

ACE MARVEL'S

Be the Magic

Social Emotional Learning Show



K-8

STUDY GUIDE



WELCOME TO THE SHOW

GRADE
APPROPRIATE
K-8

Dear Educator,

This pack was created as a study guide for students in grades K-8 preparing to see **Ace Marvel's Be the Magic SEL Show**. This one-of-a-kind, laughter-filled, learning experience teaches young audiences an important and powerful lesson: their values affect their behavior. Ace Marvel brings students the knowledge and life-skills they need to be self-aware, develop great relationships, and make responsible life choices. With a jolt of comic energy, Ace Marvel sends audience interaction to a new level and provides an all-encompassing look into:

- Kind Behavior • Respecting Diversity • Helping Others
- Choosing What's Right • Moral Courage • Encouraging Others
- Maintaining Friendships

"You are free to make your choices but you are not free to choose the consequences!"

Follow-up evaluations suggest Ace Marvel:

- Decreases incidents of student teasing and/or bullying.
- Decreases discipline referrals to the office.
- Affects the school climate in a positive way.
- Stimulates student conversation about character issues.
- Increases students' self-awareness, social awareness, self-management, relationship skills, and responsible decision making.

This study guide along with a visit to the show will help students to conceptualize: What if everyone in the big, wide world was kind to one another all the time? There would be no more bullying, no more mean-spirited teasing, and no more violence. Why? Because you can't bully another person when you have a kind heart. With kindness, we can help each other instead of hurting each other and we all deserve a school that is a safe and caring place to be. And that is the first step for school districts to develop a long term successful Social-Emotional Learning Program.

Now, get ready for an unforgettable, anything-can-happen show!

Ace Marvel



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SOCIAL EMOTIONAL LEARNING

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What is SEL education?

Social Emotional Learning (SEL) is an umbrella term that refers to students' "acquisition of skills" to recognize and manage emotions, develop care and concern for others, make responsible decisions, establish positive relationships, and handle challenging situations effectively.

Why is it so important?

There are many benefits to Social Emotional Learning (SEL). Research shows a strong link between SEL and student outcomes in the areas of mental well-being, character development, school success, career success and responsible citizenship. These are all examples of social emotional skills that help students thrive—both in and out of the classroom.

How is this show different from a character-building show?

Ace Marvel, is an authentic SEL presenter. He never tells students they should have certain values, instead he prompts them to be aware of how their values affect their behavior and by making good choices they can successfully face obstacles and challenges—that is what *Social Emotional Learning* is all about!

HOCUS POCUS
Let's Focus on Success!

When Kids Know and Use Power
Words Like These — MAGIC HAPPENS!

Moral Values
Attitude
GratITUDE
Integrity
Caring



TO TELL THE TRUTH

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Be Trustworthy:

Don't lie, cheat or steal. Be honest. Have courage, do what is right even when it is difficult. Be reliable, keep promises and follow through on commitments.

Choose Integrity:

Integrity is choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them.

HONESTY IS THE BEST POLICY.

Benjamin Franklin

DISCUSSION QUESTIONS:

- 1-How do you know when you can trust someone?
- 2-What are the benefits of being a trustworthy person?
- 3-What makes a person trustworthy?
- 4-Is it ever okay to lie?
- 5-Have you ever lied to fit in? Did it help you fit in? If not, what happened?
- 6-Have you ever been lied to by someone you care about? What did that feel like?
- 7-Can your parents trust you?

TRUE or FALSE: Doing the right thing is always easy.



GOT RESPECT?

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RESPECT:

Be courteous, polite and listen to others. Treat people the way you want to be treated. Talk to people the way you want to be talked to. Respect should be the first thing you give. Give respect, and you will get some back.

"We will not agree with everyone, but we should most definitely respect one another."



DISCUSSION QUESTIONS:

- 1-What does it feel like to be respected?
- 2-What does it feel like to be disrespected?
- 3-What are some ways to show respect to others?
- 4-How important is respect? Why?
- 5-Describe someone you respect and admire.
- 6-Does a person have to earn respect, or do all people deserve it?
- 7-How do you feel when someone judges you without knowing you or giving you a chance.

TRUE or FALSE: You have to give respect to get respect.



TAKE RESPONSIBILITY

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Responsibility:

Accept consequences of every choice you make. Be reliable and dependable. Don't make excuses. Use your head . . . think before you act.

You are what
you do, not
what you say
you'll do.



Citizenship:

Do your share to make your community better. Help take care of the environment. Be a good neighbor.

*"CITIZENSHIP IS THE CHANCE TO
MAKE A DIFFERENCE TO THE PLACE
WHERE YOU BELONG."*

DISCUSSION QUESTIONS:

- 1-What does "taking responsibility" mean?
- 2-What are some ways you can show responsibility?
- 3-Have you ever let someone down? Has someone ever let you down? How does that make you feel?
- 4-Do you think there is a connection between being responsible and being trusted? Between being responsible and being respected?
- 5-How might taking responsibility make a positive difference in your life?
- 6-Name something you can do to be a good neighbor.



FAIR AND SQUARE

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Fairness:

Fairness is a lot more than we think. It is not only making sure that everyone is treated the same. It encourages respect, responsibility, leadership, trust and a life that matters. If you do this people will respect and trust you.

SUCCESS
doesn't count unless you earn
it fair and square.

DISCUSSION QUESTIONS:

- 1-What does it mean to be "fair?"
- 2-Can you give examples of ways to be fair when playing games?
- 4-Can you give an example where it might be fair to give someone an extra advantage?
- 5-What does being fair have to do with one's character?
- 6-Is it a good practice to see things from another person's point of view?
- 7-Are we responsible if we see someone being treated unfairly?
- 8-What is something you can do if you or someone else is being treated unfairly?



TRY A LITTLE KINDNESS

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Kindness & Caring:

Help those in need. Never be mean or hurtful. Treat everyone with kindness, even those who are rude to you, not because they are nice, but because you are.

"Be kind to animals. Compassion for other living beings is a true judge of character."



"If we all do one random act of kindness daily, we just might set the world in the right direction."

DISCUSSION QUESTIONS:

- 1-How can you show someone you care?
- 2-Is any act of kindness too small to make a difference?
- 3-What does caring and kindness have to do with the quality of your character?
- 4-What are ways to show compassion for animals?
- 5-Who is the kindest person you know. What are some of their acts of kindness?
- 6-Do you think to have a good friend you have to be a good friend?

TRUE or FALSE: You always need a reason to help people.



EVERYBODY WINS!

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CONFLICT RESOLUTION:

Conflict is a normal part of life. We all have occasional conflicts, even with our friends and family we love. But we shouldn't let little conflicts turn into big fights. **Here are some rules for keeping conflicts from getting out of control:**

✓ **STOP.** Don't let the conflict get worse. The less angry you are the easier it will be to solve the problem. Remember attack the problem, not the person.

✓ **SAY** what the conflict is about. What is causing the disagreement? What does each of you want or not want? Treat a person's feelings with respect. No name-calling.

✓ **THINK** of positive options. How could you meet each other's needs and be fair? Use your brain not your hands. Show respect and listen to the other person's view. Remember, there are always two sides to every story.

✓ **CHOOSE** a positive option each of you can agree on. If you still can't agree, ask someone else (an outsider) to help resolve the conflict. Take responsibility for your actions.

WHAT IS BULLYING? Harassing or threatening to hurt someone. Deliberately harming another person. Telling untrue stories about others.

FACTS: No one deserves to be bullied. Kids who bully just want to feel powerful. Teasing is bullying. Bullying isn't okay, fair, kind or acceptable. Bullies have bad character.



Self-Esteem

Self-Esteem is how we value ourselves; it is how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, our work – nearly every part of our lives.

Confidence

Confidence is a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.

Having confidence repels:

- Low-Self-Esttem
- Desire to do drugs
- Bad Character
- Bullies

Saying "no" to your friends can be very hard sometimes. You may be afraid of what they'll think of you if you don't go along with them. Here is a good way to say "no" and still be cool.

- 1-Say what the problem is (that's mean or that's illegal, etc.)
- 2-Say what the consequences are.
- 3-Suggest something to do instead.
- 4-If your friends insist on doing it anyway, leave.

Sometimes you can make it easier on yourself by preparing in advance for a possible pressure situation. Here are some things you can do ahead of time:

- 1-Think ahead about possible problems.
- 2-Decide in advance what you intend to do.
- 3-Think of some good ways to handle the situation if it arises, or some good ways to avoid the situation altogether.

"Don't let the noise of others' opinions drown out your own inner voice." –Steve Jobs





You can find **MAGIC** wherever you look. Sit back and relax, all you need is a **BOOK.**

Character Building Day by Day

by Anne D. Mather

Published 2006 by Free Spirit Publishing

The Road to Character

by David Brooks

Published Random House New York

Stand Up for Yourself and Your Friends

by Patti Keley

Published 2009 by American Girl Publishing

I Am a Good Citizen

by Mary Ann Hoffman

Published 2011 by Gareth Stevens Publishing

Speak Up and Get Along

by Scott Cooper

Published 2005 by Free Spirit Publishing

GoodCharacter.com

HighlightsKids.com

MomentsADay.com

PacerKidsAgainstBullying.org

Self Esteem: What Does it Mean?

by Jan Marie Mueller

Published 2013 Kindle Book

48 Clever Character Trait Object Lessons

by Renee' Ellison

Published 2013 by Free Spirit Publishing

The Survival Guide for Making and Being Friends

by James J. Crist, Ph.D.

Published 2014 by Free Spirit Publishing

How to Make and Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges

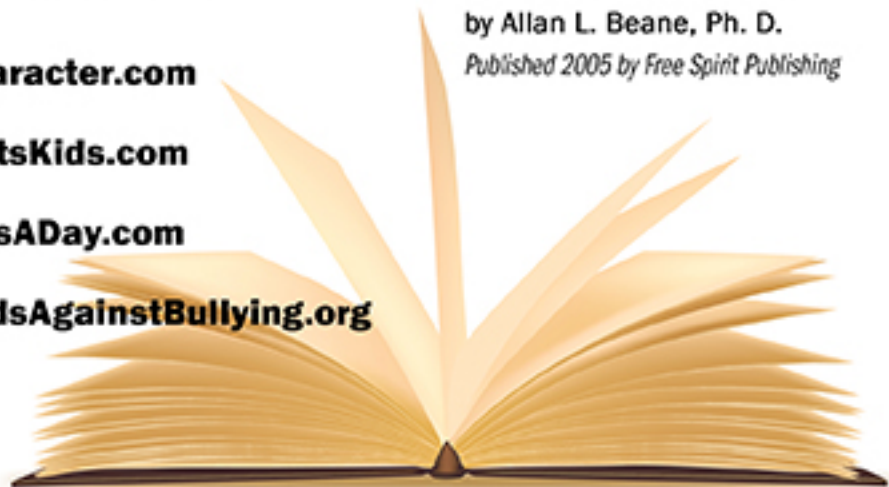
by Nadine Briggs and Donna Shea

Published 2011 by CreateSpace Independent Publishing Platform

Bully Free Classroom

by Allan L. Beane, Ph. D.

Published 2005 by Free Spirit Publishing





VOCABULARY

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Good Character - A person who lives according to the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Having good sense of right and wrong. Acting appropriately in all situations.

Trustworthy - Be honest, don't lie, cheat or steal. Have courage, do what is right even when it is difficult. Keep promises and follow through on commitments.

Respect - Be courteous, polite and listen to others. Don't bully or insult people. Treat others as you want to be treated - follow "The Golden Rule."

Responsibility - Be reliable and dependable. Don't make excuses. Use your head . . . think before you act.

Fairness - Take turns and play by the rules. Don't take advantage of others. Be open-minded; listen to others.

Caring - Treat people with kindness. Help those in need. Never be mean or hurtful.

Citizenship - Do your share to make your community better. Help take care of the environment. Be a good neighbor.

Bullying - The activity of repeated, aggressive behavior intended to hurt another individual, physically, mentally or emotionally.

Active Bystander - This person is a witness to the act of bullying, but chooses to help the victim by telling the bully to stop or by getting help from an adult.

Compassion - Showing kindness, caring, and a willingness to help others.

Integrity - The quality of being honest and having strong moral principles.

Gratitude - The quality of being thankful.

Moral Values - A set of principles that guide an individual on how to evaluate right versus wrong.

Drug Abuse - Drug or substance abuse is the use of drugs, alcohol, or chemicals. The substance abuse results in physical, psychological, emotional harm to the user or others.

Conflict Resolution - A way for two or more parties to find a peaceful solution to a disagreement among them.

Conflict - A disagreement between people with opposing opinions or principles.

Opinion - A view or judgment formed about something, not necessarily based on fact or knowledge.

Empathy - The ability to relate to how another person is feeling.

Self-Confidence - A feeling of trust in one's abilities, qualities and judgment.

Self-Esteem - Confidence in one's own worth or abilities; self-respect.

Low Self-Esteem - A person with low self-esteem feels unworthy, incapable, and incompetent.

Choice - Choosing between two or more possibilities: the choice between good and bad.