

# MOTIVATIONAL MAGIC

with Steve Harmer

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"Now Offering 11 Inspiring Assemblies!"

## Brilliant and Resilient!

"Developing Smart, Strong and Successful Kids!"

### WARM-UP:

**Fun Mixer:** Say to your neighbor, "I don't have any burgers. I don't have any fries. But I do have a shake!" Shake the hands of the people sitting around you.

**Trick: Unicycle routine**

### INTRODUCTION:

#### **What is the definition of the word "BRILLIANT"?**

The dictionary says this: "showing exceptional intelligence, ability, skill, or talent"

#### **What is the definition of the word "RESILIENT"?**

The dictionary says: "able to recover quickly from setbacks, difficulties or problems"

"able to spring back into shape after being bent, stretched or squashed"

All of us are BRILLIANT in some areas of our lives and we come to school to get even smarter. Also all of us are RESILIENT in some areas of our lives. This assembly presentation shares some ideas to help us become even more RESILIENT. It will help us recover from setbacks and to spring back into shape more quickly.

The subtitle is "Developing Smart, Strong and Successful Kids". When we choose to work hard in school, we can become Smarter, Stronger and more Successful! We all can become more BRILLIANT and RESILIENT!

**Trick: 3 Handkerchiefs representing "Smart" "Strong" and "Successful" produce in a beautiful bouquet**

#### **Why do we need to learn about RESILIENCE?**

Teachers and parents would love to help students live happy lives, free of physical pain, worries and emotional hurt. Kids would never break a bone, lose a ball game or get a grade lower than an A. If only we could live in a perfect world without bullying, peer pressure, family break-ups, sickness or poverty. We would love to wave a magic wand and protect kids from struggle, failure and rejection.

**But as we know that isn't the real world is it?** We all must learn to face the "ups and downs" of life. Along with the sunshine we must have rain. Along with successes we face failure. Life brings good times and bad times. It is part of being human. And here is the good news. Often it is the struggle that makes us strong! Adversity can become an advantage. Trouble can be a great teacher. This assembly program presents the **7 - C's** that will help empower us with **RESILIENCY**:

**1. Connection, 2. Confidence, 3. Competence, 4. Contribution, 5. Coping, 6. Control and 7. Character.**

## The 7 – C's

(by Dr. Ken Ginsburg from Building Resiliency in Children and Teens)

### 1. CONNECTION

“YOUR RELATIONSHIPS WITH FAMILY AND FRIENDS”

Family and friends are a huge advantage to help us as we go through difficult situations. Strong ties to family and friends give a sense of security. We need people who listen to our problems, understand us and even cry with us sometimes. Be sure to take the time to build many friendships with others. You never know when you will need them to be there for you.

**Trick: 4 Colored Ropes To 1 Rope**

### 2. CONFIDENCE

KNOWING YOU DO MANY THINGS WELL

Confidence helps us become more resilient. It is an attitude that gives us assurance that we can do it. It's a belief in our own abilities. We can develop a pattern of believing that we will overcome difficulties because we have succeeded before.

**Trick: Card In Balloon**

### 3. COMPETENCE

THE SKILLS AND ABILITIES YOU HAVE

It is important to celebrate our strengths and abilities. When we learn to do many things well we become stronger. We have proven to ourselves that we are smart enough to learn something new even though it may be really challenging.

**Trick: Floating Table Challenge**

### 4. CONTRIBUTION

WAYS YOU MAKE THE WORLD A BETTER PLACE

We need to believe and understand that the world is a better place because we are in it. This gives us a sense of purpose and motivation. When we know that we matter, it gives us a reason to push through the tough times. People are counting on us and need the gifts and talents we offer.

**Trick: Color Cards Match (The smartest kid in the world!)**

### 5. COPING

HOW YOU DEAL WITH PROBLEMS

The more we are prepared to deal with problems the better. Everybody must deal with challenges. So we need to anticipate problems and figure out all kinds of ways to deal with them. When we plan ahead it helps us remain determined not to give up.

**Story/Trick: Caterpillar to Butterfly “The struggle makes us strong”**

### 6. CHARACTER

KNOWING RIGHT FROM WRONG

As we seek solutions to problems we must be thoughtful, respectful, truthful and caring. When we do what is right, success is more likely. We have fewer regrets when you work with honesty and integrity.

**Trick: Finishing Well with These Qualities: Courage, Perseverance, Attitude, Determination**

### 7. CONTROL

KNOWING THE CHOICES YOU MAKE MATTER

We need to understand that there are many right ways to solve problems and our ideas for a positive outcome are heard and valued. We can make a difference. Our decisions do affect the result.

**Trick: Empty Cage to Rabbit**

**CLOSING: Resilience Story: My Vandalized Van    Trick: Multiplying Silks to Dove**