



Me and the Monsters

More Practice With Bugs



3 Cs

-  I care about myself.
-  I care about you.
- I care about my community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.
- I show I care about myself when I make choices to live healthy and not use alcohol, tobacco or other drugs.

Preparation

Materials

- Paper
- Pencils
- Video: “Me and the Monsters” (provided on CD with these lessons)

Vocabulary

social responsibility

Lesson at a Glance

Introduction

1. The 3 Cs

Strategy

2. “Me and the Monsters.”

Conclusion

3. My Own Monsters and Solutions

Core Curriculum Objectives and Standards

Objectives

- Recognize that everyone develops attitudes about people, things, places, etc.
- Understand that personal attitudes have an important effect on self and on others.

Standards

- 7030-0101** Demonstrate responsibility for self and actions.

Teacher Notes

Introduction

1. The 3 Cs

Review the material in lesson 11, “The 5Ws of Care”

What is social responsibility?

It is behavior that benefits the society.

How is being kind and courteous beneficial to society?

It creates a safe and inviting environment for people to learn and grow.

Why is having strong convictions about one’s self beneficial?

Strong convictions help us act responsibly.

Confidence builds on positive experiences and knowledge of potential development.

What kinds of things make us feel less confident?

Failures, other people speaking unkindly, rumors, self doubt

Strategy

2. “Me and the Monsters”

View the video entitled “Me and the Monsters” provided on the CD that accompanies this lesson.

Monsters are another name for “bugs.” Discuss the “monsters” in the video by completing a chart of the six secrets that help make the monsters go away.

When we know the bugs we might have, we can prevent them from coming.

Monsters	Secrets
You’ll fail in school someday.	Just do your best in school, and you don’t have to worry about the monster.
Most grown-ups must be feared.	Most grown-ups are nice people just like most kids.
Nobody likes you. Why don’t you just go away?	Always be ready to make new friends.
Your home life is like a war.	Peace and happiness start inside before they happen on the outside.
Drugs? Someday you too will start.	“Oh no!” I said. “I’ll use my head. It is dumb to abuse drugs or anything else.”
Technicolor school and swimming pool – that’s not right. .	Skin just hides the same insides. Color should not separate people.

Sing “Me and the Monsters” together as a class.

Oh I know the monsters
Who live beneath the sea.
Oh I know the monsters AND
The monsters they know me!

Conclusion

3. My Own Monsters and Solutions

- Have students draw a “monster” (a problem they are facing) and write a “secret” (solution) that might help make the “monster” go away.
- Review the concept that our attitudes have an important effect on ourselves and on others.
- Suggest that students remember to use their “secrets” (solutions) to help make the “monsters” (problems they are facing) go away.

