

# **Becoming a Better Me**

## **Grades K–5 12–15 Minutes/8 Lessons [CC]**

This series helps students build self-confidence, responsibility, self-esteem, and self-control. Students see peers act out scenarios that clearly model desired behaviors about controlling anger and stopping bullying before it gets out of control.

**Rights:** Unlimited broadcast/off-air record (no tape duplication)

### **Lesson 1. Wise Owl Says: When Telling Isn't Tattling**

This engaging video combines animation and live-action segments to help young viewers understand the difference between tattling (which aims to land someone else in trouble) and telling (which aims to help someone solve a problem). The program features a wise-cracking animated Wise Owl who tells viewers that if they want to figure out the difference between telling and tattling, they should ask themselves his four "whoo" questions – Who might get hurt? Who is afraid? Who does it help? Who do I tell? The program presents a series of vignettes in which youngsters have to decide what to do. The "whoo rules" are revisited often. Wise Owls Says assists teachers in breaking their students of the tattling habit. **(duration 12:00)**

### **Lesson 2. Feeling Good About Me: Building Self-Esteem**

Viewers of this live-action video learn that being responsible means helping out when you're asked, following the rules, and doing the right thing without being told. These three points – an essential part of any character education curriculum – are illustrated in a series of engaging vignettes. The concepts are reinforced using a cheerful song about how being responsible makes kids feel proud "to the tips of my toes." Viewers see children performing many easy-to-follow tasks that foster teamwork and self-esteem by cleaning up toys, helping with family chores, helping an elderly relative, and more. This program makes it clear that acting responsibly is a great way to feel good about yourself. **(duration 13:51)**

### **Lesson 3. Time Out on Anger: Learning Self-Control**

Through four dramatic vignettes, students learn the basics of anger management. Easy-to-use tips include: stop and think; take deep breaths; count to ten; talk about your feelings; and more. Each vignette models ways kids can find alternate solutions to their problems that don't involve violent or impulsive behavior. Viewers learn how important it is to talk about angry feelings instead of holding them inside, and are encouraged to transform their anger into something productive by using their angry energy to try harder instead of giving up. Program emphasizes concrete communication skills and conveys a clear message: although it's okay to have angry feelings, it's never okay to react with anger by hitting, yelling or breaking things. Students are sure to learn new ways to find healthy, productive solutions to their problems. **(duration 15:37)**

### **Lesson 4. Are You a Bully?**

Kids can be bullies and not even realize it. Viewers learn that bullies are not always the kids who hit or intimidate. This program encourages students to recognize bullying behavior in themselves. Viewers are introduced to five different bullies including Mark who thinks that tripping others on the bus and being the tough kid in school is "cool," Abby who teases and taunts Lauren in dance class and Nicky who didn't make the basketball team so he spreads rumors that Jimmy made the team only because his Dad knows the coach. **(duration 15:00)**

### **Lesson 5. Don't Stand By**

Witnesses to bullying are just as guilty as the bullies themselves. Using the video-diary format, viewers follow 4 young students who witness bullying and do something about it. Students see four ways a bystander can stand up to a bully: Stop a Bully Together; Talk to the Bully; Be a Friend; and Tell an Adult. Since bystanders are clearly a part of the bullying problem, these peer intervention strategies can dramatically decrease the incidence of bullying. **(duration 15:00)**

### **Lesson 6. Five Ways to Stop a Bully**

Bullies are everywhere but that doesn't mean they should be tolerated. This program shows victims and bystanders how to stop a bully. Viewers are guided through five strategies: Stay Away; Stand Up; Put on a Brave Face; Talk One-on-One; and Tell an Adult. In each scenario viewers see what happens when bullies are not stopped versus what happens when someone stands up to the bully. These effective strategies empower kids to stop bullying and stay safe. **(duration 15:00)**

### **Lesson 7. Help! I'm a Bully**

Bullying is a learned behavior that can be changed. In this program, the kids themselves discover their bullying behavior and successfully change it. Three scenarios are enacted: Help, I Spread Rumors; Help, I Leave People Out; and Help, I thought It Was Funny. Viewers develop a real sense of the damage bullying causes to others and understand that it is not harmless fun. **(duration 15:00)**

### **Lesson 8. My Best Me: All About Self-Esteem**

What is good self-esteem? How do you get it? Using dramatic vignettes, viewers learn that self-esteem is determined by how much we value ourselves and our abilities. There's Mike, who concludes that although he lacks athletic prowess, he still has many other talents to be proud of. Lauren discovers that even if her science project didn't win first prize, she can still be satisfied that she tried her best. Eva's story points out the value of self-acceptance rather than trying to blend in with the crowd. Eva learns to take pride in her ethnic heritage and gains the approval of her peers in the process. Finally, Tim's tale illustrates why we need to rely upon the people who accept us, rather than listen to those who criticize or tease. This program wraps up with key reminders: assess your own strengths and weaknesses; be satisfied with trying your best; take pride in your personal identity; and don't let someone else's negativity keep you from your goals. **(duration 13:21)**

