



with **STEVE HARMER**
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Program Notes and Content Outline for Teachers

Warm-Up and Introduction:

Welcome and 3 Rules

TRICK: Vanishing Elephant from Circus Cage

Music: *Thunder and Blazes*

TRICK: Fun Juggling Routines (balls, apple, blindfold, boxes)

Music: *Rootbeer Rag*

Introduction of Theme: "Kindness and Gratitude - Your Super Powers!"

Kindness and Gratitude are much like "super powers" that everyone can **CHOOSE** to have. When you claim and use your super powers amazing things can happen in your life and in the lives of others.

TRICK: Red and Yellow Scarf separates into 2 separate colors

Kindness Definition:

Opposite: meanness, hurtfulness

Kindness is the sincere and voluntary use of one's time, talent and resources to better the lives of others, one's own life and the world, through genuine acts of love and compassion.

Gratitude Definition:

Opposite: grievance, grumpiness

Gratitude is a warm feeling of thankfulness for the gifts we've been given, and towards specific people who show kindness. The person who feels gratitude is thankful for what they have and does not constantly seek more.

1. CHOOSE KINDNESS



QUOTE: "Kindness is love in action." "Love is the feeling. Kindness is the action."

TRICK: 8 Reasons For Kindness Prediction

Music: *Without You*

1. KINDNESS MAKES FRIENDS
2. KINDNESS IS CONTAGIOUS
3. KINDNESS IS FREE
4. KINDNESS CHANGES LIVES
5. KINDNESS FEELS GOOD
6. KINDNESS ENDS SADNESS
7. KINDNESS IS HABIT FORMING
8. KINDNESS BRINGS MEANING

2. CHOOSE KINDNESS



QUOTE: "Darkness can't drive out darkness, only light can do that. Hate can't drive out hate. Only love can do that." *Mother Teresa*

The world can seem like a very dark place as we listen to the news everyday. There is pain and suffering that all of us experience at times. But there is hope as each of us chooses to shine "the light of kindness" wherever we can.

TRICK: Lights Fill A Bag

Music: *Popcorn*

3. CHOOSE KINDNESS



QUOTE: “Every act of kindness spreads joy to the world, love to the heart and light to us all.”

TRICK: Happy/Sad Cards

Music: *Audrey’s Gift*

As we learned earlier “Kindness is Contagious” and as we encounter sad people kindness has the power to work magic and turn frowns into smiles. As one girl said, “We need to be especially kind to unkind people. They need it the most.”

GRATITUDE QUOTE: “When you look at life through the eyes of gratitude, the world becomes a magical and amazing place.”

4. CHOOSE GRATITUDE



QUOTE: “When you show gratitude, it not only changes you, it changes the world.”

TRICK: Invisible Paint to Dove

Music: *Somewhere Over The Rainbow*

When we don’t say “thank you” or show gratitude the world can seem like a pretty lonely place. It is like painting the world with invisible paint. There is no beauty or color to enrich the lives of those around you. Gratitude shows that you value other people and care about building relationships. Gratitude

recognizes

that we need and depend on each other.

5. CHOOSE GRATITUDE



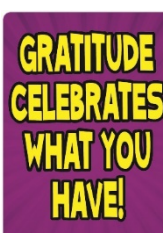
QUOTE: “When you are grateful for the smallest things in life, contentment and peace just overflow.”

TRICK: Multiplying Carrots

Music: *Motivating and Uplifting*

Stop to consider some of the smallest things in life that we often take for granted. How about the air that we breathe? A free country? A warm bed to sleep in? A safe school to attend? A family that loves you? Are you grateful for brothers or sisters that you can play with? How about a healthy body? How about carrots?

6. CHOOSE GRATITUDE



QUOTE: “Gratitude turns what you have into enough.”

TRICK: Box to Rabbit - Super Kind & Super Grateful **Music:** *Walking on Sunshine*

Gratitude means being satisfied with the life you have and the things you have.

You may have heard this quote, “I cried because I had no shoes until I met a boy who had no feet.” There will always be people who have more than you have and those who have less than you so the secret to a “happy life” is to be contentment.

CONCLUSION:

QUOTE: “Color the world with kindness and gratitude.”

TRICK: Matching Game with Crayons

Music: *Upbeat Inspiring Theme*