

TEACHER'S GUIDE TO ADVENTURES FROM THE BOOK OF VIRTUES "SELF-DISCIPLINE"

INTRODUCTION

Adventures From The Book of Virtues offers some of the greatest stories of all time, and reinforces character education in an entertaining, fun way. Adapted from The Book of Virtues, the animated stories illustrate character traits such as honesty, friendship, courage, self-discipline and others. Stories are seen through the eyes of two kids, Zach and Annie, who live in a town called Spring Valley. They deal with the same pressures faced by kids everywhere, but they are able to turn to Plato the Buffalo, who lives in a cave high above Spring Valley. Plato has collected some of the world's great stories and when Annie or Zach are faced with a difficult situation in their own lives, Plato and his pals, Aristotle, Socrates and Aurora, know just the right adventure to offer.

GOAL: EMPOWERING KIDS

Children love a good story, and many of these stories have been passed down for hundreds or even thousands of years. Why have these stories endured? Quite simply, they present life's most powerful lessons in entertaining, memorable ways which children are able to apply to their own situations.

GOAL: CHARACTER BUILDING

The stories in this collection reinforce character education: honesty, friendship, perseverance, courage, honor, self-discipline, responsibility, integrity, and work, among others.

SUGGESTED QUESTIONS will help kids respond to each story.

SUGGESTED ACTIVITIES will offer students with specific applications of each character trait.

TEACHING OBJECTIVES:

Students will do the following:

- Review and assess each story including identifying the character trait being presented by the main character.
- Identify the key "story theme" presented by Zach or Annie, including the challenges they faced in each episode.
- Understand how the same "character trait" shown in the stories can be applied to their own lives.

RESULTS:

Students should:

- Know basic character traits.
- Understand each of the character traits being presented.
- Be able to apply the character traits to their own lives.

WELCOME TO PLATO'S PEAK!

SUMMARY, ZACH & ANNIE STORY:

Zach gets into a heated argument with his mother when she refuses to advance him his allowance, prompting several stories from Plato and Aurora about the pitfalls of impatience and losing one's temper.

"KING MIDAS & THE GOLDEN TOUCH" (Greek myth)

King Midas wants more and more gold, and is finally granted his wish: everything he touches will turn to gold - the Midas touch! He is ecstatic, as even the flowers become gold under his powerful touch. Unfortunately, when King Midas touches his daughter she turns into a gold statue! At that moment he realizes that all the gold in the world does not compare to his daughter or her love.

"GENGHIS KHAN AND HIS HAWK" (Chinese folktale)

When the feared warrior king, Genghis Khan, is on a hunting trip with his favorite pet hawk, they stop at a well to get a drink of water. Three times, the hawk knocks the cup of water out of the King's hands. Short-tempered, the king slays his favorite hawk, only to learn moments later that the well had been poisoned by a dead snake. The hawk was merely saving his master's life.

"THE MAGIC THREAD" (French fairy tale)

Peter, a schoolboy, simply does not want to do his homework, even though there is a test the following day. Instead, he wanders into the woods where an old woman grants him his greatest wish - a "magic ball of thread" that, by merely pulling the thread, allows him to skip over any difficult hurdle in his life. When he gets to the test the next day, he pulls the string, and magically skips the whole day. Peter excitedly wants to overcome the next difficulty, and the next, and the next; that is, until the day his wife and family are gone, and he deeply regrets having skipped his entire life. He wishes he had never possessed this ball of thread. When he meets the same old woman in the woods, he destroys the ball of thread and is suddenly brought back to his youthful self - in school, unprepared for the test, but having learned his lesson.

DISCUSSION QUESTIONS FOR KIDS:

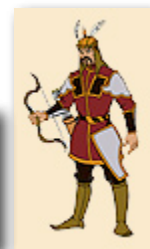
1. Did Zach show self-discipline when he lost his temper with his mother?
2. What does self-discipline mean?
3. Did King Midas show self-discipline?
4. What happened to King Midas when he became so excited about turning everything to gold? What does the term "Midas touch" mean?
5. What do people mean when they say "money isn't everything."
6. Why was the hawk trying to stop Genghis Khan from drinking the water?
7. How did Genghis Khan feel after killing his hawk? How might have he prevented this from happening?
8. Have you ever felt like Peter in "The Magic Thread" and wanted to skip something difficult? What happened?
9. What lesson did Peter learn from his experience with the magic thread?

ACTIVITIES:

ACTIVITY #1: Have kids pretend they are a King in charge of the world. Have them list three things they would do as a King. (Compare these to what King Midas might have done.)

ACTIVITY #2: Have the kids make a list of at least five times Peter in "The Magic Thread" story pulled the string to skip something difficult.

ACTIVITY #3: Have kids make a list of three difficult things they have experienced. Discuss ways to face and overcome difficulties.



SELF-DISCIPLINE



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