



The Can-Do Crew



THE ROAD OF RESPECT
Respect



ALTRUISTIC ALL-STARS
Altruism



HANDFUL OF COMPASSION
Compassion



BE A PHILANTHROPIST
Philanthropy
Fundraising
Caring & Commitment



COOPERATION CREW
Cooperation
Collaboration



HEALTHY HERO
Nutrition



BE A LEADER!
Empathy
Empowerment
Inclusion



SPOTLIGHT ON INTEGRITY
Integrity



KINDNESS KID
Consideration
Kindness
Multigenerational
Relationships



GENEROUS GARDNER
Generosity



A TRUE FRIEND
Friendship

The Can-Do Crew

Grade levels: 2,3,4
Subjects: Empathy
Empowerment
Inclusion



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, interpersonal skills and responsible decision making. Experience **Empathy, Empowerment and Inclusion** in short, fun and easy to follow lesson plans for grades 2, 3 and 4.

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.

Time Frame: 35-45 minutes

"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.

Time Frame: 50-60 minutes

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.

Time Frame: 45-55 minutes



EMPATHY

The Can-Do Crew

Super Crew
World Changers

Grade levels: 2,3,4
Subject: Empathy
Time Frame: 35-45 mins

EMPATHY DETECTIVES

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Included in the Unit:

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

Project on screen, read aloud and follow directions

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

Project on screen, read aloud and follow directions

- How does it Feel to be Left Out?
Empathy Detectives

Project on screen, read aloud and discuss

- Empathy Detective Cards

Beforehand, make double sided copies on card stock

Hand cards out to students

Project on screen, read aloud and discuss

- Follow the Clues

Project on screen and follow directions

- "Everybody's In" Crew Clue Detectives at Work - Word Search

Project on screen or print page and follow directions

Time Frame:

(3-4 minutes)

(4-5 minutes)

(4-5 minutes)

(4-5 minutes)

(12-15 minutes)

(8-10 minutes)

What you will need:

1. Capability to display on screen or print copies
2. Card stock for printing double sided copies
3. Pencils, crayons and/or markers, scissors

Bonus Activities:

Readers' Theatre: "Everybody's In!"

"Qualities Quest" Game

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!

Let's see if **YOU** can, too!

Do **YOU** care about other people?

If you do, Stand up

Do **YOU** help those in need?

If you do, Stand up and clap your hands

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

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

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

If you do, 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!



Now let's follow

Our **Can-Do Code** Path

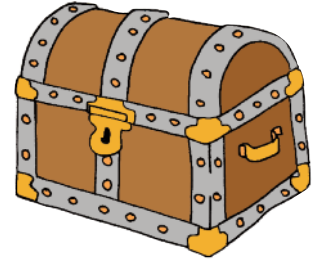
Our **Can-Do Code** Path

leads us to a

Treasure Trunk

where we will uncover

Powerful, Mighty and Amazing World Changing Words



We call them **WCW** and
they will guide us to being



**Super Crew
World Changers**



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!

How do we get started?

We need a **KEY**

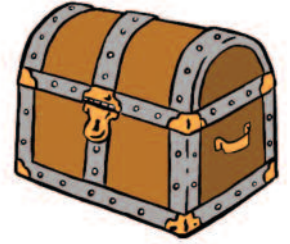


to open the **WCW** Treasure Trunk!

The Can-Do Code



is the **KEY** to opening the
Treasure Trunk of World Changing Words
We live by the Can-Do Code.
It helps us Make the World Better!



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 open the
Treasure Trunk
on our Path to be
Super Crew
World Changers!

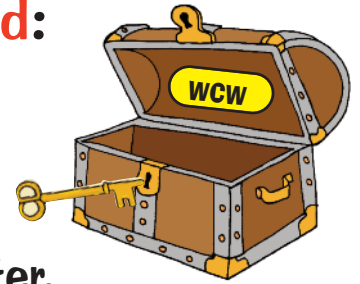




Here is our **World Changing Word**:

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**?

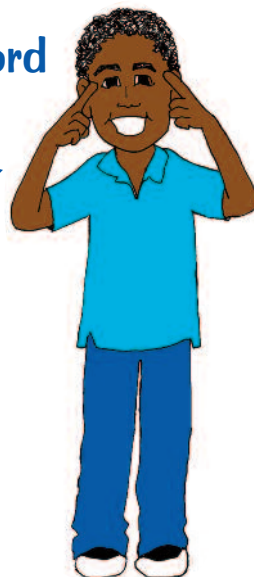
After Yoshi broke his arm, Angela helps carry his science project into class because she remembers how badly she felt when she broke her leg.

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!**

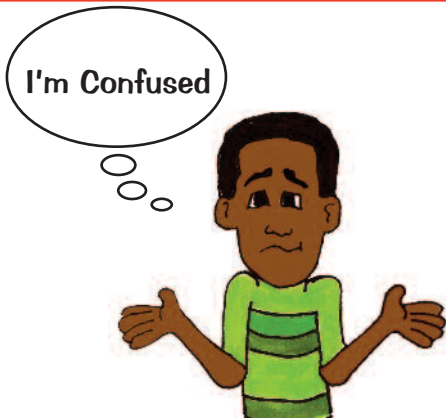
How Does it Feel to be Left Out?

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.



Eddie asks Joe to play.

How do you think Joe feels when he is now **INCLUDED**?

Again, Joe may be feeling lots of different emotions.

Show how **YOU** think Joe feels.

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.



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

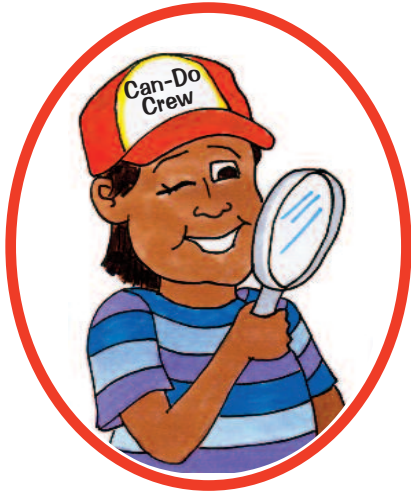
How do you think Lilly feels when she is now **INCLUDED**?

Show how **YOU** think Lilly feels.



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



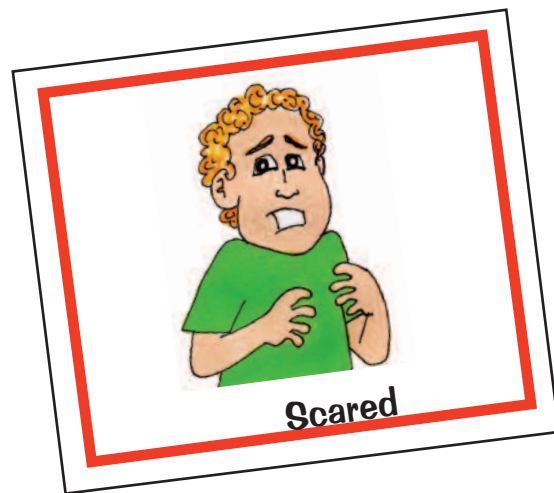
These are the clues that will help us
understand and care about another person's feelings.

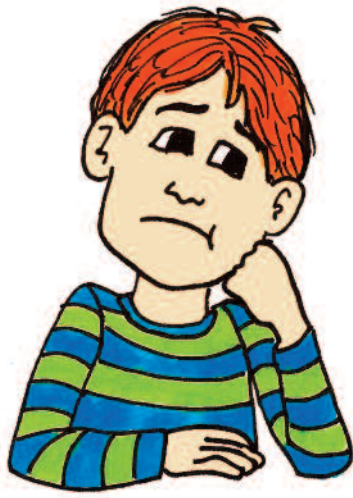
We have our own "Everybody's In!"

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 "Follow the Clues" Empathy Game





Sad



Angry



Happy



Surprised



Scared



Confused

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

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 "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

Everybody's In! Crew Clue Detectives at Work

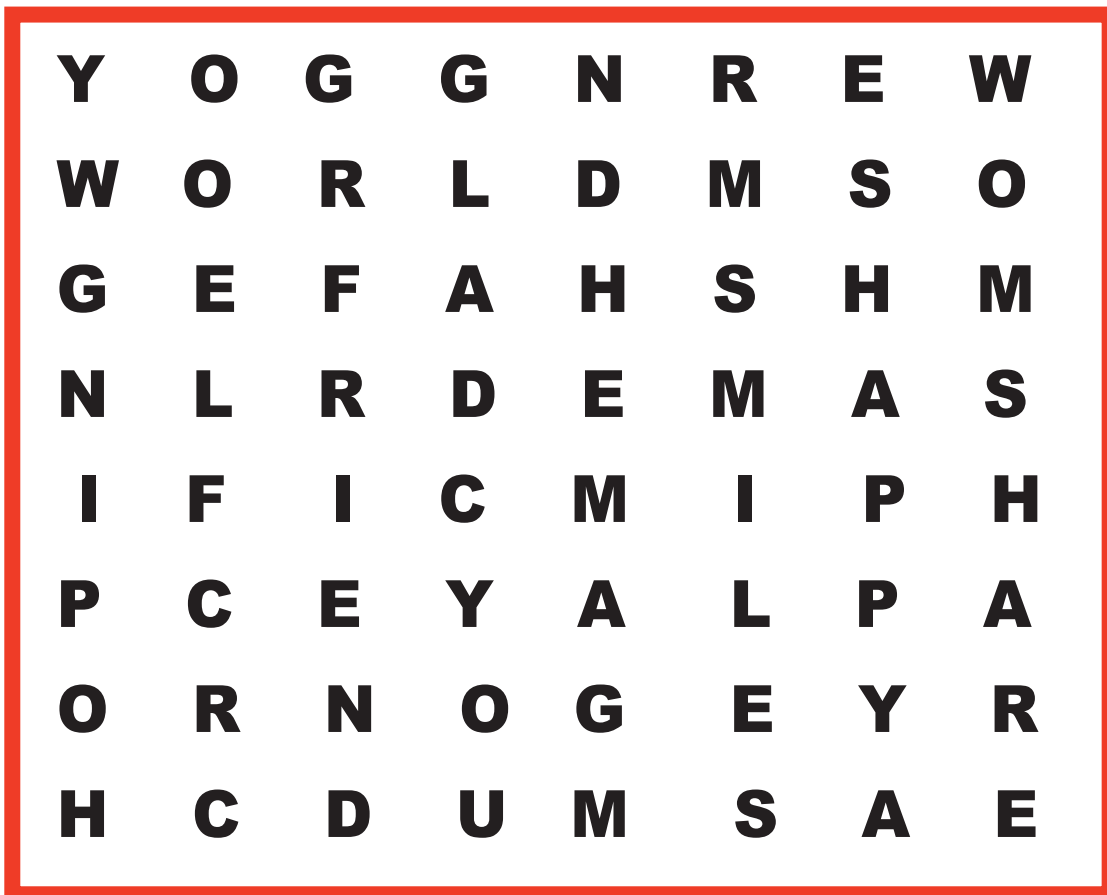


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world	hoping	you	same





EMPOWERED

The Can-Do Crew

Super Crew
World Changers

Grade levels: 2,3,4
Subject: Empowered
Time Frame: 50-60 mins

"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.

Time Frame: 50-60 minutes

Included in the Unit:

Time Frame:

- 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 Crew Kid has Empathy and is Empowered
"Everybody's In!" Story
Let's Talk about the Story
Project on screen, read aloud and discuss (15-20 minutes)
- Be a "Double E" Leader!
Project on screen and follow directions (3-4 minutes)
- "Double E" Hot Potato Game
Project on screen and play game (12-15 minutes)
- "Double E" Superstar Auditions - You be the Judge!
Project on screen read aloud and follow directions (12-15 minutes)

What you will need:

1. Capability to display on screen or print copies

Bonus Activities:

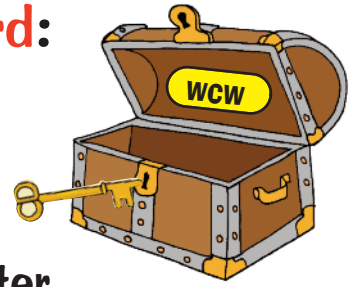
- Readers' Theatre: "Everybody's In!"
"Qualities Quest" Game



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



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



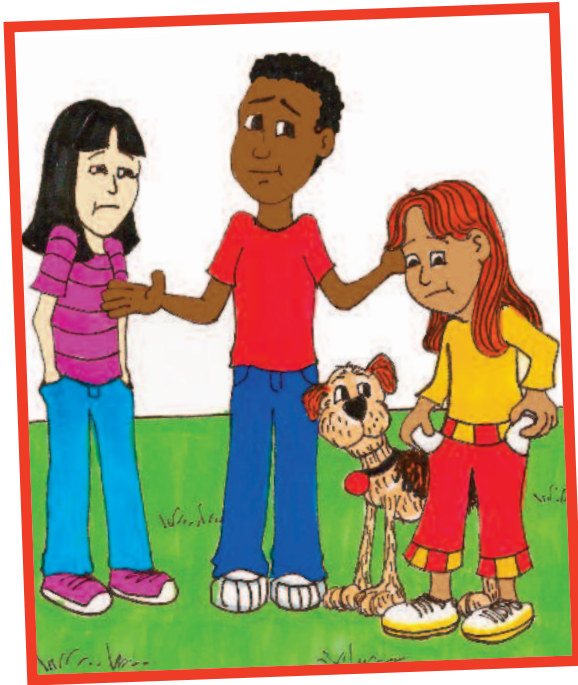
EVERYBODY'S IN!

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.



L.I.K.E.
Let's Include
Kids Everyday

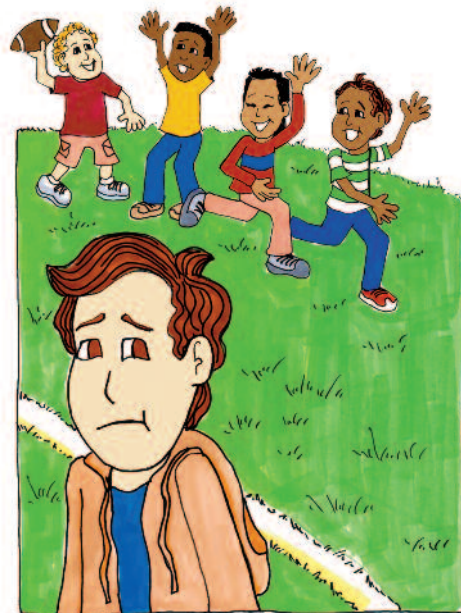


So I came up with a plan
That would be a good deed
To reach out to kids
When a friend is what they need.

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

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.



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.

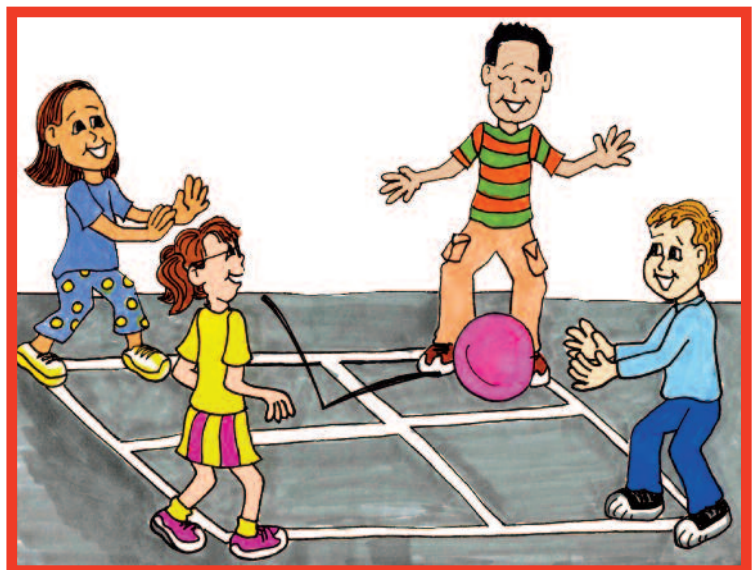


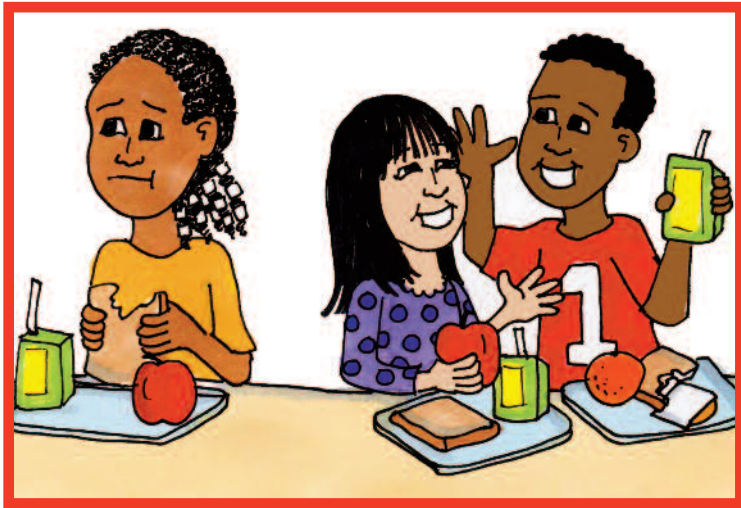


I know if I walk over
And say, "Hi, Joe! Want to play?"
We will both make a new friend
The Can-Do Crew way!

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.



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?

The Can-Do Crew "Everybody's In!"
Let's Talk about The Story - 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 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?



The Can-Do Crew "Everybody's In!"
Let's Talk about The Story

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The Can-Do Crew "Everybody's In!"
Let's Talk about The Story (page 2)

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What Good Deed do YOU plan to do?

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How can YOU make sure Everybody's In?





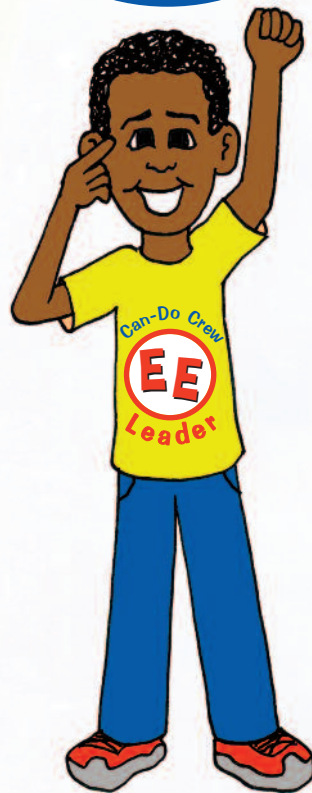
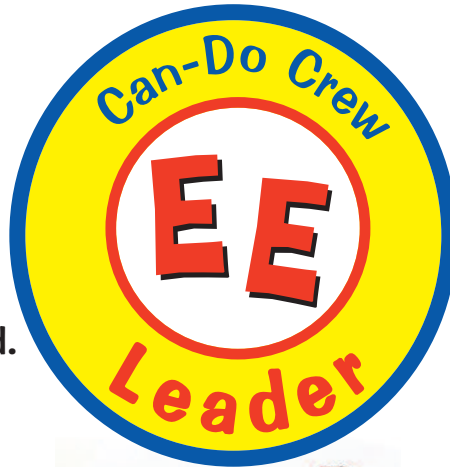
Stop the feelings of being Left Out. Be a "Double E" Leader!

Eddie has **E**mpathy

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



Eddie is **E**mpowered

He has the ability to act and he makes a difference when he asks Joe to play.



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 **E**mpathy and **E**mpowered 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)

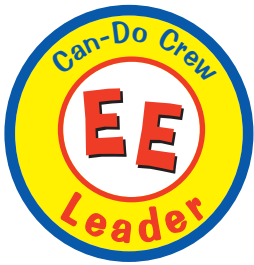
Turn to the class and ask if anyone would like to say anything to this person.

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!





"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!

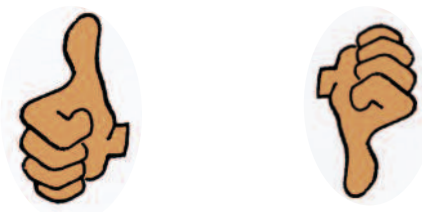


"Double E" Superstar Auditions!

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.

Orange Group B



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

Blue Group A



Thumbs up:

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

Blue Group B



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

Red Group A



Thumbs up:

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

Red Group B



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

Purple Group A



Thumbs up:

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

Purple Group B



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



"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?



INCLUSION

The Can-Do Crew



Grade levels: 2,3,4
Subject: Inclusion
Time Frame: 45-55 mins

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.

Included in the Unit:

- I Include! Definition, Gesture and Examples
Let's be Inclusive Super Crew World Changers
Project on screen, read aloud and follow directions
- Spotlight Stage
Project on screen or hand out copies and follow directions
- "Double E Leader" in Action
Make copies, hand out to students and follow directions
- Musical Chairs with an "Everybody's In!" Twist
Project on screen, read aloud and play game
- "Everybody's In!" Coupon
Make copies, hand out to students and follow directions

Time Frame:

- (4-5 minutes)
- (12-15 minutes)
- (8-10 minutes)
- (12-15 minutes)
- (5-10 minutes)

What you will need:

1. Capability to display on screen or print copies
2. Pencils, crayons and/or markers

Bonus Activities:

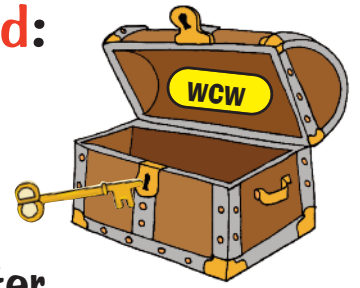
Readers' Theatre: "Everybody's In!"
"Qualities Quest" Game
Crew Clue Detective Word Search



Here is our **World Changing Word**:

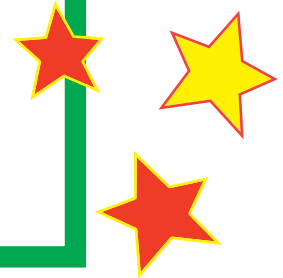
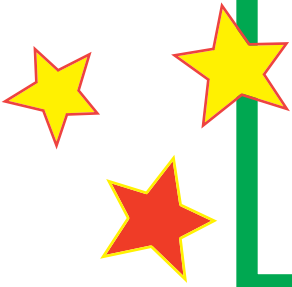
Inclusion

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!

3. Signal its Gesture

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



2. Give its Meaning

Inclusion means
taking a person
into a group

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



Spotlight Stage
at the
"Can-Do Crew" Theater

Who is the WCW

Star

in the **Spotlight?**

We will be acting out 2 short scenes
with 6 actors at a time.
Everyone will participate!

Shine the Spotlight on the actor who
shows the World Changing Word

INCLUSION

and stand up and show the
Gesture Signal

When you are in the audience
please be
Quiet and Courteous
and listen to the actors.



Spotlight Stage

at the
"Can-Do Crew" 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.

Whitney: I will ask Deshawn to sit with us on his first day at school.

Jamal: Terrific! That is a great way for him to start his new school.



Shine the Spotlight on the actor who shows

INCLUSION

Stand up and show the **Gesture Signal**



When were YOU
the **INCLUSION** Star?

Spotlight Stage

at the "Can-Do Crew" Theater

Act 1, Scene 2: 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, Jasmine, let's go play the bean bag toss game together.



Shine the Spotlight on the actors who show

INCLUSION

When someone is left out, do YOU do the right thing?

If you do, wave both hands in the air

Do YOU try to be caring and Include?

If you do, give yourself a Big Hug

If YOU do these things

Stand up and make the Gesture Signal for Inclusion



"Double E" Leader in Action

Leader's Guide



Empathy

Empowered

Inclusion

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

Inclusion



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.



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!"



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**

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"Everybody's In!" Twist:

Everybody is back in the Game!

We want to play so no one is OUT!

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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

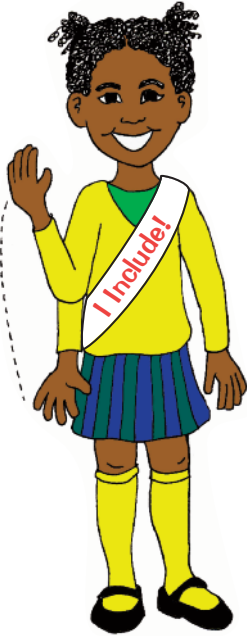
Next, take away another chair. Play again and when the music stops, everyone needs to find a seat, even if it is a **SHARED** seat.

Continue playing, taking away another chair each time the music stops.

Play until everyone is sharing one chair. **"Everybody's In!"**

"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...**
4. Look at the name but don't say anything! If you pick your own name, pick another
You want it to be a surprise when you give your classmate your "Everybody's In!" Coupon.
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.

I will include: _____

when I _____

From: _____

A Good Deed

An Act of Kindness

The Can-Do Crew



THE ROAD OF RESPECT
Respect



ALTRUISTIC ALL-STARS
Altruism



HANDFUL OF COMPASSION
Compassion



BE A PHILANTHROPIST
Philanthropy
Fundraising
Caring & Commitment



COOPERATION CREW
Cooperation



HEALTHY HERO
Nutrition



BE A LEADER!
Empathy
Empowerment
Inclusion



SPOTLIGHT ON INTEGRITY
Integrity



KINDNESS KID
Consideration
Kindness
Multigenerational
Relationships
Community



GENEROUS GARDNER
Generosity



A TRUE FRIEND
Friendship