "Friendship" is unsinkable!

Let's always remember:

"To have good friends, you must be a good friend".

# True Friendship is not a Joke!

But it is a lot of FUN to Laugh with Friends!

Why do Johnny and Julie play catch with a clock?  
A: They want to see time fly!

What is taken before you get it?  
A: Your picture

What goes up but does not go down?  
A: Your age

What does not ask questions but must be answered??  
A: A doorbell

How did the friends make seven an even number?  
A: They took the "s" out!

Why couldn't the shipmates play cards?  
A: The Captain was sitting on the deck!

Why was the math book sad?  
A: Because it had too many problems!

How did Michael and Latoya communicate with a fish?  
A: They dropped him a line!

Why did the friends bring a ladder to school?  
A: Because they go to a High School!

What gets wetter the more it dries?  
A: A towel

The more you take of these, the more you leave behind.  
What are they?  
A: Footsteps

# Treasure Trunk of WORLD CHANGING WORDS

In order to become Super Crew World Changers,  
we have to know all of the **WCW**.

Read the words, their definitions and make their **Signal Gestures**.



## Empathy

understanding and caring about  
another person's feelings



## Integrity

being fair, honest and  
doing what is right



## Cooperation

working together for a  
common purpose



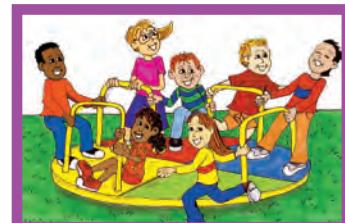
## Inclusion

taking a person into a group



## Friendship

relationship between people  
who like and trust each other



## Empowered

to have or be given the ability to act  
and to be able to make a difference

## World Changing Word Game #4

### Leader's Guide

Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.



1. Denzel walks up to Marco at recess and asks "Want to play soccer on my team?"

Denzel **Includes** \_\_\_\_\_ Marco on his soccer team.

2. Denzel feels badly when Marco is not included in the soccer game at recess. He knows he would not like this to happen to him.

Denzel feels **Empathy** \_\_\_\_\_ for Marco.

3. Denzel urges his friends to follow the Can-Do Code and include Marco in the soccer game.

Denzel **Empowers** \_\_\_\_\_ his friends to include Marco in their soccer game.

4. Denzel and Marco are loyal to each other and realize they both like to play basketball, read science fiction and build model cars.

Denzel and Marco are developing a **Friendship** \_\_\_\_\_.

5. When Denzel and Marco find a brand new set of race cars on the playground, they take them to the school's lost and found.

Denzel and Marco are honest and show **Integrity** \_\_\_\_\_ when they do not keep what is not theirs.

6. Denzel, Marco, Ketesha and Kim decide to work together to build a model race car for the derby competition.

Denzel, Marco, Ketesha and Kim will have to **Cooperate** \_\_\_\_\_ to build the race car.

## World Changing Word Game #4

Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.



1. Denzel walks up to Marco at recess and asks "Want to play soccer on my team?"

Denzel \_\_\_\_\_ Marco on his soccer team.

2. Denzel feels badly when Marco is not included in the soccer game at recess. He knows he would not like this to happen to him.

Denzel feels \_\_\_\_\_ for Marco.

3. Denzel urges his friends to follow the Can-Do Code and include Marco in the soccer game.

Denzel \_\_\_\_\_ his friends to include Marco in their soccer game.

4. Denzel and Marco are loyal to each other and realize they both like to play basketball, read science fiction and build model cars.

Denzel and Marco are developing a \_\_\_\_\_.

5. When Denzel and Marco find a brand new set of race cars on the playground, they take them to the school's lost and found.

Denzel and Marco are honest and show \_\_\_\_\_ when they do not keep what is not theirs.

6. Denzel, Marco, Ketesha and Kim decide to work together to build a model race car for the derby competition.

Denzel, Marco, Ketesha and Kim will have to \_\_\_\_\_ to build the race car.

# Lesson 8

## WRAP-UP AND REVIEW

Approximate  
Time Frame

- We are "Everybody's In!"  
**Super Crew World Changers**

Project on screen or print page and read aloud

5-10 minutes

- Crew Clue Review –"Everybody's In!" Theater

Project on screen or hand out copies and follow directions

20-30 minutes

- Crew Clue Detectives - Word Search

Project on screen or print page and follow directions

8-10 minutes

- My WCW Ticket

Print page and follow directions  
(Students hand in WCW Ticket in Lesson 10)

8-10 minutes



# We are "Everybody's In!" Super Crew World Changers!

Show Our **POWER**  
Say the **WCW**  
Signal the **Gesture**

We Can Make the World Better!

I have  
Empathy!

I have  
Integrity!

I  
Include!

I  
Cooperate!

I am  
Empowered!

I show  
Friendship!

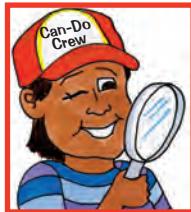


We have learned the WCW and understand their meanings.

We use them everyday!

We also know:

As great  
**Empathy Detectives**  
we look for  
the following clues:



How someone looks  
What someone says  
How someone acts



We are  
**"Double E" Leaders**  
We show **Empathy**  
and  
We are **Empowered**

The Top Ten Qualities of  
**True Friendship**

Faithful	Dependable
Respectful	Supportive
Interests	Honesty
Empathy	Integrity
Nice	Polite



# Crew Clue Review

at the  
“Everybody’s In!” Theater

It's time for our Crew Clue Review!  
We will be acting out 6 short scenes with  
6 actors at a time.  
Everyone will participate!



Listen for the  
**Crew Clues**  
Figure out the  
**Scene Meanings**  
Discover the  
**Act Facts!**



**Crew Clue**  
Use your  
**World Changing Word Cards**  
as you listen  
for the **WCW** Clues  
in each Scene.  
When you are in the audience  
please be  
**Quiet and Courteous**  
and listen to the actors.

**Scene Meaning**  
When the Scene is finished,  
hold up the correct  
**WCW Card**,  
and remember, **NO talking!**

**Act Fact**  
What **World Changing Words**  
are being acted out?  
Do the **Gesture Signals**  
and  
write them down.



# Crew Clue Review

at the  
“Everybody’s In!” Theater

## Leader's Guide

**Act 1, Scene 1: Empathy, Inclusion, Empowered**

**Act 1, Scene 2: Inclusion, Cooperate, Friendship**

**Act 1, Scene 3: Empathy, Integrity, Inclusion**

**Act 1, Scene 4: Empathy, Friendship, Inclusion, Empowered**

**Act 2, Scene 1: Integrity, Friendship, Empowered**

**Act 2, Scene 2: Empathy, Cooperate, Friendship**

## Crew Clues

"Everybody's In!" Theater

Act 1, Scene 1: A new student is coming to our school!

Angela: I have exciting news! My cousin Deshawn is moving here next month.

Eddie: Wow! That is good news. But, does he know anyone except Angela?

Kamesha: No. I think it is going to be hard for him. I know how it feels to be left out.

Antonio: I remember feeling sad and lonely when I first came to this school. I don't want him to feel the same way.

Jamal: That is why I asked you to sit at our lunch table. I understood and cared about your feelings.

Whitney: I want Deshawn to feel included. We will ask him to sit with us on his first day at school.

Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

**Act 1, Scene 2:** Getting ready for Deshawn's first day at school.

**Jamal:** Deshawn is coming in a few days. We are planning a party to welcome him. He will be happy and surprised!

**George:** If we have it at the playground, we can invite everyone in our class. That way no one will be left out.

**Eddie:** This will take a lot of teamwork. George, would you please help me set up the bean bag toss game?

**Rachel:** We all like to play that game! What may we do?

**Lizzie:** We need help decorating the playground and making a welcome sign.

**Antonio:** Great! Rachel and I will do that because we both love to draw! It is so much fun working together!

Hold up the **WCW** card and do the **Gesture Signal**.

Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

**Act 1, Scene 3:** Setting up for the party.

**George:** I feel badly that Jasmine is not coming to the party.  
Does anyone know why?

**Maggie:** I think she is very shy. We need to tell her how much  
we want her to come.

(Jasmine quietly walks up)

**Jasmine:** I found this marker on the playground. Does it belong  
to any of you?

**Rachel:** Oh! I have been looking everywhere for that!  
Thank you for being honest and returning it!

**Antonio:** Wow! That was great that you did the right thing!  
Come help us draw.

**Jamal:** And we really want you to come to the party, too!

Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

Act 1, Scene 4: Deshawn arrives at the party.

Everyone: Surprise!!!

Deshawn: Thank you for making me feel so welcome. I was really nervous and scared.

Lizzie: We really cared about your feelings. We wanted to make it easier to come to a new school.

Rachel: I have a new friend here, too. Her name is Jasmine. We discovered that we both like to draw and play basketball.

Eddie: It is nice to meet you, Jasmine. Are you a new student, too?

Jasmine: No, but I am kind of shy and this is the first time I have come to a party. I am really glad to be here!

George: Come on, Deshawn and Jasmine, let's go play the bean bag toss game together.

Hold up the **WCW** card and do the **Gesture Signal**.

Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

### Act 2, Scene 1: In the Lunchroom.

Whitney: This juice box is really good.  
I wish I could have another.

Deshawn: At my old school when no one was looking,  
some kids would just take an extra juice box.

Jasmine: But that is not honest! The rule is we only get  
one juice box each.

Carlos: It does not matter if anyone sees you or not.  
We should always do what is right.

Lizzie: I am not going to drink my juice box.  
I bet if you asked me politely, I would give it to you.

Jason: Here, I will show you how it is done. Lizzie, will you  
please give your juice box to Whitney?

Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

Act 2, Scene 2: Still in the Lunchroom

Jason: Did you hear that Kim broke her leg riding her bike?

Whitney: I hope she feels better soon. I remember when I broke my arm and it really hurt!

Carlos: We can all work together to make Kim a really BIG Get Well card! Jason, will you please bring the glue and scissors?

Lizzie: Let's decorate it with the things we all like: puppies, basketballs, rainbows and balloons. I will bring my stickers and glitter.

Deshawn: I want to share my new set of markers, too. It is really great the way you are so nice and supportive of each other!

Jasmine: I am really glad we all became friends! We really CAN make a difference!

Hold up the **WCW** card and do the **Gesture Signal**.

Write down the **WCW Act Facts**:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

# ENCORE!

Shine the Spotlight on  
**INCLUSION**

Stand up and show the Gesture Signal



When were **YOU**  
the **INCLUSION** Star?

When someone is left out, do **YOU** do the right thing?  
If you do, wave both hands in the air

Do **YOU** try to care and include?  
If you do, give yourself a Big Hug

If **YOU** do these things  
Stand up and make the Gesture Signal for **Inclusion**

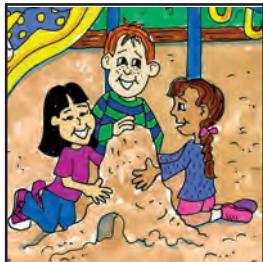
## Everybody's In! Crew Clue Detectives at Work

### Leader's Guide

The Can-Do Crew's Word Search sharpens a student's mental acuity and has numerous educational benefits.

Students develop word recognition, build fluency, increase exposure to old and new vocabulary and reinforce spelling.

The Word Search is a flexible teaching tool which can be used for both individual or group learning. As students collaborate to solve the puzzle they have multiple opportunities to practice their positive SEL skills. Before starting the game, please display the "Crew Clue Detectives at Work" page (on the next page).

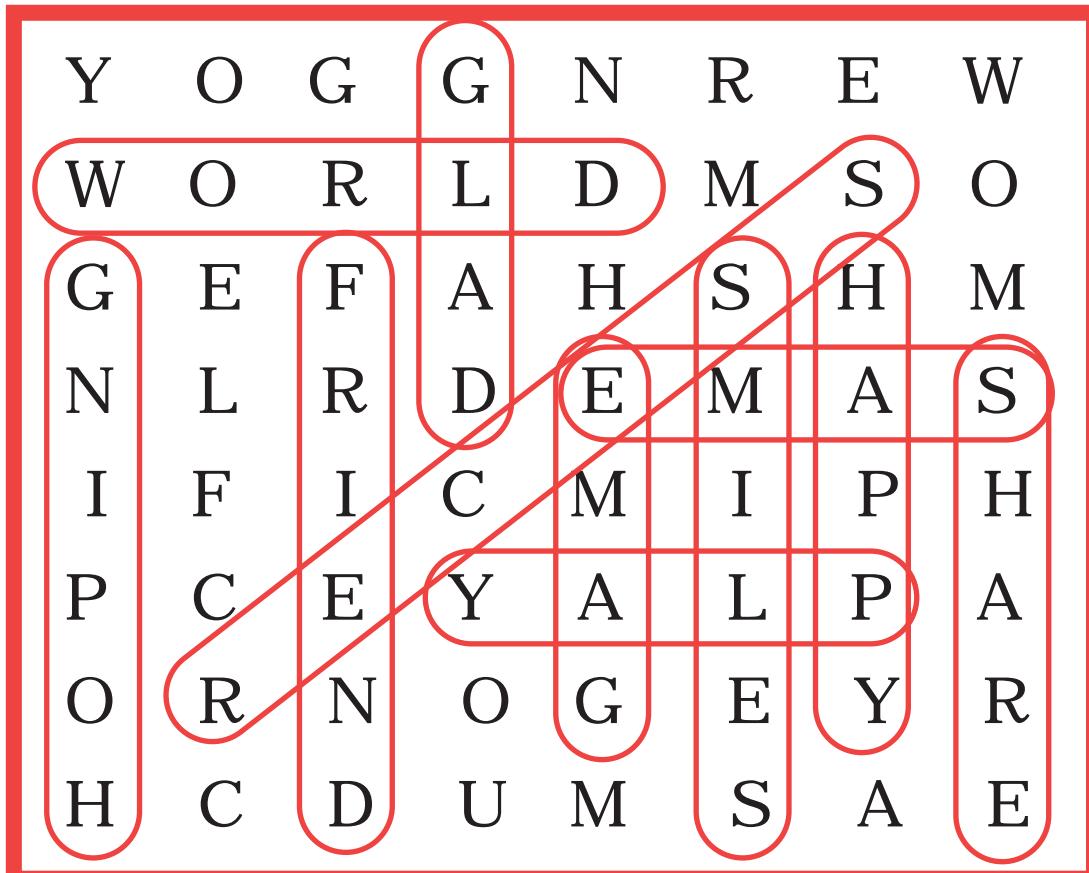


A Crew friend smiles at recess  
Happy to play a game  
Glad to share the "E!" world  
Hoping you do the same.

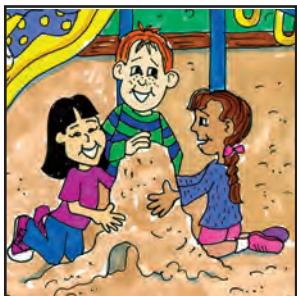


Find these hidden words in the puzzle below.

friend	smiles	recess	happy
play	game	glad	share
world	hoping	you	same



## Everybody's In! Crew Clue Detectives at Work



A Crew friend smiles at recess  
Happy to play a game  
Glad to share the "EI!" world  
Hoping you do the same.



Find these hidden words in the puzzle below.

friend	smiles	recess	happy
play	game	glad	share
world	hoping	you	same

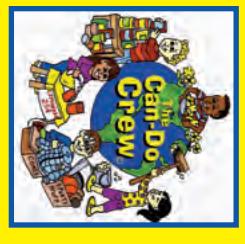
Y	O	G	G	N	R	E	W
W	O	R	L	D	M	S	O
G	E	F	A	H	S	H	M
N	L	R	D	E	M	A	S
I	F	I	C	M	I	P	H
P	C	E	Y	A	L	P	A
O	R	N	O	G	E	Y	R
H	C	D	U	M	S	A	E

Complete this **WCW Ticket** so you can participate in  
the "Everybody's In! Team Building Games!"

"Everybody's  
In"

## The Can-Do Crew **WCW Ticket**

Admit ONE to Team Building Games



Check one or more:

- I had **Empathy**
- I was **Empowered**
- I displayed **True Friendship**
- I Included
- I Cooperated
- I showed **Integrity**

This is how I did it: \_\_\_\_\_

Name: \_\_\_\_\_

# Lesson 9

## THEATRE PARTICIPATION

Approximate  
Time Frame

### - Can-Do Crew Readers' Theatre Show

Print pages and read aloud 30-40 minutes

### - WCW Treasure Trunk and Game #4

Project on screen or print page and follow directions 5-10 minutes

### - Be a Friend Word Hunt - Friendship

Project on screen or print page and follow directions 5-10 minutes



# The Can-Do Crew Readers' Theatre Show

## "The World is Better When Everybody's In!" Leader's Guide

**The Can-Do Readers' Theatre Show** is an enhancement to the "Everybody's In!" story.

**The Script** offers the same messages of **Empathy, Inclusion, Empowerment, Friendship, Cooperation and Integrity**. It also:

- provides additional insights and examples and a fuller understanding of the **World Changing Words** and definitions
- reinforces the themes and character skills addressed in the Unit
- allows all of the students to participate in the theater experience

There are **23 roles** with each character having **3-4 lines**.

- assign a role (or roles) to each student.
- have the students find their lines throughout the script and highlight them.
- for smaller classes, you may assign one student several roles.
- for larger classes, the same role may be shared by two students: divide the number lines equally between them.
- alternatively, if you have a large group of students, it may be beneficial to pair a stronger reader with a weaker one.
- if time permits, do a "read-through" to familiarize the students with their lines.
- when all preparations have been completed, have the students "perform" the script.

# The Can-Do Crew Readers' Theatre Show

"The World is Better when Everybody's In!"

We are now ready for The Can-Do Crew Readers' Theatre Show!

- Once you have been assigned your role, read over all of your lines.
- As you rehearse, speak clearly so your audience can hear and understand you.
- And remember as an audience member, show respect by being quiet and courteous.
- Be sure to listen for our **World Changing Words** . . . Let the Show Begin!

## Can-Do Crew Characters:

Angela	Lizzie	Antonio	George
Bella	Maggie	Bradley	Sam
Jasmine	Rachel	Carlos	Jamal
Kamesha	Rupali	Denzel	Jason
Kim	Sarah	Eddie	Marquand
	Whitney		Yoshi



**Scene 1: Inclusion**

Kamesha: You are such a great friend.

Eddie: I cannot believe we did not even know each other at the beginning of the year.

Lizzie: Oh, I remember when you were the new kid.

Antonio: And Eddie went up to you and asked you to join our game.

Rachel: You looked lonely and upset.

George: We thought maybe you wanted to play but were too shy to ask us.

Rupali: And being new I am sure you were nervous too.

Jason: I know I was when I first came to this school.

Kamesha: I am so happy you cared about my feelings.

Everyone: We are so happy we included you, too!

## Everybody's In! Readers' Theatre Show page 3

### Scene 2: Empathy Detectives

- Sarah: Jason, you were really quiet when we first met you, too.
- Carlos: You also looked pretty sad.
- Yoshi: I remember you sitting on the bench with your arms crossed.
- Angela: We sound like **Empathy** Detectives now!
- Sam: It is easy. We just followed the clues.
- Bella: We could tell without you even saying a word.
- Denzel: It was how you looked and how you were sitting all alone.
- Jason: Wow, that is really cool how you could figure out  
how I was feeling.
- Whitney: We cared about your feelings, too.
- Everyone: We really ARE great **Empathy** Detectives!

**Scene 3: "Double E" Leaders**

Kamesha: You made a real difference in my life by asking me to play.

Jamal: You know, "want to play?" might be the three most important words on the playground.

Maggie: Those words give us Power!

Marquand: Actually, we are empowered. We are making a difference.

Bradley: I have two more powerful words: "Join Us!"

Lizzie: Actions can be as powerful as words.

Kim: Sometimes, a smile can make a difference by helping make someone else feel good.

Whitney: I am really happy we all are "Double E" Leaders.

Everyone: We can help others become "Double E" Leaders, too!

**Scene 4: Friendship**

George: Let's go out to the playground.

Rachel: There is so much we like to do there together.

Antonio: It is your turn, Eddie, to get pushed first on the swings.

Eddie: Thank you. That is so **polite** of you to remember.

You can **depend** on me to push you next.

Rupali: I will be **supportive** and help you on the monkey bars when you are done on the swings.

Jason: Can we all get together now to practice our dance steps for the talent show?

Sarah: Carlos, I really **respect** your dancing. Can you help me with that one move that you came up with?

Carlos: Sure. I am happy to help. I know that is a hard step for you.

Everyone: Things are always easier when you have **true friends!**

## Everybody's In! Readers' Theatre Show page 6

### Scene 5: Integrity

- Angela: Practicing this dance is so much fun!
- Sam: I cannot believe it is almost four o'clock!
- Whitney: Oh, it is time for me to go walk my neighbor's dog.
- Yoshi: It is really nice of you to do that everyday after school.
- Bella: I really wish you could stay because we really need to learn this dance step.
- Marquand: Whitney has to go and do the right thing and walk the dog.
- Jamal: We can finish practicing our dance steps tomorrow.
- Maggie: You are right, Marquand. We all know how important having **integrity** is.
- Everyone: Day and night, we do what is right!

### Scene 6: Doing the Right Thing

- Kim: I remember another time we all showed **integrity**.
- Bradley: Who could forget that day? It felt like yesterday!
- Denzel: You are talking about what happened right here last month on the playground.
- Lizzie: Eddie, I think you saw that gold watch first lying next to the swings.
- Eddie: I did! Man, I thought my Dad could really use that watch.
- Kamesha: Mine, too, but we knew we had to be **honest** and turn it in.
- George: So we all went to the Lost and Found together.
- Antonio: Who would have guessed that it was our principal's watch.
- Rachel: When he thanked us he told us we all showed great **integrity**.
- Everyone: It felt great to do the right thing!

## Everybody's In! Readers' Theatre Show page 8

### Scene 7: Cooperation

- Rupali: We still have some time before we need to get home.
- Jason: We want to wait for Whitney to finish our dance.
- Maggie: There must be something else we can do to get ready for the Talent Show.
- Sarah: I know! We can all help make a big poster so everyone knows our group is in the Talent Show.
- Carlos: We can make a really great one if we work together.
- Angela: Let's each take a crayon and color in the name of our group.
- Sam: Great idea since the name of our group is "Everybody's In!"
- Everyone: It is fun and easy when we **cooperate** and work as a team!

**Scene 8: The Can-Do Code Ode**

- Yoshi: Our "Everybody's In!" poster is looking awesome!
- Bella: When "Everyone's In", we all win!
- Jamal: Hey, that rhymes! How about "Want to play" is what we say!
- Kim: Here is one. Don't be rude, always include!
- Denzel: Being kind is on our Mind!
- Bradley: Compassion is always in Fashion!
- Marquand: Polite is Right. We just made up our own  
Can-Do Code Ode!
- Lizzie: That is Great! What is an Ode?
- Eddie: It is like a poem and we can sing it with our dance.
- Everyone: We agree! And we can make the world better for you  
and for me!

# BE A FRIEND WORD HUNT

## Leader's Guide

The Can-Do Crew's Word Hunt is an educational tool which encourages thinking and problem solving while boosting memory and improving spelling. The Word Hunt is versatile and can be used both as an individual teaching strategy or as a group activity which promotes cooperative behaviors.

Before starting the game, please display the "Be a Friend Word Hunt" page (on the next page).

The word **FRIENDSHIP** has many words inside of it.  
Try to find as many 3-letter, 4-letter and 5-letter words as you can.

Because the Crew likes to help so much,  
they found the first few words.



# Friendship

end  
den  
hip

# BE A FRIEND WORD HUNT

The word FRIENDSHIP has many words inside of it.

Try to find as many 3-letter, 4-letter and 5-letter  
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Because the Crew likes to help so much,  
they found the first few words.



# Friendship

end  
den  
hip

# Lesson 10

## CULMINATING ACTIVITY

	Approximate Time Frame
<b>- Admission Gate to the "Everybody's In!" Games</b>  Project on screen, read aloud and follow directions	4-5 minutes
<b>- "Everybody's In!" Games Stand Up and Cheer</b>  Project on screen, read aloud and follow directions  <b>Truth and Stare</b>  Project on screen, read aloud and play game	10-15 minutes
<b>We Can Make That!</b>  Project on screen, read aloud and follow directions	5-10 minutes
<b>Musical Chairs - with an "Everybody's In!" Twist!</b>  Project on screen, read aloud and play game	10-15 minutes
<b>- Decode the Friendship Jumble</b>  Project on screen or print page and follow directions	5-6 minutes
<b>- Certificate of Completion</b>  Print page and hand out	4-5 minutes

# Admission Gate

## to the Everybody's In! Games

Everything we have learned,  
Let's put into "Play"  
Our "Everybody's In!" Games  
Will show us the way!

There are 4 different games  
They are not to lose or win  
Everybody will have fun  
So now let's begin.

First, we need to warm-up  
It is a great thing to do  
With our WCWs  
And Gesture Signals, too

Everybody stand up and read the poem below together  
making the **Gesture Signals** with each **WCW**



We understand and care showing **Empathy**



We do the right thing with **Integrity**



We **Cooperate** and work together



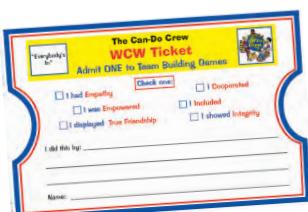
We are **Empowered** to make the world better



We always **Include** - it is the right thing to do



Our **Friendship** is honest, nice and true



Hand in your **Can-Do Crew WCW Ticket**  
and let's play our "Everybody's In!" Games!

# Stand Up and CHEER

## "Everybody's IN!" Cooperation Game

### Leader's Guide

The object of this physically active cooperation game is having fun working together for a common goal.

Students hone their self-awareness and relationship management skills as they respectfully collaborate to stand up and cheer!

Before starting the game, please display the "Stand Up and CHEER" page (on the next page).

Read the opening lines and follow directions.

1. Everyone find a partner
2. Sit on the floor back to back
3. Bend your knees and link your elbows
4. Try to stand up together - You will need to **cooperate** and **work together**
5. When you stand up together, give a cheer!
6. Now, switch partners and try again
7. Next, break up your pairs and make groups of 3.  
Start again on the floor, bend your knees and link your elbows. All 3 stand up together!
8. For the Finale, everyone sit in a big circle on the floor.
9. Link your elbows with the people next to you
10. **Cooperate, Stand Up and Cheer!**



# Stand Up and CHEER

## "Everybody's IN!" Cooperation Game

**Object of the Game: Having FUN working together  
We will sharpen our cooperation skills  
to stand up and cheer!**

1. Everyone find a partner
2. Sit on the floor back to back
3. Bend your knees and link your elbows
4. Try to stand up together - You will need to **cooperate** and **work together**
5. When you stand up together, give a cheer!
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8. For the Finale, everyone sit in a big circle on the floor.
9. Link your elbows with the people next to you
10. **Cooperate, Stand Up and Cheer!**



## GAME TWO

# Truth and STARE

## "Everybody's In!" Honesty and Integrity Game

### Leader's Guide

Teaching the values of **integrity** and **honesty** are easy in this creative and simple group game.

Students must be accountable for their own actions and do the right thing even though it may mean they are out of the game.

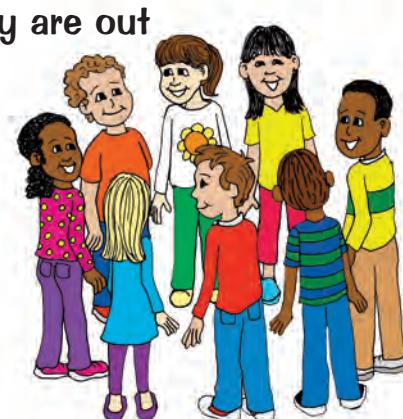
Having a profound positive impact on a student's character development, The Can-Do Crew's Truth and Stare Game provides a fun opportunity for students to demonstrate self-management and responsible decision-making skills.

Before starting the game, please display the "Truth and STARE" page (on the next page).

Read the opening lines and follow directions.

### Object of the Game: Be the last two people standing

1. Stand in a circle.
2. Everyone looks down.
3. On the count of 1, 2, 3, everyone looks up at the same time and stares directly at someone else in the circle.
4. If two people are staring directly at each other, they are out and they must sit down. This is Truth and Stare! You will need to be **Honest** if you are staring at someone else and show **Integrity** by sitting down.
5. Now, everyone still standing look down again and on the count of 1, 2, 3 looks up at the same time and stares directly at someone else who is also standing.  
**It does not count if you stare at someone who is sitting.**
6. If two people are staring directly at each other, they are out and they must sit down.  
Remember - Truth and Stare,  
**Honesty and Integrity!**
7. Keep going until there are only two players left.
8. Play again with everyone!



# Truth and STARE

"Everybody's In!" Honesty and Integrity Game

**Object of the Game: Be the last two people standing**

1. Stand in a circle.
2. Everyone looks down.
3. On the count of 1, 2, 3, everyone looks up at the same time and stares directly at someone else in the circle.
4. If two people are staring directly at each other, they are out and they must sit down. This is Truth and Stare!  
You will need to be **Honest** if you are staring at someone else and show **Integrity** by sitting down.
5. Now, everyone still standing look down again and on the count of 1, 2, 3 looks up at the same time and stares directly at someone else who is also standing.  
**It does not count if you stare at someone who is sitting.**
6. If two people are staring directly at each other, they are out and they must sit down.  
Remember - Truth and Stare,  
**Honesty and Integrity!**
7. Keep going until there are only two players left.
8. Play again with everyone!



## GAME THREE

# We Can Make That!

## "Everybody's In!" Respect and Cooperation Leader's Guide



Students show respect as they work in small groups using their bodies to make different things (e.g., trains, spiders, wheelbarrows, etc.) in this physically active cooperation game.

Demonstrating positive social behaviors and relationship skills, students must be respectful of one another's ideas and cooperate to accomplish their goals.

**Object of the Game:** In small groups, listen with **Respect** to each other's ideas and **Cooperate** in small groups using your bodies to make all different kinds of things

Before starting the game, please display the "We Can Make That" page (on the next page).

Read the opening lines and follow instructions.

1. Everyone stands in a circle.
2. The Leader calls out a number between 2 and 5.
3. Everyone must form a group with that number of people in it.
4. The Leader then calls out a "thing".  
Every group must form that "thing" with their bodies.
5. Look around and see how creatively everyone has made their "things".
6. Each time you form a group, it must be with at least one new person.

**Let's try the first one together.**

The Leader calls out the number "3"

Form a group with 2 other people

The Leader now calls out "Bird"

Your group forms a Bird together



It is important to be **Respectful** of each other's ideas and **Cooperate**!

Each group can make their own kind of bird - Be creative and original!

**Let's start Making That!**

#5 - Train

#4 - Spider

#2 - Wheelbarrow

#3 - Helicopter

#5 - Waterfall

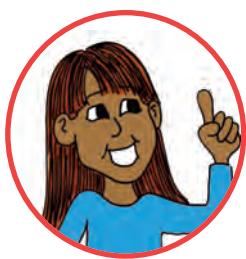
#2 - Rocking Chair

#4 - Popcorn Maker

Everyone - Caterpillar

GAME THREE

# We Can Make That!



## "Everybody's In!" Respect and Cooperation Game



### Object of the Game:

In small groups, listen with **Respect** to each other's ideas and **Cooperate** using your bodies to make all different kinds of things

1. Everyone stands in a circle.
2. The Leader calls out a number between 2 and 5.
3. Everyone must form a group with that number of people in it.
4. The Leader then calls out a "thing".  
Every group must form that "thing" with their bodies.
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**Let's try the first one together.**



The Leader calls out the number "3"

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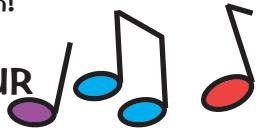
Your group forms a Bird together



It is important to be Respectful of each other's ideas and Cooperate!

Each group can make their own kind of bird - Be creative and original!

**Let's start Making That!**



## Musical Chairs with an "Everybody's In!" Twist!

### Leader's Guide



Musical Chairs is usually a game of elimination, however with an "Everybody's In!" Twist, it turns into a game of Inclusion and Cooperation. At the beginning of this fun upbeat group activity, students will experience firsthand how it feels to be out of the group as their chairs are taken away.

When the "Everybody's In!" Twist begins, everybody is back in the game, no one is out and shared seats are a must!

Cooperating in a joyful and safe environment, students are motivated to help one another, ensure that everyone is included, and be socially aware of other's feelings.

Before starting the game, please display the "Musical Chairs with an 'Everybody's In!' Twist!" page (after Leader's Guide Instructions). Read the opening lines and follow directions.

**"Everybody's In!" Inclusion and Cooperation Game**  
**Object of Game:** Work together to find everyone a seat

Before we begin: Place the chairs in two lines back to back - one chair for each child

#### Round 1

When the music starts, march or dance around the chairs.

When the music stops, everyone finds a seat to sit in.

#### Round 2

Take away one chair. When the music starts, march or dance around the chairs.

When the music stops, everyone finds a seat to sit in. The child who does not find a seat is OUT.

#### Round 3

Take away another chair. Repeat and when the music stops, the next child who does not find a seat is OUT.

**STOP! Wait! Everybody is NOT In!**

We are the Can-Do Crew - Let's play the Musical Chairs Game with an "Everybody's In!" Twist:  
**Everybody is back in the Game!**  
**We want to play so no one is OUT!**

#### Round 4

Keep chairs where they are. When the music starts, march or dance around the chairs.

This time, when the music stops, everyone needs to find a seat.

Anyone who can not find a seat must find someone who is willing to share.

We will need to **COOPERATE** to **INCLUDE** everyone!

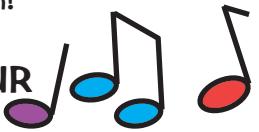
#### Round 5

Next, take away another chair. Play again and when the music stops, everyone needs to find a seat, even if it is a **SHARED** seat.

Continue playing, taking away another chair each time the music stops.

Play until everyone is sharing one chair. **"Everybody's In!"**

## GAME FOUR



# Musical Chairs with an "Everybody's In!" Twist!



"Everybody's In!" Inclusion and Cooperation Game  
Object of Game: Work together to find everyone a seat

Before we begin: Place the chairs in two lines back to back - one chair for each child

### Round 1

When the music starts, march or dance around the chairs.

When the music stops, everyone finds a seat to sit in.

### Round 2

Take away one chair. When the music starts, march or dance around the chairs.

When the music stops, everyone finds a seat to sit in.

The child who does not find a seat is OUT.

### Round 3

Take away another chair. Repeat and when the music stops, the next child who does not find a seat is OUT.

**STOP! Wait! Everybody is NOT In!**

We are the Can-Do Crew - Let's play the Musical Chairs Game with an  
"Everybody's In!" Twist:

**Everybody is back in the Game!  
We want to play so no one is OUT!**

### Round 4

Keep chairs where they are. When the music starts, march or dance around the chairs.

This time, when the music stops, everyone needs to find a seat.

Anyone who can not find a seat must find someone who is willing to share.

We will need to **COOPERATE** to **INCLUDE** everyone!

### Round 5

Next, take away another chair. Play again and when the music stops, everyone needs to find a seat, even if it is a **SHARED** seat.

Continue playing, taking away another chair each time the music stops.

Play until everyone is sharing one chair. **"Everybody's In!"**

# Decode the Friendship Jumble

## Leader's Guide

The Can-Do Crew's Jumble is a scrambled word game which reintroduces and reviews the concept of Friendship while honing deductive reasoning skills in a fun and challenging way.

To accommodate all learning styles, the Jumble is flexible and may be used for both individual and grouped students. With multiple opportunities to practice their positive SEL skills, students collaborate to solve the puzzle.

Before starting the game, please display the "Decode the Friendship Jumble" page (on the next page).

**"The LYNO YWA to VEHA  
a EDNIFR is to be EON."**

by Ralph Waldo Emerson

The Can-Do Crew found this famous quote about **Friendship**  
but the words are all scrambled up!  
Let's help unscramble them to find out what it says.

L Y N O      O    N    L    Y

Y W A      W    A    Y

V E H A      H    A    V    E

E D N I F R      F    R    I    E    N    D

E O N    O    N    E

Now, write the words in the correct spaces to fill in the quote.

"The ONLY WAY to HAVE  
a FRIEND is to be ONE."

Next, write down all the circled letters.

L    W    R    D    O

Unscramble these letters to decode the special word in the Can-Do Crew message below:



We can make the W    O    R    L    D better!

# Decode the Friendship Jumble

"The LYNO YWA to VEHA  
a EDNIFR is to be EON."

by Ralph Waldo Emerson

The Can-Do Crew found this famous quote about **Friendship**  
but the words are all scrambled up!  
Let's help unscramble them to find out what it says.

L Y N O \_\_\_\_\_

Y W A \_\_\_\_\_

V E H A \_\_\_\_\_

E D N I F R \_\_\_\_\_

E O N \_\_\_\_\_

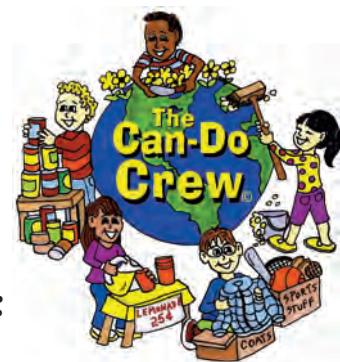
Now, write the words in the correct spaces to fill in the quote.

"The \_\_\_\_\_ to \_\_\_\_\_  
a \_\_\_\_\_ is to be \_\_\_\_\_."

Next, write down all the circled letters.

\_\_\_\_\_

Unscramble these letters to decode the  
special word in the Can-Do Crew message below:



We can make the \_\_\_\_\_ better!



# CONGRATULATIONS!

Certificate of Completion  
awarded to:

for outstanding participation as an Official Member of

## The Can-Do Crew

We can make the world better!

You have successfully completed

"Everybody's In!"

Kiki Stew



Date \_\_\_\_\_

Granted by \_\_\_\_\_





understanding and caring about another's feelings

taking a person into a group

working together for a common purpose

relationship between people who like and trust each other

Being fair, honest and doing what is right

to have or be given the ability to act and to make a difference

A great **Empathy Detective** looks for the following clues:

### Be a Double E Leader

**Top Ten Qualities of True Friendship**

### World Changing Words

**Empathy**

**Inclusion ~ Include**

**Cooperation**

**Friendship**

**Integrity**

**Empowered**

How someone looks  
What someone says  
How someone acts

Show Empathy and  
Be Empowered

Faithful  
Respectful  
Interests  
Empathy  
Nice  
Dependable  
Supportive  
Honesty  
Integrity  
Polite

# "Everybody's In" Survey Leader's Guide

page 1



Name \_\_\_\_\_ Date \_\_\_\_\_

Circle the correct answer.

1. "Be mindful and kind, show respect and compassion, and be considerate and purposeful" is known as:
  - a. The Golden Rule
  - b. The Premium Principal
  - c. The Silver Saying
  - d. The Can-Do Code
  
2. Understanding and caring about another person's feelings is the definition of:
  - a. Self-control
  - b. Respect
  - c. Empathy
  - d. Generosity
  
3. What does it mean to be empowered?
  - a. To be chosen first on a team
  - b. To have or be given the ability to act
  - c. To have lots of friends
  - d. To hold someone in high regard
  
4. Carlos is happy that he was chosen to be included in the school play.  
His friend, Bella, knows this because:
  - a. Carlos likes to read and write stories
  - b. Carlos is funny when he tells jokes
  - c. Everyone goes to the play
  - d. Of how Carlos looks, what he says and how he acts
  
5. Marquand and Jasmine are true friends. Two qualities of their true friendship  
Faithful, Respect, Same Interests, Dependable, Supportive, Honesty,  
are \_\_\_\_\_ Empathy, Nice to each other and \_\_\_\_\_ Integrity, Polite

# "Everybody's In" Survey Leader's Guide

page 2



6. Lizzie, Bradley and Sam are cooperating to make signs for the Talent Show. This means they are:
- a. Holding each other in high regard
  - b.** Working together for a common goal
  - c. Disagreeing about what they want to draw
  - d. Practicing their dance steps
7. Jamal is a "Double E Leader" because he is:
- a. Energetic and Exercises
  - b. Excited and Eager
  - c.** Empathetic and Empowered
  - d. Engaging and Everybody's Friend
8. Kamesha returns Kim's headband even though she wishes she could keep it for herself. Kamesha has:
- a. Empathy
  - b. Sympathy
  - c.** Integrity
  - d. Flexibility
9. Denzel and Kim make sure everyone is on a basketball team during recess. Denzel and Kim are practicing:
- a. Being trustworthy
  - b.** Including others
  - c. Showing off
  - d. Being generous
10. Write down two things you can say to include someone:

Want to play?

a. Come and join our game.

Would you like to sit with us?

b. Come help us with this project.

# **“Everybody’s In” Survey**

page 1



Name \_\_\_\_\_ Date \_\_\_\_\_

Circle the correct answer.

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## **“Everybody’s In” Survey**

page 2



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