

## **THE LESSON BOOSTER** **GUIDANCE SERIES FOR KIDS!**

Eight "Lesson Boosters" each present real-life scenarios demonstrating the feelings that young students experience, as well as present ways to cope with and handle these emotions. Students will learn the importance of respect, self-esteem, anger control, and problem-solving within a school setting.

These programs are created for both grades K to 3 and 4 to 8 as a supplement to any guidance curriculum. Each includes a DVD and a CD-ROM with a lesson plan for implementing the content.

### **1. LESSON BOOSTER - ANGRY?**

These four programs will provide ways for children to identify, talk about, and handle their anger.

13 minutes K to 3

#### **Angry? Catch Your Anger**

In this information-packed program children learn safe and appropriate ways to handle anger. Simple strategies such as counting to 10 gives you a chance to cool off.

#### **Angry? Just Walk Away**

Children learn that recognizing their angry feelings is the first step towards handling anger. Students understand that they can be in charge when they're able to "catch" their angry feelings and walk away from a situation that is making them feel angry inside.

#### **Angry? Stop and Think**

"Stop and think" is a simple strategy introduced to children. Viewers learn how "stop and think" can help them control their angry feelings.

#### **Angry? Relax and Take A Break**

In this segment, viewers are shown how walking away from a frustrating situation and relaxing can help them feel.

### **2. LESSON BOOSTER - GOT A PROBLEM?**

This program includes three episodes to help children find a solution to their problems. 11 minutes K to 3

#### **Got A Problem? Keep Your Hands to Yourself**

In this segment children learn that hitting and poking does not solve problems, but can make the problems worse. Viewers see how using your words and talking about the problem can lead to a safe and happy solution.

#### **Got A Problem? Ask Questions**

This segment of the program gives viewers strategies to use when they face a problem. Children will learn that making assumptions and blaming makes other people angry and makes problems worse. Viewers discover how asking questions can help solve a problem before it begins.

#### **Got A Problem? Share Ideas**

Children learn that when you encounter a problem, you can come up with ideas to solve the problem. Viewers will also see that there may be many ideas that can solve a problem and you can work to find a solution that makes everyone happy.

### 3. LESSON BOOSTER - GOT EMPATHY?

Children will learn to understand the meaning of empathy and its importance in these four programs.

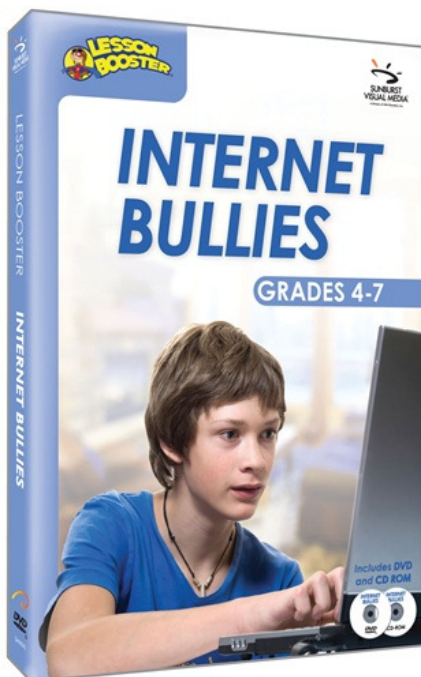
13 minutes Grades 4 to 7

**Got Empathy? Do Something** - How do you show empathy? How do you show you care? Students learn that empathy is more than a feeling and that true empathy comes from our actions.

**Got Empathy? It's a Choice** - Students learn that true empathy is when you are willing and able to put someone else's feelings and needs over your own.

**Got Empathy? Show It** - In this segment students learn ways in which empathy can be demonstrated and realized in a variety of different situations.

**Got Empathy? What is it?** Children need help in understanding what empathy is and why it's important. In this segment students will learn how to identify empathy when they see it. The main message is before you say or do something that might hurt someone else - imagine being that person and think about how you would feel.



### 4. LESSON BOOSTER - INTERNET BULLIES

These three programs teach students the meaning of cyber harassment, why it spells trouble, and how to protect themselves from being a victim. 14 minutes Grades 4 to 7

#### **Internet Bullies: What Is It?**

For many kids, the Internet is an important part of their daily routine. Unfortunately, with the immediacy of the Internet, its anonymity and its easy accessibility, kids are using Instant Messaging, Blogs, e-mail, chat rooms and social networks to spread gossip and rumors to harass and embarrass their peers. In this program, students will come to understand that using the Internet for those purposes is actually bullying.

#### **Internet Bullies: Emotions + Internet = Trouble**

Today it's easy to hurt someone who's made you angry. You can do it anonymously on the internet. In this segment, students learn that once you put something out on the internet, there's no taking it back. The program demonstrates how strong emotions and the internet can spell trouble.

#### **Internet Bullies: Keep Yourself Safe**

Thousands of kids are targeted by bullies. This program demonstrates practical ways for students to protect themselves and restrict the opportunities others have of harassing them online.

### 5. LESSON BOOSTER - WHY DO BULLIES BULLY?

After watching these four programs, students will gain a better understanding of bullying and build a stronger foundation when dealing with bullies. 14 minutes Grades 4 to 7

**What is A Bully? What Bullies Do** - What does a bully look like? What does a bully sound like? This program provides insight that helps students identify bullies and understand why and what they do.

**What is A Bully? Why Kids Do It** - Some may think that being angry, calling names, and pushing people around is a normal way to act. This program discusses how bullying makes the bully feel and how the victim feels, too.

#### **What is A Bully? Funny or Mean**

Through live-action, age-appropriate scenarios, viewers will come to understand why some kids are so aggressive, hurtful and mean to their classmates, teammates, friends and family members. Students will discover that there are a variety of reasons kids turn into bullies. Some may think that being angry, calling names, and pushing people around is a normal way to act.

#### **What is A Bully? Don't Become One**

Students will discover that there are a variety of reasons kids turn into bullies. Some bullies are looking for attention. Others may think bullying is a way to be popular or to get what they want. But most of the time, bullies are trying to make themselves feel more important

## 6. LESSON BOOSTER - CLIQUES

These four programs identify through real-life examples the meaning and effects, both good and bad, of cliques.

18 minutes Grades 4 to 7

**Cliques? It Feels Good to Belong** - Finding their place in a particular social group is a primary concern of many children. Cliques are groups of friends, but not all groups of friends are cliques. Cliques may be formed in elementary school or in middle school. Sometimes cliques are made of kids who share a common interest and other times the kids in them want to be popular or want to belong.

**Cliques? Good or Bad** - Cliques can have both positive and negative effects on individuals and groups, too. This program explores how cliques can affect a student and an entire school.

**Cliques? Excluding Others** - This program shows that cliques leave some kids out on purpose and kids may act much differently than they did before they were part of the clique.

**Cliques? One or More is Okay** - Some students have diverse interests. In this program kids will come to understand that it's okay to have two different sets of friends to hang out with.

## 7. LESSON BOOSTER - WHAT'S RESPECT?

Each of these four programs teaches about respect. By the end of this program students will understand the importance of respecting rules, themselves, and others. 9 minutes Grades 4 to 7

**What's Respect? Respecting Rules** - Why are there rules? What does it mean to respect rules? The program helps students to understand the importance of following rules and their impact on society.

**What's Respect? Self Respect** - In this program students learn what it means to have self respect. They will come to understand the importance of knowing what their values are and how they differ from others.

**What's Respect? Respecting Everyone's Ideas** - This program explores the concept of respecting the differences in people. In this segment, students learn the importance of respecting different ideas.

**What's Respect? We're all Different** - Students will learn that each person is different and it is important to respect these differences.

## 8. LESSON BOOSTER EVERYBODY'S DIFFERENT!

In these three episodes, viewers learn that everyone is different in some way and that we must learn to accept those differences. 16 minutes Grades 4 to 7

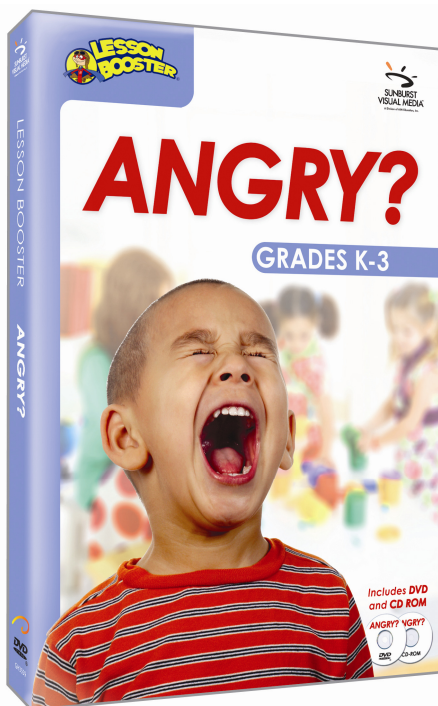
### **Everybody's Different: Respecting Differences in Others**

In this program students learn that everyone has different abilities. Some people are better at some things and not so good at others and that's okay.

**Everybody's Different: We Like Different Things** - Kids learn that boys and girls can like to do the same things. The program stresses the importance of developing a respect and appreciation for people's differences.

### **Everybody's Different: Different Cultures, Different Customs**

This program demonstrates to students that other kids come from different cultures with different customs that are not the same as the ones they have in their own families.



Series #14463/0433 Eight programs 2010

\$89.95 each or Series \$629.95 \*All programs includes Guide

NOTE: The two Elementary programs ANGRY? and GOT A PROBLEM? are also available for purchase as a series #14464 for \$169.95. The other six Middle School programs for Grades 4 to 7 #14466 are available for \$489.95.

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