

Stand Up! Speak Out!

I CAN BE: “If I put my mind to it, I can do it!”
Guide for Discussion, Reflection or Role Play

Vocabulary

confidence: belief that we CAN do something; to feel confident: to believe we CAN

hook: the part of a song that we remember the most, with words that repeat over and over

I can get tangled in a web: (a metaphor) I can feel bad about myself or lose my confidence

If I put my mind to it, I can do it: If I decide to work hard at something, I will get better at it

Imaginations on the wing: (a metaphor) Imaginations flying free, running wild (more metaphors!)

Inspiring: something that is inspiring makes us feel good and confident

To pretend we're smiling someone else's smile: (a metaphor) to pretend we're someone else

I can be all that I want to be / If I put my mind to it, I can do it

1. What would you like to be when you grow up? How would you have to “put your mind to it” to achieve that goal? Talk about it, write about it, or draw a picture of what that would look like.
2. Is there a something challenging you would like to do or be right now? How would you have to “put your mind to it” to achieve that goal? Talk about it, write about it, or draw of picture of it.
3. Find a book in the library, or some information on the internet, about something you would like to be when you grow up. Talk about it, write about it, or draw a picture of it.

I can get tangled in a web by an unkind thing that was said

4. What would it be like if your body was actually tangled in a web? How would that feel?
5. Has anyone ever called you a name or said something unkind to you? How did that make you feel? How is that like being “tangled in a web”?

Then there's just one thing I can do / Just tell myself, “It isn't true!”

6. Before you speak, **THINK: Is it...**
 T – true
 H – helpful
 I - inspiring
 N – necessary
 K – kind ? Give examples of each. Especially consider what is “necessary.”
7. When someone calls us a name, is it usually True, Helpful, Inspiring, Necessary, or Kind? When we call someone a name, is it usually True, Helpful, Inspiring, Necessary or Kind? Color your own T-H-I-N-K signs. See if they can help us remember to THINK before we speak.

Sometimes it takes a little while / Just to remember how to smile

But you can cheer yourself along / With this or any other song

8. What or who helps you “remember how to smile” or “cheer yourself along?” Draw a picture.

We can pretend a little while / We're smiling someone else's smile

But who would I really like to be? / The answer simply would be, “Me!”

9. If you could be someone else for one whole day, who would you choose to be and why?
10. What would you miss about being you?

You have got a special way / You don't see every day

11. Write about, or draw a picture showing something special about you that your classmates might not know about. Share your pictures. What have we learned about each other?