

*The circus, roller coasters, round-the-world travel* and those crazy aliens...NED's adventure on the way to your school was an entertaining tale that engaged students and left them with a memorable message. We encourage you to take a step further with the lessons shared to impart a deeper understanding of what it means to **NEVER GIVE UP**, **ENCOURAGE OTHERS** and **DO YOUR BEST**. This recap page and the curriculum that follows offers suggestions for helping students reflect on how NED's tips can be used at school, home and in life.

### *A few ideas to get you started*

- 1 Have students share what they liked about the assembly.
- 2 Pass out the NED worksheet and use it to review NED's tips.
- 3 Discuss the pictures on the page. Point out the child tying her shoes. Ask: Which of NED's tips are used to learn to tie your shoes? How do you feel when somebody hugs you or asks you to join their game? Which of NED's tips are being used in these situations?
- 4 Talk about ways your students can be champions. Brainstorm as a class and make a list of champion behaviors you can display at school.
- 5 Invite students to trace NED's tips and fill in the blank at the bottom of the worksheet. On the back or on a separate piece of paper, have students choose one champion idea from your class list and illustrate it. Pictures may be hung next to the list as visual reminders.

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### BIG IDEAS To Reinforce



We all have difficult things to do.

Learn to be a problem solver by trying several times on your own before asking for help.

Encourage others with your words and smile.

Doing your best means it is YOUR best. It does not have to be perfect or like another person's effort.

Champions never quit, so encourage others to do their best and to keep trying. Remember it takes practice over and over to become good at cutting with scissors, tying your shoes or making letters into words.

Champions are always learning.

*Never give up • Encourage others • Do your best®*

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### *A few ideas to get you started*

- 1 Put the letter N - E - D on the board.
- 2 Ask students to recall what the letters stand for.
- 3 Pass out the worksheet.
- 4 Point out or read together what is written on NED's shirt. Remind students these words can change your day for the better or make someone else's day better.
- 5 Ask students to share about a time they followed one of NED's tips. How did that help your day or someone else's get better?
- 6 Invite students to draw a picture of something they can do to be a champion. Encourage them to write a short sentence about it.
- 7 Set an example for students by sharing a personal story of how you, as a teacher, worked hard to achieve a goal and that people never stop learning or growing.
- 8 Additional questions for discussion:
  - What can you do differently that shows you will keep trying rather than giving up?
  - What actions or words can you use to encourage others?
  - What shows others you are doing YOUR best?

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### BIG IDEAS To Reinforce



Challenge your kids when things get tough in the classroom, on the playground or wherever they are to ask themselves, what would NED do? What will you do?

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- 1 Use the word puzzle activity sheet to have students highlight the hidden phrase that NED talked about at the assembly.
- 2 Talk about what it means to be a champion. How did NED describe it? Have you ever considered yourself a champion?
- 3 Write School, Home and In My Life (three categories) on large sheets of paper or on the board. Brainstorm as a class on how they can be a champion in those three settings. Invite students to make their own list of the top three in each that they would like to focus on.
- 4 Take a moment to talk more about the E in NED. Encourage others. Ask students to think of one person they know who might need their encouragement. Have them make a list of things they can say or do to encourage that person.

Visit [www.theNEDshow.com/curriculum](http://www.theNEDshow.com/curriculum) for additional grades & resources.

### BIG IDEAS To Reinforce



Remind students that NED wants them to become champions because they can do amazing things!

Being a Champion is something you can do every day when you *Never give up*, *Encourage others* and *Do your best*.

Look for ways you can use your words or actions to encourage others. Be sure to look for the smile in their eyes when you do!

*Never give up • Encourage others • Do your best®*

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### *A few ideas to get you started*

- 1 Ask students what they enjoyed most about the assembly. Ask them who can remember NED's three tips: Never give up, Encourage others, Do your best.
- 2 Use the following questions as discussion starters:
  - Why is it good to never give up?
  - What would happen at school if we all gave up and didn't try?
  - What behaviors or actions would we see?
  - Why is it good to encourage others?
  - How does it feel when someone else encourages you? Give an example.
  - What happens when people put you down?
  - What does it look like when you "do your best" at school, at home and in life?
  - When you haven't done your best how do you feel?
  - What choices will you make at school to improve your ability to be a Champion?
  - How do you think your choices will affect your classmates?
- 3 Pass out the worksheet and have students complete it. After students are finished, have them work in small groups to come up with a list of things people need to do to become a champion. Post the ideas on a bulletin board titled "Champion Behaviors."
- 4 Create a Celebration Box for the classroom. When students catch others making champion choices, have them write it down and put it in the Celebration Box. At the end of the day or a designated day each week, read these affirmations aloud to reinforce the great choices your students are making.
- 5 In keeping with the acrostic idea with NED's name, have students come up with an acrostic using their own name. They can help each other think of champion choices that begin with each of the letters in their name.

### BIG IDEAS To Reinforce



Our choices affect others in both good and bad ways.

Champions never stop learning to DO and BE their best.

Champions realize that being respectful to family, friends and others by being kind, thoughtful and thankful is a way to do and be their best.

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### *A few ideas to get you started*

- 1 Write N - E - D on the board and ask students to recall what tip NED gave for each letter.
- 2 Have students work independently or with a partner to match up the 9 scenarios on the worksheet with the tip that best describes it. There may be more than one correct answer, so students may need to use multiple arrows for some scenarios.
- 3 Go over the responses as a group and ask why they made those choices.
- 4 Ask students to recall a time they have used one of NED's tips.
- 5 Draw three large t-shirts on large butcher paper and hang them on the wall. Write an N on the first, E on the 2nd and D on the 3rd. Have students cut pictures out of magazines or draw their own to represent things that represent the ideas on each shirt.

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### CHAMPION Challenges



**Secretly do something nice** for someone else. Champions will be happy knowing they've helped to make someone's day better even if no one else knows about this champion choice.

Every time you want to quit, **decide to try five more times** or find someone to help you.

**Smile at everyone** you meet for one whole day. Watch what happens!

**Have a Positive Day!** For one full day, stop yourself when a negative thought comes to mind and turn it into a positive thought. Say only kind things to others, be extra polite, let others go first, pick things up for someone, invite others to play who are along, smile a lot, stop gossip and give a hug.

### Teacher Tip

Consider coming up with an incentive at the end of the week for students who take one of the Champion Challenges and succeed.

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### *A few ideas to get you started*

- 1 What are some benefits when you make the choice to never give up?
- 2 What happens to you and those around you when you give up?
- 3 Why should you encourage others?
- 4 Has someone recently encouraged you? Give an example.
- 5 Who can you encourage?

### *Ideas for going further*

- 1 Using NED's tips from the assembly, make your classroom a NED zone. Brainstorm a list of champion attributes and behaviors that apply to each. Post them in the classroom to help remind students of choices that build strong, positive attitudes and champion behavior.
- 2 Invite students to complete the NED survey. Talk about each action step and what it means. Ask students to share an example of one thing they are already doing well and one thing they try to improve at. Keep the originals for later comparisons. Repeat the exercise again in a month and allow students to see if they have made any changes. Chart or graph their progress and discuss why they think there is or isn't a difference in their attitudes.

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### BIG IDEAS To Reinforce



We make champion choices because it's the right thing to do.

We do the right thing because this is how people show love, care and respect for each other.

Doing the right thing encourages integrity and success.

By following NED's choices, we are respecting ourselves and caring for others.

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### *Discussion Questions following the assembly*

- 1 Why shouldn't you give up?
- 2 What happens when you encourage others?
- 3 What happens when you are encouraged?
- 4 Why should you do your best and how does it feel when you do?
- 5 What does it look like when someone is practicing NED's tips?
- 6 How do these behaviors create champions?

### *Ideas for going further*

- 1 Use the worksheet to give students examples of historical figures who have displayed champion behavior and think about goals they would like to set for themselves.
- 2 Challenge each student to find someone they believe is a champion and research that person. What behaviors did that person demonstrate? What made that person a champion? Who saw that person as a champion?
- 3 Have students write three goals they would like to achieve and action steps for how they might accomplish each. Save these sheets and have students revisit at the end of each week for the next month to see how they are doing.

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### BIG IDEAS To Reinforce



Our own individual actions and character make us a champion.

Being a champion isn't the same as being famous or well-known.

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