

VIDEO DISCUSSION GUIDE

for use with
Program 7

APPRECIATING YOURSELF

In the Youth Guidance Video Series



EDUCATIONAL GOALS:

- 🍏 Children are encouraged to recognize and value the positive inner qualities they possess.
- 🍏 Children are encouraged to recognize and value other people's positive inner qualities.
- 🍏 Children learn that it's important always to be themselves.

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HOW TO USE THIS VIDEO

Use in classrooms, libraries, youth service agencies, youth groups, or show it to your kids at home. Ideal for parents, too.

YOU CAN CHOOSE![®] is an entertaining and thought provoking video series designed to help children develop a range of important life skills and a healthy self-esteem. Each episode presents an imaginative skit in which one character makes a tough choice with the help of a group of real elementary school children. In this program, *Appreciating Yourself*, Tuggy Turtle has to choose whether to accept himself or pretend he's something he's not.

In addition to learning to value their own positive inner qualities, viewers will see that everything they do involves choices and that they have the power within themselves to make the best choices.

You can greatly enhance the impact and usefulness of this video by following it up with discussions, writing assignments, learning activities, and by enlisting parental support. We have prepared this guide to help you in your efforts.

Before you show the tape, we recommend that you ask a few questions to start the kids thinking about the issues treated in the program. You'll find some appropriate questions in the "Discussion Questions" section of this guide.

Since the program is divided into three segments, you have the option of stopping the tape after any segment to talk about it. Here is how the program breaks down:

1. **Skit, Act I:** Tuggy Turtle falls into a dilemma and faces a difficult decision.
2. **Group Discussion:** School children explore the issues and decide what Tuggy should do.
3. **Skit, Act II:** Tuggy follows the children's advice and discovers the personal rewards that come from making a good choice.

While this discussion guide may appear to be written for classroom teachers, any group leader or parent will find it a useful tool for getting the most out of this *You Can Choose!* video program

THE STORY

Tuggy Turtle and his classmates are supposed to give oral reports tomorrow on "their most remarkable moments." Tuggy planned to tell about the time he found his aunt's lost purse on a train, but after hearing what his friends Moose and Fiona have to tell about, Tuggy gets worried. Moose once sang the national anthem at a major league baseball game, and Fiona once danced a special part in a professional ballet. Their stories leave Tuggy feeling so inadequate that when they ask him about his remarkable moment he makes up a fib as big as a Hollywood movie. Is Tuggy really going to tell that whopper to the whole class? Does he feel so worthless that he'd rather lie than be himself? The next morning, Tuggy confesses his lie only to learn that Moose and Fiona think he's terrific. They tell Tuggy that they value him because of his wonderful qualities, and they teach him that it's not accomplishments that make a good person- it's what's inside. Tuggy concludes that his most remarkable moment just took place.

HOW TO APPRECIATE YOURSELF

Be careful about comparing yourself to other people. Sometimes that can make you feel good or even inspire you to improve in some way. But sometimes it can make you overlook what's truly good about yourself and cause you to feel bad.

- ❖ Think about times when you've done something good. Include those times when you've made a difference to somebody else by being helpful, kind, or thoughtful.
- ❖ Take part in activities that make you feel good such as hobbies, reading, sports, or spending time with good friends.
- ❖ Don't be so afraid of failing that you're not willing to try something new. New experiences can help you grow and discover wonderful new things about yourself.
- ❖ When you do fail at something, don't get down on yourself. Think about what you can learn from the experience and how you can do better next time.
- ❖ Think about things you do well. Take pride in your successes.
- ❖ Remember, the most important thing about people is what we're like inside, not what we own or what we've accomplished.

DISCUSSION QUESTIONS

Questions to ask before showing the tape.

1. Do you ever compare yourself with other people? Is that a good idea? Why or why not?
2. What makes people feel good about themselves?

Questions to ask after showing the tape.

3. What kept Tuggy from telling the true story of his remarkable moment?
4. If Tuggy hadn't decided to tell the truth about his story, what might have happened?
5. What do Fiona and Moose really like about Tuggy?
6. Why didn't Tuggy think his good qualities were so important until Fiona and Moose said so?
7. Have you ever felt the way Tuggy felt? What made you feel that way? What did you say or do?
8. How can it hurt you to compare yourself with other people? How can it help you?
9. What can you do to feel better when you're feeling bad about yourself? What are some things you can say to yourself? What are some things you can do?
10. Think about a time when you were feeling bad about yourself and then felt better. What changed your feelings?
11. What things do we sometimes do or say that might make other people feel bad about themselves?
12. What can you do to help someone you know who's feeling bad about himself or herself?

GROUP ACTIVITIES

1. Ask the children to imagine their self-esteem as a bucket of water. We start out feeling good about ourselves and our buckets are full. Every time someone puts us down, it's like punching a little hole in the bucket, and our self-esteem leaks out. Ask the children to think of ways people punch holes in each other's buckets and ways we can plug up the holes and feel good about ourselves. Make a list and compare it to the one on page 3.
2. Recognize and celebrate children's positive qualities in a variety of ways. Some examples:
 - Have the students make drawings or collages showing times when they've been considerate of others, helped others, or been a cooperative member of a team.
 - Develop a bulletin board about positive qualities of people such as a sense of humor, friendliness, determination, courage, concern for others, helpfulness, and being a good friend.
3. Divide the class into pairs. Each pair develops a skit about two people meeting each other for the first time. One tries to impress the other by telling about his or her accomplishments or possessions. The other talks about the kind of person he or she is and things he or she likes to do. With the large group discuss these two different views of what's important in a person.
4. Give each student a piece of paper. Ask them to write their names at the top and create a design or drawing that says something about who they are. Post the papers on a bulletin board and give everyone time to write positive qualities about their classmates on the individual sheets.

WRITING ASSIGNMENTS

1. Write about a personal experience you've had that illustrates one of the points listed on page 3 ("How to Appreciate Yourself").
2. Write about someone you admire. Describe that person's best qualities and why you admire him or her.
3. Imagine you overhear people talking about you. Write about some things you would like them to say about you. What would you not want them to say about you?
4. Write about a real or imaginary person who made up stories or pretended to be something to impress others. First describe what the person did. Then write about what happened as a result.
5. In a daily journal write about different things you've done to help people feel good about themselves.

HOME ASSIGNMENTS

To enlist the involvement of parents, make copies of the Parents' Page (see next page) and send them home with the children. Tell the children to discuss the video with their parents, and to perform the following activities.

1. Ask a family member about a time when he or she felt bad or inferior in comparison with others. What did he or she do to feel better?
2. Look for ways to compliment family members for their good qualities and positive things they did. Then write notes or a journal about how they responded and how you think they felt.
3. Play a "ways to appreciate myself" game with family members. Going around a circle, each person tells about something he or she does in times of self-doubt. It could also be things to say to yourself when you're feeling down or ways to remind yourself of your good qualities.

Note to the teacher or group leader: It might be a good idea to think of some way for the children to share the outcomes of these activities with each other. Perhaps they could give written or oral reports or discuss their experiences in small groups.

(Copy this page and send it home to the parents.)

PARENTS' PAGE

Dear Parent,

Your child is involved in learning-activities designed to enhance self-esteem, develop positive life skills, and empower young people to make good choices for themselves.

He or she may be asked to complete several tasks at home. Your cooperation with these activities will support our overall program.

The current lesson is about self-appreciation. We have shown a video entitled *Appreciating Yourself*, which presents a skit and discussion about someone who makes up stories because he doesn't think he's good enough. We urge you to ask your child to tell you about this video program and what he or she learned from it.

Here are some things you can do to help your children develop a healthy self-esteem.

- Take their ideas and emotions as seriously as you take your own. They're just as real.
- Give praise and recognition whenever it's deserved. Your children need to hear it.
- Encourage your children to participate in activities that make them feel good.
- Give your children responsibility. It shows that you trust and respect them.
- Show them that they are important. Spend time with them, attend school events, talk with them about their activities, meet their friends.
- Give criticism without attacking their character. Criticize the behavior, not the child.
- Tell them you love them. Do it often.

ABOUT MICHAEL PRITCHARD

Michael Pritchard is a juvenile probation officer turned comedian / youth counselor / public speaker. After his college graduation in 1973, Mike went to work for the St. Louis Police Department and then moved to San Francisco's juvenile hall. In his years of working with young offenders, Mike discovered that his penchant for humor served as a powerful counseling tool, enabling him to break down communication barriers and help a lot of troubled kids turn their lives around. As Mike is fond of saying, "the shortest distance between any two people is a good laugh." Mike's unusual combination of talents gained him recognition as California's "Probation Officer of the Year" the same year that he won the San Francisco International Comedy Competition.

Whether he's being funny or serious, Mike's big love is talking with kids about the choices they make in their lives. He teaches young people that they have the power of choice, that they are responsible for the choices they make, and that they owe it to themselves to choose the best.



"The shortest distance between two people is a good laugh."

LICENSE AGREEMENT

This license grants you some very useful rights regarding the use of this videotape, including public performance rights:

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You **may** play this video on your institution's closed-circuit television system within a single building or campus. This right **does not** extend to multiple schools within a district.

You **may** permit viewers to watch this video on your premises, or lend it to them to take out.

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If you have any questions regarding this license agreement, or your intended use of this tape, please contact:

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