

Free 2 B U Leadership Club

"Empowering Young Leaders of Today for the World of Tomorrow"

Themed "THE GOLDEN RULE" – *Treat others the way you want to be treated.*

A 6-week, 90-minute, after school enrichment & character education program

Elementary School Level

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Topic Activity	Intro to The Golden Rule	Self-discovery <i>TGR applied to Self</i>	Relationships <i>TGR applied to others</i>	TGR & Environment, Community	TGR applied to World Humanity	Lead by Example <i>Living the Golden Rule</i>
Shake it Loose* 15 min.	F2BU Exercise Routine	F2BU Exercise Routine	F2BU Exercise Routine	F2BU Exercise Routine	F2BU Exercise Routine	F2BU Exercise Routine
Imagination Time** 5 min.	You are a natural leader.	See your secret human powers.	Everyone is the Most important person on the planet.	A letter from Mother Earth	The difference you make in the world.	Teaching back what was learned.
Word of the Day	Compassion	Choice	Truth	Perspective	Intention	Leadership
Presentation Visual aids 20 min	-What is a LEADER? -What is TGR? -Who is it for? -History of TGR	-What are you? -Exploring mind (thoughts), body (movement), feelings -Positive/negative actions & reactions	TGR Others Presentation -Similarities, differences -Appreciating Diversity -Truth vs. Judgment -Communication	-What is nature? -The "living system" -Who does your mood/attitude effect? -Pay forward a smile	-The Solar System -Universal perspective -Give what you want to receive	-Follow the Leader -Past, present, future -Cause and effect -The gift of your presence
Activity Time 35 min	-Create your own Appreciation Stickers -Color your world	-Create Emotion Masks w/paper plates & popsicle sticks -Emotion Switch game	-Find the common factors & differences -Movie Time – THE FACE	-Balloon Teambuilding Exercise -Walk in my Shoes Game	-Which Way is Up Game - Create your Space Ship -Perspective Game	TGR Presentations
Call to Action****	-Give 2 (or more) Appreciation Stickers -Family Table Talk Cards	-Try something new (<i>food, game, sport, activity</i>) -Express your feelings to someone about something	-Perform at least one Act of Kindness -Observe one act of kindness	-Collect a piece of nature -Community involvement (<i>volunteer, donate, recycle, eco-friendly etc.</i>) -Watch STORY OF STUFF video with Parents	-Prepare for TGR Presentations (<i>skit, song, poem, speech, slide show, video, puppet show, etc; partners ok</i>) -Goal setting	Practice and demonstration living TGR at home, in school and within community. LEAD BY EXAMPLE.

***Free 2 B U Exercise Routine:** A mixture of cardio, stretching and movement made into a rhythmic chant so children can easily adapt into a daily routine. (Example: Jump for Joy, Reach for the Stars, Climb the Ladder, Run in Place for the Human Race, High Energy Ball Toss, Stretch your body (and imagination), Breathe, relax and ease into imagination time)

****Imagination Time:** A time of personal reflection, a relaxing yet powerful, guided visualization impacting the child's imagination and tapping into each child's natural wisdom and opening up to their highest creativity potential.

*****Call to Action:** Included weekly is a Letter to Parents, sharing the daily leadership lesson, inviting them to participate by living through example and encouraging their children to put these principles into practice. Keeping a journal during this course is recommended, but completely optional.

Resources: The Golden Rule Book, Do Unto Otters (A book about manners), Tea cup Book



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