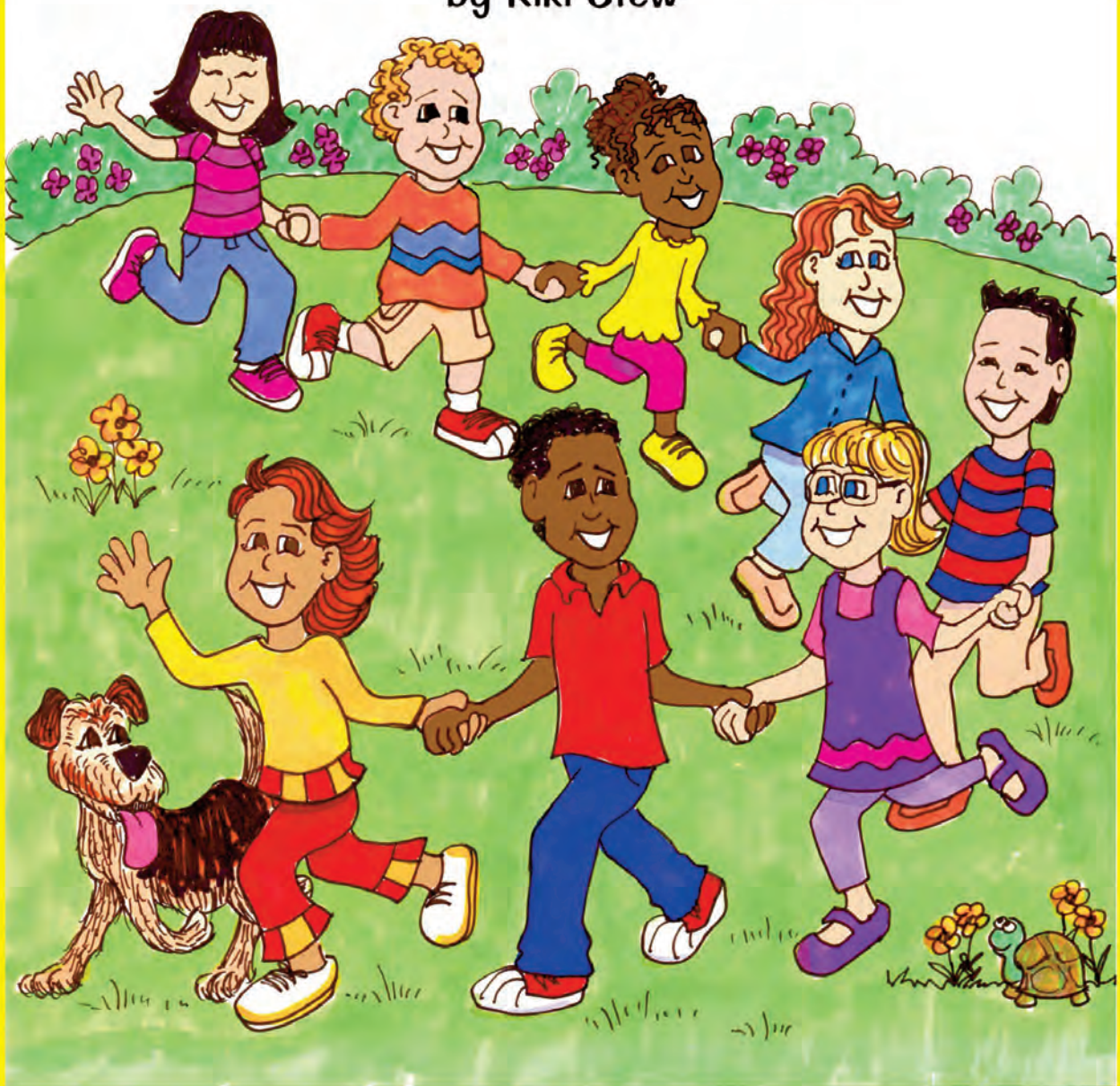


# EVERYBODY'S IN!

with the  
**CAN-DO CREW**

by Kiki Stew



# Lesson 1

## CAN-DO WELCOME AND "EVERYBODY'S IN!" STORY

- The Can-Do Crew and You
- The Can-Do Code
- Read "Everybody's In!"
- Let's Talk About The Story





# The Can-Do Crew and You

We know that even **ONE** person  
can make a big difference in the world...  
by caring,  
by finding ways to help,  
and by doing good deeds.

It is **FUN, EASY** and **EVERYBODY** can do it!

Do **YOU** care about other people?

If you do, stand up

Do **YOU** help those in need?

Stand up and clap your hands

Do **YOU** do acts of kindness for others?

Stand up, clap your hands and stand on one foot.

Do **YOU** think you can Make a Difference in the world?

Stand up, clap your hands, stand on one foot and hop  
all at the same time

Let's Shout out our Motto:



We can  
make the  
world better!



## Welcome to The Can-Do Crew!

Let's read aloud together:

# We are The Can-Do Crew!

We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

# We can make the world better!

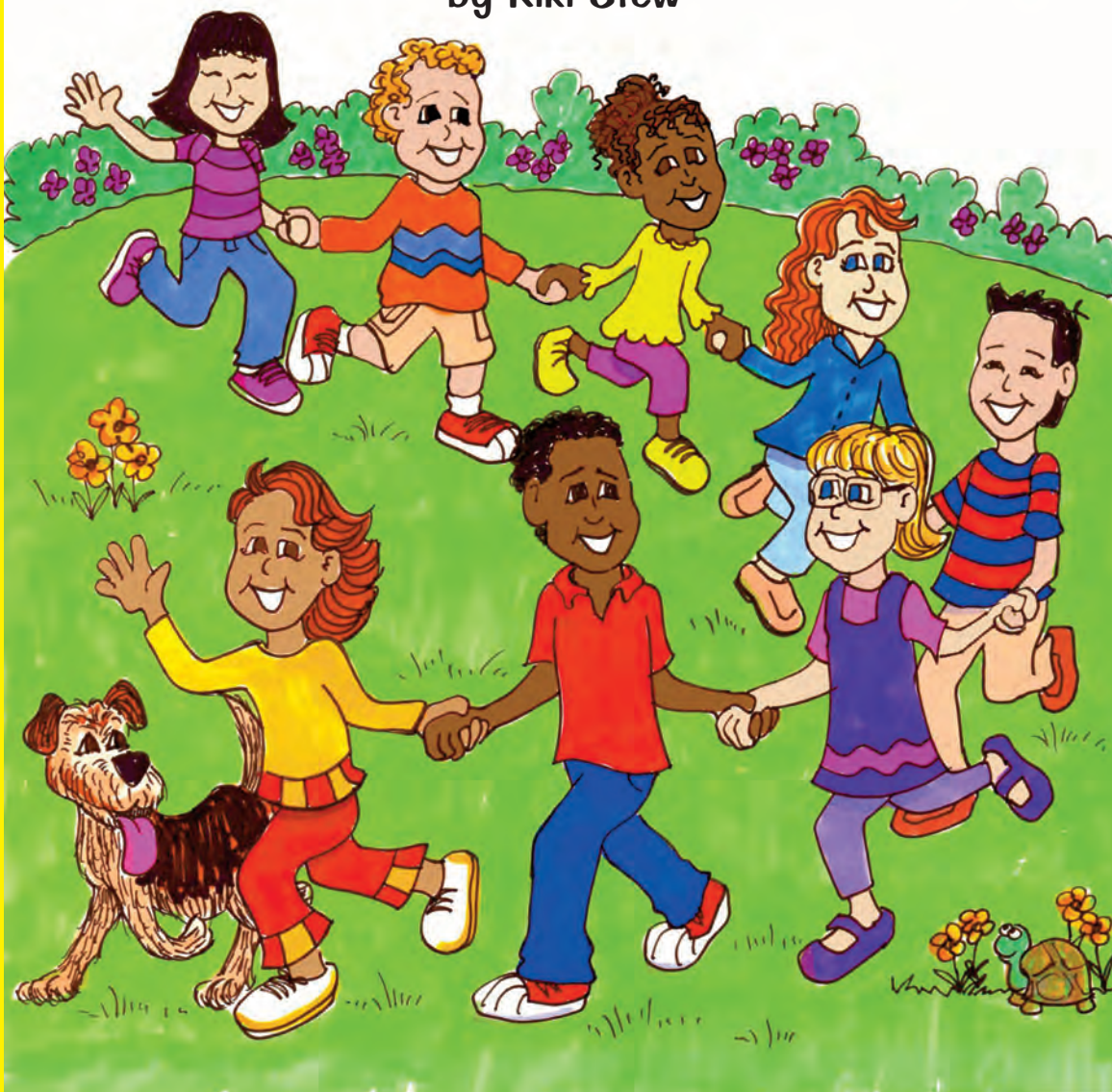


Read aloud the story, "Everybody's In!".  
Listen for the rhyming words.

# EVERYBODY'S IN!

with the  
**CAN-DO CREW**

by Kiki Stew



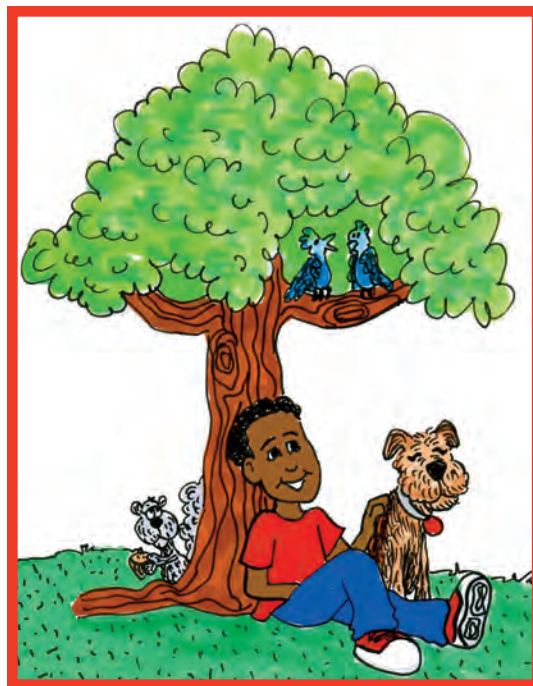


# EVERYBODY'S IN!

What do you think  
That I can do  
To make the world better  
For me and for you?

My name is Eddie  
I am here to tell you  
About a group of kids  
Called the Can-Do Crew!

We follow a rule  
That is simple and true:  
Always treat other people  
How you want them to treat you.





We are just kids  
With no money to spare  
we do not have much  
To give away or share.

Except for our friendship  
A smile and a hand  
A kind word for someone  
Who does not understand.

Why some kids are mean  
And will not let someone play  
With them on the playground  
At recess each day.







So I came up with a plan  
That would be a good deed  
To reach out to kids  
When a friend is what they need.

It does not take much  
Just a little bit of time.  
I have plenty of that  
Though I do not have a dime.

All I have to do is look  
Around me each day  
To see if there is anyone  
Who needs a friend to play.

Someone sitting alone  
Or standing on the side  
I know how it feels  
To just want to hide.



It hurts to feel lonely.  
It hurts to feel sad.  
It hurts me to see  
Someone else feeling bad.

Like Joe, who just moved here  
From a town far away.  
Today he just sat there  
And watched us all play.



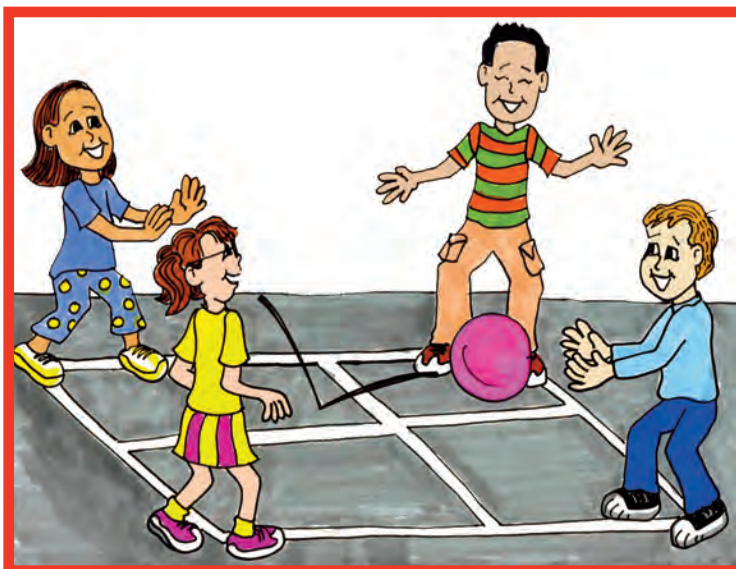




I know if I walk over  
And say, "Hi, Joe! Want to play?"  
We will both make a new friend  
The Can-Do Crew way!

And the next day at recess  
The Crew will see who  
Is feeling all alone, and ask,  
"Can we play with you?"

Maybe at lunchtime  
We will look around to see  
If someone is alone  
And looks unhappy.





Sometimes the lunchroom  
Can be a hurtful place  
When kids walk right past you  
And do not see your face.

I want all my classmates  
To know that I care  
So if Lilly is alone  
I will pull up a chair.

And ask "May I sit  
And eat lunch with you?  
I have an oatmeal cookie  
That is big enough for two!"

If we make sure each day  
That no one is left out  
Soon we will all play together  
That is what friendship is about.





It is so nice and easy  
And always polite  
To say, "Everybody's In!"  
It simply feels right.

We all have the power  
To make others feel good.  
We follow the Can-Do Code  
And do as we should.

I can make a big difference  
Just little old me  
With a smile and a hand  
To help someone lonely.

With love in my heart  
And one good idea or two  
I can make the world better  
For me and for you!



The Can-Do Crew "Everybody's In!"  
Let's Talk about The Story

For each question, circle **ALL** of the correct answers.  
There may be more than one correct answer for each question.  
All of the answers can be found in the story!

1. Eddie is a member of the Can-Do Crew. At the beginning of the story, he tells us they follow a simple rule. What is it?
- a. Look both ways before you cross the street
  - b. Don't talk to strangers
  - c. Treat other people how you want them to treat you
  - d. Walk single-file in line



Give an example of how  
**YOU** can follow this rule.



2. Eddie says, "I'm just a kid...I don't have anything to give away or loan". But he does have something special to offer. What is it?
- a. Friendship and a smile
  - b. Just a little bit of time
  - c. A hand
  - d. A kind word

What do **YOU** have  
that is special to offer?

3. What is bothering Eddie as he looks around the playground?
- a. It hurts to see someone else feeling bad
  - b. The kids are running too fast
  - c. Some kids are mean and will not let them play
  - d. There is a long line for the slide



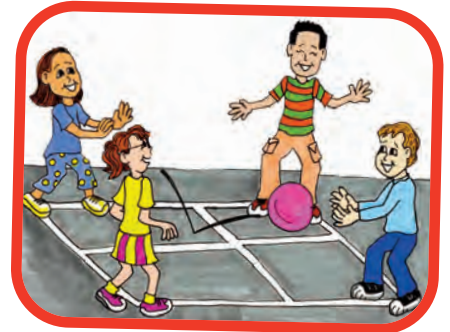
What bothers **YOU**  
on the playground?



**The Can-Do Crew** "Everybody's In!"  
**Let's Talk about The Story (page 2)**

4. What Plan does Eddie come up with to solve the problem?
- Make himself team captain
  - Play music on the playground
  - Make recess shorter
  - Reach out to kids when a friend is what they need

**What is YOUR Plan  
to solve the problem?**



5. A Good Deed is a kind act that one person does for another. What good deeds do Eddie and The Can-Do Crew plan to do?
- Walk over and say Hi
  - Ask, "Can we play with you?"
  - Ask, "May I sit with you?"
  - Run around and make silly faces

**What Good Deed  
do YOU plan to do today?**

6. What will you do to make sure Everybody's In?
- Ask someone to play
  - Make sure everybody is included
  - Always be polite
  - Ask someone to sit at your lunch table

**How can YOU make sure  
Everybody's In?**



# Lesson 2

## THE CAN-DO PATH

- Can-Do Code
- Our Can-Do Code Path
- World Changing Words Treasure Map
- Key Cove
- Discovery Island
- Signal Mountain
- Card Cave
- Linking Lake
- Connection Woods
- Put it together Falls
- Word Search Swamp
- Super Crew World Changers



Let's read aloud together:  
**We are The Can-Do Crew!**  
We live by

## **The Can-Do Code:**

When we are saying things,  
**We are Mindful and Kind**  
Let's stand up, tap our heads and smile

When we are doing things,  
**We Show Respect and Compassion**  
Let's stand up, salute then touch our hearts

Because our actions affect others,  
**We are Considerate and Purposeful**  
Let's stand up, open our arms wide and march in place

## **We can make the world better!**



# Our **Can-Do Code** Path

leads us to a

## **Treasure Trunk** of **World Changing Words**



When we open our  
"Everybody's In!" **Treasure Trunk**,  
we will uncover

**6 Powerful, Mighty and Amazing**  
**World Changing Words**

We call them **WCW**.

Now, stand up strong and tall.  
Put your fists on your hips and shout:



We will  
**Learn these words!**  
**Understand their meanings!**  
**Use them everyday!**



We will be  
**Super Crew World Changers!**

How do we get started?

We need a **WCW Treasure Map**, of course!

**Let's go on our Treasure Hunt!**



Our **WCW Treasure Map** is our guide to becoming  
**Super Crew World Changers**.

Our quest has many fun games and activities!  
Let's trace our steps along the way and say together  
the name of each place.

**Start**

**Key Cove**



**Discovery Island**



**Signal Mountain**



**Card Cave**



**Linking Lake**



**Connection Woods**



**Put It All Together Falls**



**Word Search Swamp**



**Super Crew World Changers**



**We Can Make The World Better!**

## Key Cove



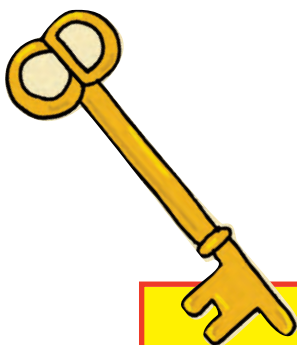
**Start**

Let's begin our **WCW** Treasure Hunt.

The Key to opening the  
Treasure Trunk of World Changing Words is

### The Can-Do Code:

Let's say it together:



When we are saying things,  
**We are Mindful and Kind**  
Let's stand up, tap our heads and smile

When we are doing things,  
**We Show Respect and Compassion**  
Let's stand up, salute then touch our hearts

Because our actions affect others,  
**We are Considerate and Purposeful**  
Let's stand up, open our arms wide and march in place

Now that we have  
the **Key**,  
let's find the  
**WCW Treasure Trunk**  
on our Quest to be  
**Super Crew**  
**World Changers!**





## Discovery Island



Let's open the "Everybody's In!"  
Treasure Trunk of **World Changing Words**!  
Read aloud each **WCW** and its definition.

### Empathy

understanding and caring about  
another person's feelings

### Integrity

being fair, honest and  
doing what is right

### Inclusion

taking a person into a group

### Cooperation

working together for a  
common purpose

### Friendship

relationship between people  
who like and trust each other

### Empowered

to have or be given the ability to act  
and to be able to make a difference



Let's go to our next stop,  
Signal Mountain!

# Signal Mountain



Each **World Changing Word** has its own **Gesture Signal**.  
This **Gesture** will help you remember what the word means.  
Say the **WCW**, pantomime the **Gesture** and think of the definition.



## Empathy

Index fingers on each side of your face near your eyes



## Integrity

Right hand on your heart and raise your left hand



## Inclusion

Wave your hand toward you



## Friendship

Smile with index fingers on each cheek



## Cooperation

Clasp hands together in front of you



## Empowered

Hold two arms over your head



## Card Cave



Let's now head into Card Cave  
where we will find the **WCW**, their **Definitions**  
and **Gesture Signals** all in one place!

# World Changing Words Cards

1. Cut out each **WCW** Card
2. Write your name or initials on each card
3. Use them for the "Everybody's In!"  
World Changing Word Games



## Linking Lake



Link each **World Changing Word** with its **definition**.

Spread your **WCW** cards out in front of you.

Make the **Signal Gesture** for each word.

Draw a line connecting the **WCW** and its **definition** together.



understanding  
and caring about  
another person's  
feelings

being fair, honest and  
doing what is right



Empathy

taking a person  
into a group

to have or be given  
the ability to act  
and to be able to  
make a difference



Integrity

relationship between  
people who like and  
trust each other

working  
together for a  
common purpose







## Connection Woods

Connect each **World Changing Word** with its **example**.  
This connection will give you a better idea of how to use each word.  
Spread your **WCW** cards out in front of you.  
Make the Gesture Signal for the **WCW**.  
Draw a line connecting the **WCW** and its **example** together.

Eddie and the Can-Do Crew work together to include everybody.

Eddie stood up to the mean boy and told him to stop being a bully

Eddie likes and trusts the members of the Can-Do Crew.

Empowered

Friendship

Inclusion

Cooperation

Empathy

Integrity

Eddie knows how it feels to be left out so he asks others to play.

Eddie is a great referee because he is honest and fair

Eddie asks a lonely girl if she would like to play.



## Put It All Together Falls

### World Changing Word Game #1



- Spread the WCW Cards out in front of you with the Word facing up.
- Read each sentence.
  - Hold up the correct **WCW Card**.
  - Make the **Gesture Signal**.
  - Write the **WCW** on the line.

1. Eddie. knows how bad it feels to be lonely and cares about classmates who feel left out.

Eddie displays \_\_\_\_\_ for people who are left out.

2. Eddie makes sure that all of his classmates get to join in to the game at recess.

Eddie makes sure to \_\_\_\_\_ everyone in the game.

3. Eddie, Joe and Lily work together to build a sand castle at lunchtime.

Eddie, Joe and Lily \_\_\_\_\_ with each other to build the sand castle.

4. Even Lily does not know she lost her bracelet, Eddie does the right thing and returns it to her.

Eddie shows \_\_\_\_\_ in returning Lily's bracelet to her.

5. Eddie and Joe are nice, supportive, dependable and polite to one another.

Eddie and Joe have a true \_\_\_\_\_.

6. Eddie makes a difference in Joe's life by including him in the game.

Eddie is \_\_\_\_\_ and helps make Joe feel less lonely.



# Word Search Swamp



Join together and include everyone  
When we cooperate we all have fun!  
Become empowered, be thoughtful and kind  
When we understand and care  
A friend is what we find!

The Crew is looking for these hidden words  
in the puzzle below.

Join	Together	Everyone	Cooperate
Fun	Empowered	Kind	Include
Friend	Care	Game	Integrity

Please help them find these hidden words.  
Be aware, the words can be horizontal, vertical, or diagonal.  
They can be written frontward or backward!  
Circle each word when you find it.  
Then check it off on your list.  
Let's search.

E	H	T	O	G	E	T	H	E	R
V	M	U	N	P	W	C	N	B	K
E	A	P	I	S	T	A	O	Y	N
R	C	O	O	P	E	R	A	T	E
Y	R	F	J	W	M	E	M	A	G
O	U	T	D	F	E	S	R	C	L
N	I	N	T	E	G	R	I	T	Y
E	I	N	C	L	U	D	E	J	A
K	G	X	F	R	I	E	N	D	V



We are now



# Super Crew World Changers



Show your **POWER**  
Say the **WCW**  
Signal the **Gesture**  
Make the World Better!

I have  
Empathy!

I have  
Integrity!

I  
Include!

I  
Cooperate!

I show  
Friendship!

I am  
Empowered!





## Lesson 3



# YOUTH DEVELOPMENT - INCLUSION, EMPATHY AND EMPOWERMENT



- Can-Do Code
- I Include! Definition, Gesture and Example
- Let's be Inclusive Super Crew World Changers
- How Does It Feel To Be Left Out?
- Be a "Double E" Leader
- "Double E" Hot Potato Game
- "Everybody's In!" Coupon
- WCW Treasure Trunk and Game #2

Let's read aloud together:

# We are The Can-Do Crew!

We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

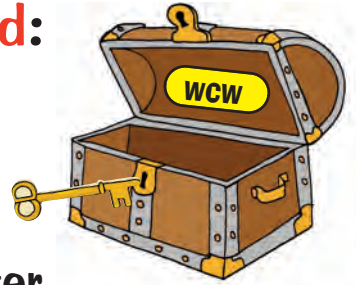
## We can make the world better!



Here is our **World Changing Word**:

# Inclusion

Let's discover it's meaning and  
how we use it to make the world better.



## Inclusion

taking a person into a group

I  
**Include!**

Eddie asks a  
lonely boy if he  
would like to play.



To help you remember what  
**Inclusion** means,  
make this **Gesture**:



**Wave your hand**  
**toward you**  
like you are inviting someone  
to come over



Let's Be



# INCLUSIVE Super Crew World Changers



Here are some ways to show **INCLUSION**:

When Carlos sees Lizzie by herself at lunch, he says "Come sit with us!"

How does Carlos **INCLUDE** Lizzie?

Bella invites Jamal to join Rupali, Justin and her in a game of four square on the playground.

What does Bella do to **INCLUDE** Jamal?

Sam asks Maggie, who is new to their school, to help Antonio and Rachel paint the poster for the big fundraiser.

Why does Sam **INCLUDE** Maggie?

Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I  
**Include!**

3. Signal its Gesture

Wave your hand  
toward you  
like you are inviting someone  
to come over



2. Give its Meaning

**Inclusion** means  
taking a person  
into a group

4. Tell **YOUR** way to  
show **INCLUSION!**

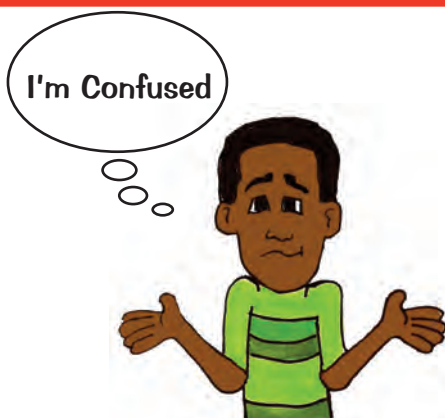
# How Does it Feel to be Left Out?

At the beginning of the story,  
Joe is standing all by himself  
and feeling left out.

How do you think Joe feels  
when he is **EXCLUDED**?

Joe may be feeling  
lots of different emotions.

Show how **YOU** think Joe feels.



Eddie asks Joe to play.

How do you think Joe feels  
when he is now **INCLUDED**?

Again, Joe may be feeling  
lots of different emotions.

Show how **YOU** think Joe feels.

Also in the story, Lilly is sitting  
by herself and feeling left out.

How do you think Lilly feels  
when she is **EXCLUDED**?

Show how **YOU** think Lilly feels.



Eddie asks Lilly if he could  
sit with her at lunch.

How do you think Lilly feels  
when she is now **INCLUDED**?

Show how **YOU** think Lilly feels.

# Stop the feelings of being Left Out.

Be a

## "Double E" Leader!



Eddie has

### Empathy

He understands and cares that Joe may be feeling lonely because he looks sad standing by himself on the playground.



He also cares that Lilly looks upset because she is sitting all by herself in the lunchroom



Eddie is

### Empowered

He has the ability to act and he makes a difference when he asks Joe to play.



He also is able to make a difference by pulling up a chair and joining Lilly for lunch.



Eddie is a "Double E" Leader!

Let's make the "Double E" Leader Gesture Signal.

We combine Empathy and Empowered into one.

Place your right index finger on the side of your face near your eyes and hold your left arm over your head.

You can be a "Double E" Leader, too!





# "Double E" Hot Potato Game!



Object of the Game:

Don't get caught holding the **"Double E" Hot Potato**  
when the leader calls **"Hot"**

1. Gather in your assigned color group and form a circle.
2. When the leader calls "Go", pass the **"Double E" Hot Potato** around the circle in one direction, no one can be skipped.
3. When the leader calls out **"Hot"**, stop passing the **"Double E" Hot Potato**.
4. The player caught holding the **"Double E" Hot Potato** when the leader calls out **"Hot"** is out.

Let's Play **"Double E" Hot Potato!**



## "Everybody's In!" Coupon

We now have an understanding of how badly it feels to be **EXCLUDED**

We also have experienced how **GREAT** it feels to be **INCLUDED**.

We are **Double E Leaders!** We have **Empathy** and are **Empowered**.



We can make the world better  
with an **Act of Kindness** using our  
**"Everybody's In!" Coupon!**  
Here is what we can do:

1. Write your name on a small piece of paper and fold it twice.
2. Place all the folded papers into a pile and mix them up.
3. Take turns picking a name from the pile, **BUT SHHHHHH...**
4. Look at the name but don't say anything! If you pick your own name,  
pick another  
You want it to be a surprise when you give your classmate  
your "Everybody's In!" Coupon.
5. Think of a really kind way to include your classmate.
6. Cut out the Coupon and give it with a Smile!



The Can-Do Crew  
**"Everybody's In!" Coupon**  
We can make the world better!



I have **EMPATHY** and am **EMPOWERED** when I **INCLUDE** other people.

A Good Deed

I will include: \_\_\_\_\_

when I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From: \_\_\_\_\_

An Act of Kindness

## Treasure Trunk of **WORLD CHANGING WORDS**

In order to become Super Crew World Changers,  
we have to know all of the **WCW**.

Read the words, their definitions and make their **Signal Gestures**.



### Empathy

understanding and caring about  
another person's feelings



### Integrity

being fair, honest and  
doing what is right



### Cooperation

working together for a  
common purpose



### Inclusion

taking a person into a group



### Friendship

relationship between people  
who like and trust each other



### Empowered

to have or be given the ability to act  
and to be able to make a difference



## World Changing Word Game #2



Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.

1. Without being asked, Marquand gives back Justin's baseball mitt that he borrowed even though he wished he could have kept it.

Marquand does the right thing and shows \_\_\_\_\_.

2. Marquand and Justin realize they enjoy doing the same activities and share a lot of the same interests.

Marquand and Justin have begun a \_\_\_\_\_.

3. Marquand remembers how sad he felt when he first came to his new school and does not want the new student, Vanessa, to feel the same way.

Marquand demonstrates \_\_\_\_\_ when he understands and cares about Vanessa's feelings.

4. Justin and Whitney work together with Marquand to make a welcome card for Vanessa.

Marquand, Justin and Whitney \_\_\_\_\_ to make the welcome card.

5. Marquand invites Vanessa to join Whitney, Justin and him in a game of four square on the playground.

Marquand \_\_\_\_\_ Vanessa in a game of four square with his friends.

6. Marquand asks his friends to help him clean up the playground. This will make a big difference at their school.

Marquand \_\_\_\_\_ his friends to make a difference.



## Lesson 4

# EMPATHY



- Can-Do Code
- I have Empathy! Definition, Gesture and Example
- Let's be Empathetic Super Crew World Changers
- Empathy Detectives
- Empathy Detective Cards
- Follow the Clues
- "Double E" Leader in Action

Let's read aloud together:

# We are The Can-Do Crew!

We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## We can make the world better!



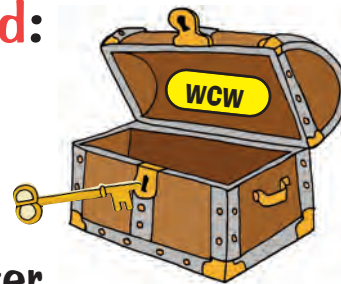


Here is our **World Changing Word**:



# Empathy

Let's discover it's meaning and  
how we use it to make the world better.



## Empathy

understanding and caring about  
another person's feelings

I have  
**Empathy!**

Sarah knows how  
it feels to be left  
out so she asks  
others to play.



To help you remember what  
**Empathy** means,  
make this **Gesture**:

Stand up and put your index fingers  
on each side of your face  
near your eyes  
like you are thinking



Let's Be



# EMPATHETIC Super Crew World Changers



Here are some ways to be **EMPATHETIC**:

George sees Antonio is left out and asks him to join his football game.

How does George show **EMPATHY**?

Vanessa remembers how sad she felt when she first came to her new school and asks the new student, Marquand, to sit with her at lunch.

What makes Vanessa **EMPATHETIC**?

After Yoshi broke his arm, Angela helps carry his science project into class because she remembers how badly she felt when she broke her leg.

Why does Angela show **EMPATHY**?

Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I have  
**Empathy!**



2. Give its Meaning

**Empathy** means  
understanding and  
caring about  
another person's  
feelings

3. Signal its Gesture

Stand up and put your  
index fingers on  
each side of your face  
(like you are thinking)

4. Tell **YOUR** way to  
show **EMPATHY!**

# Empathy Detectives...

Follow the Clues  
to Solve the Mystery

What Clues Can Help  
You Identify Another  
Person's Feelings?



- \* How they look
- \* What they say
- \* What is going on around them



These are the clues that will help us  
understand and care about another person's feelings.

We have our own "Everybody's In!"

**Empathy Detective Cards**  
to make our job easier and fun, too!



# Empathy Detective Cards

1. Cut out each Empathy Detective Card
2. Write your name or initials on each card
3. Use them for the "Everybody's In!" Empathy Games



# Follow the Clues



As an Empathy Detective,  
sometimes you might find more than one answer.  
It is okay to have multiple feelings and reactions.

Hold up the Empathy Card or Cards that best describes each sentence.

1. Mario is crying because he cannot find his dog. How does Mario feel?
2. Jamal finds a lost dog. How might Jamal feel?
3. Jamal recognizes the dog and wants to return the dog to Mario. How does Jamal feel?
4. The dog begins to run toward a busy street. How does Jamal feel?
5. The dog stops before it reaches the street, and waits for Jamal. How does Jamal feel?
6. Jamal returns Mario's dog to him. How do Mario and Jamal feel?

Hold up the Empathy Card or Cards that best describes how the **SPEAKER** feels.

7. "I am glad you are my friend."
8. "You hurt my feelings when you called me a mean name."
9. "This place is spooky."
10. "I wish I had someone to play with."
11. "I am mad at you for taking my book without permission."



# Follow the Clues



Hold up the Empathy Card or Cards that best describes how each statement makes YOU feel.

12. "You never do anything right."
13. "You can't play with us."
14. "That is a great idea."
15. "You are going to be in a lot of trouble."
16. "Surprise! It's your birthday party!"



Hold up the Empathy Card or Cards that best describes how YOU would feel in each situation.

17. Being invited to a friend's birthday party
18. Not being invited to a friend's birthday party
19. Sitting alone on the bus when everyone else is sitting with someone else
20. Seeing a snake on the sidewalk
21. Being pushed and shoved in the hallway



# "Double E" Leader in Action

**Empathy**

**Empowered**



1. Draw a picture of when you saw someone being left out.
2. As an **Empathy Detective**, choose one of the **Empathy Cards** that matches how that person might feel.
3. Write a speech balloon of what he or she is saying about being Excluded.
4. Now put yourself in the picture as a **"Double E" Leader**.  
You have **Empathy** and you are **Empowered** to **Include**.  
Write a speech balloon of what would you say to that person.

## Lesson 5

# EMPOWERED

- Can-Do Code
- I am Empowered! Definition, Gesture and Example
- Let's be Empowered Super Crew World Changers
- A Can-Do Kid has Empathy and is Empowered!
- Re-read "Everybody's In!"
- "Double E" Superstar Auditions!  
You Be The Judge!
- WCW Treasure Trunk and Game #3



Let's read aloud together:

# We are The Can-Do Crew!

We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## We can make the world better!



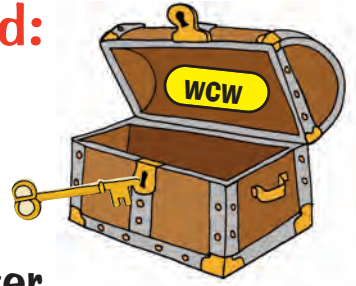




Here is our **World Changing Word:**

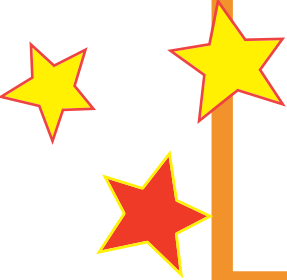
# Empowered

Let's discover it's meaning and  
how we use it to make the world better.



## Empowered

to have or be given the ability to act  
and to be able to make a difference



I am  
**Empowered!**



Eddie and Kim  
invite Lilly to sit  
with them at lunch



To help you remember what  
**Empowered** means,  
make this **Gesture**:

Stand up, make two fists  
and hold them over your head  
to show your power

Let's Be



# EMPOWERED Super Crew World Changers



Here are some ways to be **EMPOWERED**:

When Kamesha sees Carlos sitting by himself at recess, she asks him to be part of the game.

What does Kamesha do to be **EMPOWERED** and make Carlos less lonely?

After the storm, Denzel asks his friends to help him clean up the playground which will make a big difference at their school.

How is Denzel **EMPOWERED**?

Whitney encourages Jason to write a get-well card for his good friend Mr. Lopez to make him feel better while he is in the hospital.

Are both Whitney and Jason **EMPOWERED** and why?

Show your Super Crew World Changing **POWER!**

1. Say the World Changing Word

I am  
**Empowered!**

3. Signal its Gesture

Stand up, make two fists  
and hold them  
over your head  
to show your power



2. Give its Meaning

**Empowered** means  
to have or be given  
the ability to act and  
being able to make  
a difference.

4. Tell **YOUR** way to  
be **EMPOWERED!**



**EMPATHY** and is **EMPOWERED**

Can **YOU** show **EMPATHY**?

Understanding and caring about another person's feelings

Can **YOU** be a **EMPOWERED**?

To have or be given the ability to act to make a difference

*Absolutely*

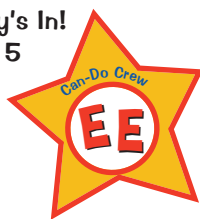
**YES!!**

*It's Easy*

Let's read aloud again "Everybody's In!"  
to see how Eddie has **Empathy** and became **Empowered**  
and how **YOU** can too!







# "Double E" Superstar Auditions! **YOU be the Judge!**



What does it take to be a **Double E Leader**?  
You "judge" with a **Thumbs UP** or **Thumbs DOWN**  
and show the "evidence" for your decision.



1. We will be acting out 8 short scenes.  
Each scene will have a Group of 4 actors.  
Each audience member is a Judge.

2. To get a Judge's Thumbs Up,  
the Group needs to show  
**Empathy** AND be **Empowered**

3. **YOU be the Judge . . .**  
at the end of each scene.  
Thumbs **UP** - "Double E" Leader,  
or  
Thumbs **DOWN** - NOT a "Double E"

4. With a Thumbs DOWN,  
the audience remains seated.  
There is no "Double E" Evidence.  
No one has shown  
Empathy or Empowerment.

5. With a Thumbs **UP**,  
everyone stands up and  
makes the  
**"Double E" Leader**  
Gesture Signal.

6. With a Thumbs Up,  
circle the **"Double E" Evidence**  
in the scene.  
These are the lines that  
show **Empathy** and  
being **Empowered**.



Let the  
**"Double E" Superstar**  
Judging Begin!



# "Double E" Superstar Auditions!

## YOU be the Judge!



### Orange Group A

Actor 1: Did you hear that? I heard someone crying.  
Actor 2: I did, too, but I did not know what to do.  
Actor 3: I feel badly she is sitting there on the bench all alone.  
Actor 4: Let's go over to see if she needs help.  
Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?

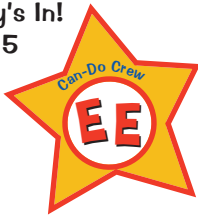
### Orange Group B

Actor 1: Did you hear that? I heard someone crying.  
Actor 2: I did, too, but it is not my problem.  
Actor 3: We need to get to the lunch room.  
Actor 4: Let's go. We do not want to be late.  
Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?



# "Double E" Superstar Auditions!

## YOU be the Judge!



### Blue Group A

Actor 1: Did you see that? Those boys left him out again.  
Actor 2: I did, but that happens sometimes.  
Actor 3: It does not mean that it is right.  
Actor 4: It does not have anything to do with us. Let's play.  
Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?

### Blue Group B

Actor 1: Did you see that? Those boys left him out again.  
Actor 2: I did and he looks very sad.  
Actor 3: I know how it feels to not get picked for either team.  
Actor 4: Me too. Let's ask him to play with us.  
Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?





# "Double E" Superstar Auditions!

## YOU be the Judge!



### Red Group A

- Actor 1: Do you see the new girl in our class standing there watching us draw?
- Actor 2: I do. Will you please pass me the red crayon?
- Actor 3: I think she came here last week.
- Actor 4: The poster we are making for the Bake Sale is looking really good!
- Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?

### Red Group B

- Actor 1: Do you see the new girl in our class standing there watching us draw?
- Actor 2: I do. I think she is really quiet and too shy to talk to us.
- Actor 3: We could use some help with this poster we are making for the Bake Sale.
- Actor 4: Let's go over and ask her to join us.
- Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?



# "Double E" Superstar Auditions!

## YOU be the Judge!



### Purple Group A

Actor 1: Oh, I did not mean to step on your foot.  
Actor 2: Ouch, it hurts, but you did not do it on purpose.  
Actor 3: That just happened to me. I know how bad it feels to accidentally hurt someone.  
Actor 4: The best thing to do is say you are sorry and really mean it.  
Everyone: Thumbs Up or Thumbs Down?

Judges:



What is the Evidence?

### Purple Group B

Actor 1: Oh, I did not mean to step on your foot.  
Actor 2: Ouch, that really hurt! It did not feel like an accident.  
Actor 3: It really bothers me when people bump into me.  
Actor 4: Yeah, everyone should just watch where they are going.  
Everyone: Thumbs Up or Thumbs Down?

Judges:

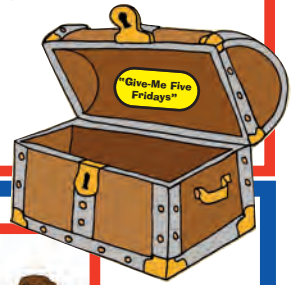


What is the Evidence?

## Treasure Trunk of **WORLD CHANGING WORDS**

In order to become Super Crew World Changers,  
we have to know all of the **WCW**.

Read the words, their definitions and make their **Signal Gestures**.



### Empathy

understanding and caring about  
another person's feelings



### Integrity

being fair, honest and  
doing what is right



### Cooperation

working together for a  
common purpose



### Inclusion

taking a person into a group



### Friendship

relationship between people  
who like and trust each other



### Empowered

to have or be given the ability to act  
and to be able to make a difference



## World Changing Word Game #3



Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.

1. Maggie and Yoshi want to write a new song for their school play. They know they will have to work together in order to do it well.

Maggie and Yoshi will need to \_\_\_\_\_ to write their song.

2. Although David is quiet, Maggie knows he has musical talent and would like him to be part of the songwriting team.

Maggie wants to \_\_\_\_\_ David as a member of their songwriting team.

3. Maggie and Yoshi discover David is very polite and they like singing songs with him as well as listening to music together.

Maggie and Yoshi have a lot in common with David and develop a \_\_\_\_\_.

4. When his neighbor, Mr. Lopez breaks his arm, Yoshi remembers how badly he felt when he broke his finger last summer. Yoshi cares about how Mr. Lopez is feeling.

Yoshi displays \_\_\_\_\_ towards Mr. Lopez.

5. David encourages Yoshi to write a get-well song for Mr. Lopez while he is in the hospital to make him feel better.

David \_\_\_\_\_ Yoshi to make a difference in Mr. Lopez's life.

6. After Yoshi goes to the store for Mr. Lopez, he is honest and returns all the extra money to Mr. Lopez.

Yoshi is honest and shows \_\_\_\_\_.

## QUALITIES OF FRIENDSHIP

- Can-Do Code
- I show Friendship! Definition, Gesture and Example
- Let's be Friendly Super Crew World Changers
- Captain Can-Do's Friendship Acrostic Poem
- Friendship Ship Game
- Captain Can-Do's "Everybody's In!" Checklist



Let's read aloud together:

# We are The Can-Do Crew!

We live by

## The Can-Do Code:

When we are saying things,

**We are Mindful and Kind**

Let's stand up, tap our heads and smile

When we are doing things,

**We Show Respect and Compassion**

Let's stand up, salute then touch our hearts

Because our actions affect others,

**We are Considerate and Purposeful**

Let's stand up, open our arms wide and march in place

## We can make the world better!

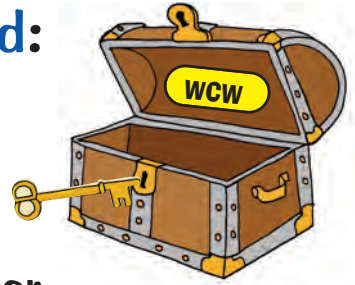




Here is our **World Changing Word**:

# Friendship

Let's discover it's meaning and  
how we use it to make the world better.



## Friendship

relationship between people  
who like and trust each other

I show  
**Friendship!**

Eddie likes and  
trusts Rachel  
and Yoshi.



To help you remember what  
**Friendship** means,  
make this **Gesture**:



Smile with index finger  
on each cheek  
because true **Friendship** makes  
you smile

Let's Be



# FRIENDLY Super Crew World Changers



Here are some ways to show true **Friendship**:

Lizzie and Sarah help each other and are dependable and polite when they are together.

How do Lizzie and Sarah show their true **FRIENDSHIP**?

Denzel and Marco respect and are nice to each other. They also both like to play basketball, read science fiction and build model cars.

Why do Denzel and Marco have a true **FRIENDSHIP**?

Maggie and Antonio are always honest with each other. They care about each other's feelings and keep their promises.

What do Maggie and Antonio do to demonstrate their true **FRIENDSHIP**?

Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I show  
**Friendship!**

3. Signal its Gesture

Smile with index finger  
on each cheek

because true **Friendship**  
makes you smile



2. Give its Meaning

**Friendship** means  
the relationship  
between people  
who like and trust  
each other

4. Tell **YOUR** way to  
show true **FRIENDSHIP!**



## Captain Can-Do's Acrostic Friendship Poem

Captain Can-Do says:  
To have a **True Friend**,  
**YOU** must be a **True Friend**, too.



How do you know what a **TRUE Friend** is?

Let's read aloud my **Acrostic FRIENDSHIP Poem** to find out:

Here are the top qualities,  
There are **10**  
To help you remember  
How to be a **True Friend**!

**F** is for **Faithful** always loyal and true  
**R** is for **Respectful** and valuing what they do  
**I** is for **Interests** that you share  
**E** is for **Empathy** because you care  
**N** is for **Nice** your kindness runs deep  
**D** is for **Dependable** and the promises you keep  
**S** is for **Supportive** you're there to help out  
**H** is for **Honesty** with no lies or doubt  
**I** is for **Integrity** do what is right night and day  
**P** is for **Polite** - please and thank you is what you say

Are **YOU** a **True Friend**?  
What Qualities do **YOU** have?

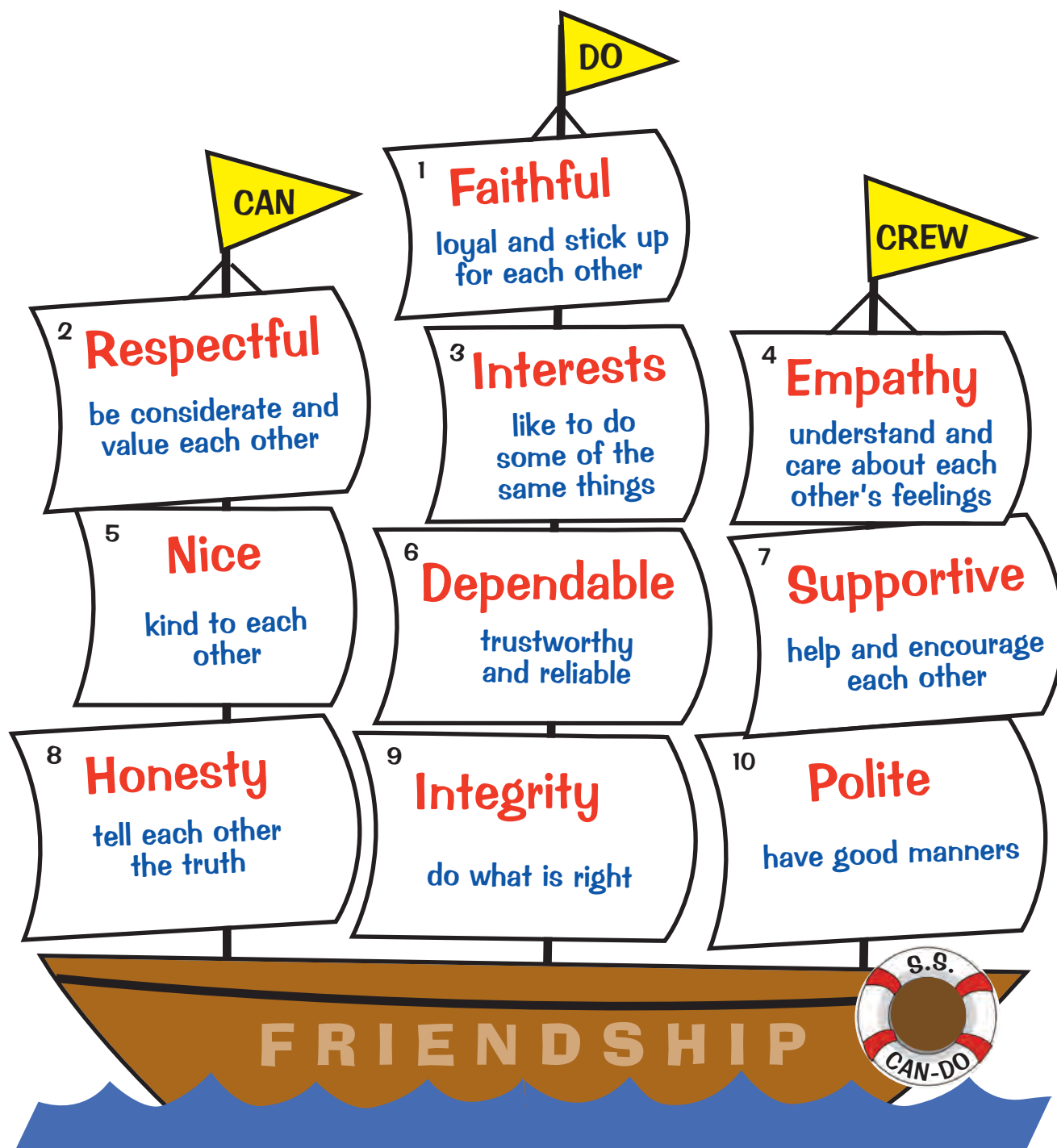




## Let's Get Onboard Captain Can-Do's **FRIENDSHIP SHIP**

Let's make sure we know  
the Top 10 Qualities of **True Friendship**.  
It takes **ALL** of them for smooth sailing!

Let's start putting up our sails...



Our sails are all up and our **Friendship Ship** is ready to go!

## Captain Can-Do's

### True Friendship Everyday Checklist

There are lots of ways to show your **True Friendship**.  
Here are a few we can do at home, at school and at play.  
See how many you can check off during each day.

☐  
Politely play  
with my  
classmates

☐  
Include a  
classmate  
at recess

☐  
Nicely share  
my supplies  
on a project

☐  
Care about  
my friend's  
feelings



☐  
Show teamwork  
on a group  
project

☐  
Help clean up  
without being  
asked

☐  
Quietly follow  
the teacher's  
directions

☐  
Be honest  
and fair  
playing a  
game after  
school

☐  
Respectfully  
listen while  
someone else  
is talking

☐  
Offer to help a  
classmate with  
homework

## Lesson 7

### TRUE FRIENDSHIP

- I Cooperate! Definition, Gesture and Example
- Let's be Cooperative Super Crew World Changers
- Can-Do Cooperation Crew  
Friendship Cooperation Quilt
- Qualities Quest! Game
- True Friendship is not a Joke!



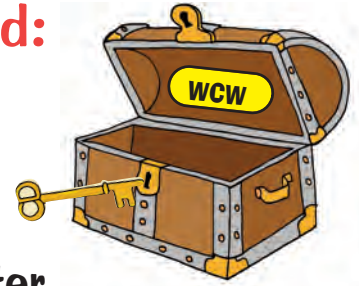




Here is our **World Changing Word:**

# Cooperation

Let's discover it's meaning and  
how we use it to make the world better.



## Cooperation

working together for a  
common purpose

I  
**Cooperate!**

Sam, Kim and  
Rachel work  
together to build  
a sand castle.



To help you remember what  
**Cooperation** means,  
make this **Gesture**:

Clasp your hands  
in front of you  
to show working together





Let's Be

# COOPERATIVE Super Crew World Changers



Here are some ways to show **Cooperation**:

In order to win the derby competition, Denzel, Marco, Ketesha and Kim decide to work together to build the best model race car.

Why do the four students want to **COOPERATE**?

Before they can go to recess, Mrs. Sanchez asks all the students to come together to clean up the classroom.

What are the students doing to **COOPERATE**?

Justin cracks the eggs, Whitney measures the flour and Marquand stirs the batter as they work together to bake a cake.

How do the three of them demonstrate **COOPERATION**?

Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I  
**Cooperate!**

3. Signal its Gesture

Clasp your hands  
in front of you  
to show working together



2. Give its Meaning

**Cooperation**  
means working  
together for a  
common purpose

4. Tell **YOUR** way to  
show **COOPERATION!**

# The Can-Do Cooperation Crew Friendship Cooperation Quilt



- Each of us will draw a Picture of **Friendship** for the Quilt.
- We will **COOPERATE** by sharing our supplies and working together on each other's picture.
- When we are done, we will work as a Team to put our **Friendship Cooperation Quilt** together.

**Step 1: Think and Draw**  
**What makes YOU think of true Friendship?**



Using a pencil, draw the outline of your Quilt Square picture on a piece of paper.  
When you are finished, wait for the next step to color it in.



## Step 2: Color Share

Count off into groups of 5 students  
Each group gets 5 crayons - blue, red, yellow, green, orange

### 5 Minute Color Cooperation Challenge!

Begin to color in your Quilt Square

You must use all 5 colors on your Quilt Square

AND

You must share all five colored crayons with your group

AND

You have 5 minutes to start to color your Quilt Square

It is OK if you do not finish coloring

You will have more time later

After 5 minutes, **FREEZE** and stop drawing.

### Color Cooperation Challenge Review

How many Qualities of true Friendship  
did you show during the Color Cooperation Challenge?

Stand up

. . . if you showed at least 1 Quality of true Friendship

Turn to the person next to you and say the Quality.

Clap your hands twice

. . . if you showed 2 Qualities of true Friendship.

Whisper both of them.

Hop 3 times on one foot

. . . if you showed 3 Qualities of true Friendship.

Shout out all three.

Give yourself a big pat on the back!

. . . if you showed more than 3 -



### Step 3: Picture Share

In your same group of 5, each person takes 1 crayon.  
Each student will have one of the 5 colors.

## 5 minute Swap and Draw Challenge

You must pass your Quilt Square to the person on your right  
**AND**

You must use **YOUR** crayon to respectfully draw  
on the picture in front of you

**AND**

You must continue passing and coloring each Quilt Square in  
your group until you have added your crayon color to all 5

**AND**

You have 5 minutes to creatively work on all 5 Quilt Squares  
It is OK if you do not finish coloring  
You will have more time later

After 5 minutes, **FREEZE** and stop drawing

## Swap and Draw Challenge Review

Did **YOU** show **Integrity**?

When no one was looking  
... did **YOU** do the right thing?  
If you did, wave both hands in the air

Did you treat the picture  
... as if it was your own?  
If you did, give yourself a Big Hug

If you did both things  
... stand up and make the Gesture Signal for **Integrity**  
Put your right on your heart and raise your left hand like you  
are making a promise.



### Step 4: Finishing Touches

In your same Group of 5, continue to share your 5 crayons.

Finish coloring in your Quilt Square.  
If you are finished, ask if anyone would like your help.

### Step 5: Quilt Time



In your Group of 5, tape your 5 Quilt Squares together in a row.



When everyone is finished, gather together in one big circle,  
bringing your row of Quilt Squares with you.

Cooperate in assembling the rows to make your Friendship Quilt.



### Step 6: A Display of Friendship

Hang your Friendship Quilt.  
Be proud of your Cooperation and beautiful artwork!

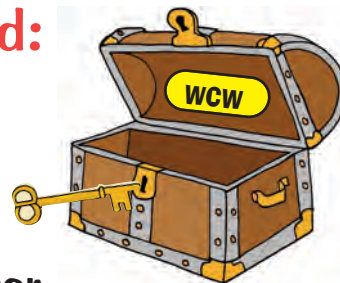


Here is our **World Changing Word:**



# Integrity

Let's discover it's meaning and  
how we use it to make the world better.



## Integrity

being fair, honest and  
doing what is right

I have  
**Integrity!**

Lilly picks up the  
trash in the park  
without being asked  
because it is the  
right thing to do.



To help you remember what  
**Integrity** means,  
make this **Gesture**:

Stand up and put your right hand  
on your heart and raise your left hand  
like you are making a promise



## Let's Be



# INTEGRITY

## Super Crew

## World Changers



### Here are some ways to have **INTEGRITY**:

Even though Sarah does not know she lost her bracelet, when Eddie sees it on the playground he returns it to her.

How does Eddie show **INTEGRITY**?

Without being asked, Marquand gives back Justin's mitt that he borrowed even though he wished he could have kept it.

Why is Marquand showing **INTEGRITY**?

After Yoshi goes to the store for Mr. Lopez, he returns all the extra money to Mr. Lopez.

What are Yoshi's choices? How does he show **INTEGRITY**?

### Show your Super Crew World Changing **POWER!**

1. Say the World Changing Word

I have  
**Integrity!**

3. Signal its Gesture

Stand up and put your right hand on your heart and raise your left hand like you are making a promise



2. Give its Meaning

**Integrity** means  
being fair, honest  
and doing what  
is right

4. Tell **YOUR** way to  
show **INTEGRITY!**

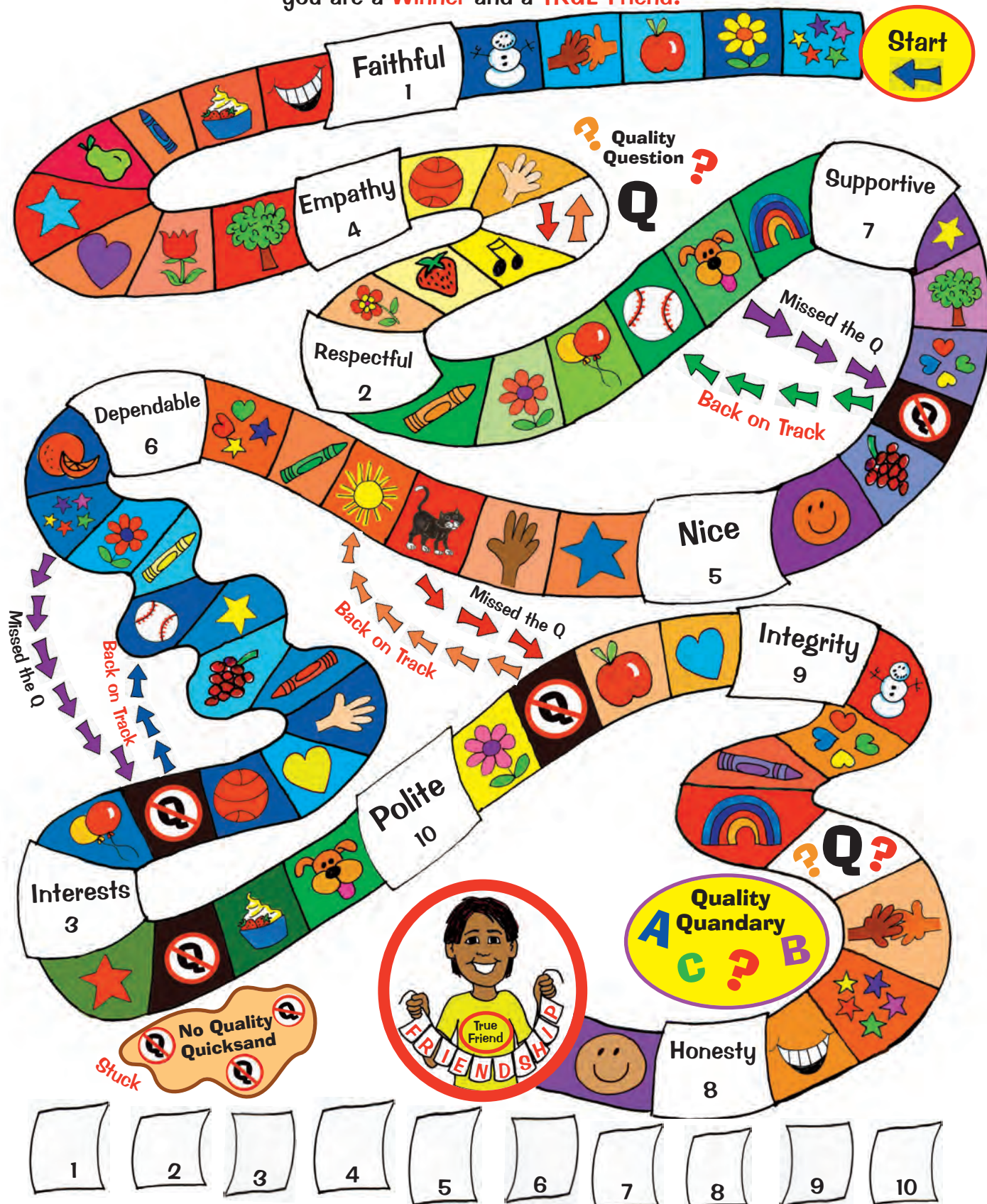


# Qualities Quest!



Let's be a **Friendship Finder** and go on a **Qualities Quest!**  
Collect as many Sails of True **Friendship** as you can.

As you earn each **Quality**,  
write the **LETTER** in the correctly numbered Sail.  
At the end of your Quest, when you have collected **all 10**,  
you are a **Winner** and a **TRUE Friend!**





# True Friendship is not a Joke!

But it is a lot of FUN to Laugh with Friends!

Why do Johnny and Julie play catch with a clock?

A: They want to see time fly!

How did Michael and Latoya communicate with a fish?

A: They dropped him a line!

What is taken before you get it?

A: Your picture

How did the friends make seven an even number?

A: They took the "s" out!

Why did the friends bring a ladder to school?

A: Because they go to a High School!

What goes up but does not go down?

A: Your age

Why couldn't the shipmates play cards?

A: The Captain was sitting on the deck!

What gets wetter the more it dries?

A: A towel

What does not ask questions but must be answered??

A: A doorbell

Why was the math book sad?

A: Because it had too many problems!

The more you take of these, the more you leave behind.

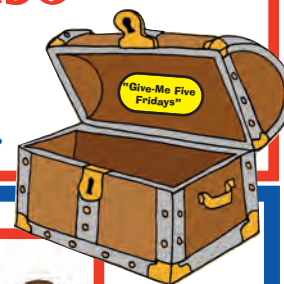
What are they?

A: Footsteps

## Treasure Trunk of **WORLD CHANGING WORDS**

In order to become Super Crew World Changers,  
we have to know all of the **WCW**.

Read the words, their definitions and make their **Signal Gestures**.



### Empathy

understanding and caring about  
another person's feelings



### Integrity

being fair, honest and  
doing what is right



### Cooperation

working together for a  
common purpose



### Inclusion

taking a person into a group



### Friendship

relationship between people  
who like and trust each other



### Empowered

to have or be given the ability to act  
and to be able to make a difference

## World Changing Word Game #4



Hold up the correct **WCW Card** for each sentence.  
Make the **Gesture Signal**.  
Then write the **WCW** on the line.

1. Denzel walks up to Marco at recess and asks "Want to play soccer on my team?"

Denzel \_\_\_\_\_ Marco on his soccer team.

2. Denzel feels badly when Marco is not included in the soccer game at recess.  
He knows he would not like this to happen to him.

Denzel feels \_\_\_\_\_ for Marco.

3. Denzel urges his friends to follow the Can-Do Code and include Marco in the soccer game.

Denzel \_\_\_\_\_ his friends to include Marco in their soccer game.

4. Denzel and Marco are loyal to each other and realize they both like to play basketball, read science fiction and build model cars.

Denzel and Marco are developing a \_\_\_\_\_.

5. When Denzel and Marco find a brand new set of race cars on the playground, they take them to the school's lost and found.

Denzel and Marco are honest and show \_\_\_\_\_  
when they do not keep what is not theirs.

6. Denzel, Marco, Ketesha and Kim decide to work together to build a model race car for the derby competition.

Denzel, Marco, Ketesha and Kim will have to \_\_\_\_\_  
to build the race car.



## Lesson 8

### WRAP-UP AND REVIEW

- We are "Everybody's In!"  
Super Crew World Changers
- Crew Clue Review –"Everybody's In!" Theater
- Crew Clue Detectives - Word Search
- My WCW Ticket



# We are "Everybody's In!" Super Crew World Changers!



Show Our **POWER**  
Say the **WCW**  
Signal the **Gesture**  
We Can Make the World Better!

I have  
Empathy!



I have  
Integrity!



I  
Include!



I  
Cooperate!



I show  
Friendship!



I am  
Empowered!



We have learned the WCW and understand their meanings.  
We use them everyday!  
We also know:

As great  
**Empathy Detectives**  
we look for  
the following clues:



How someone looks  
What someone says  
How someone acts



We are  
**"Double E" Leaders**  
We show **Empathy**  
and  
We are **Empowered**

The Top Ten Qualities of  
**True Friendship**

Faithful	Dependable
Respectful	Supportive
Interests	Honesty
Empathy	Integrity
Nice	Polite



# Crew Clue Review

at the  
"Everybody's In!" Theater

It's time for our **Crew Clue Review**!  
We will be acting out 6 short scenes with  
6 actors at a time.  
Everyone will participate!



Listen for the  
**Crew Clues**  
Figure out the  
**Scene Meanings**  
Discover the  
**Act Facts!**



**Crew Clue**  
Use your  
**World Changing Word** Cards  
as you listen  
for the **WCW** Clues  
in each Scene.  
When you are in the audience  
please be  
**Quiet and Courteous**  
and listen to the actors.

**Scene Meaning**  
When the Scene is finished,  
hold up the correct  
**WCW** Card,  
and remember, **NO talking!**

**Act Fact**  
What **World Changing Words**  
are being acted out?  
Do the **Gesture Signals**  
and  
write them down.





## Crew Clues

"Everybody's In!" Theater

Act 1, Scene 1: A new student is coming to our school!

Angela: I have exciting news! My cousin Deshawn is moving here next month.

Eddie: Wow! That is good news. But, does he know anyone except Angela?

Kamesha: No. I think it is going to be hard for him. I know how it feels to be left out.

Antonio: I remember feeling sad and lonely when I first came to this school. I don't want him to feel the same way.

Jamal: That is why I asked you to sit at our lunch table. I understood and cared about your feelings.

Whitney: I want Deshawn to feel included. We will ask him to sit with us on his first day at school.

Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

### "Everybody's In!" Theater

**Act 1, Scene 2:** Getting ready for Deshawn's first day at school.

**Jamal:** Deshawn is coming in a few days. We are planning a party to welcome him. He will be happy and surprised!

**George:** If we have it at the playground, we can invite everyone in our class. That way no one will be left out.

**Eddie:** This will take a lot of teamwork. George, would you please help me set up the bean bag toss game?

**Rachel:** We all like to play that game! What may we do?

**Lizzie:** We need help decorating the playground and making a welcome sign.

**Antonio:** Great! Rachel and I will do that because we both love to draw! It is so much fun working together!

Hold up the **WCW** card and do the **Gesture Signal**.

Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

**Act 1, Scene 3:**      Setting up for the party.

**George:**            I feel badly that Jasmine is not coming to the party.  
Does anyone know why?

**Maggie:**            I think she is very shy. We need to tell her how much  
we want her to come.

(Jasmine quietly walks up)

**Jasmine:**           I found this marker on the playground. Does it belong  
to any of you?

**Rachel:**            Oh! I have been looking everywhere for that!  
Thank you for being honest and returning it!

**Antonio:**           Wow! That was great that you did the right thing!  
Come help us draw.

**Jamal:**              And we really want you to come to the party, too!

Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Crew Clues

### "Everybody's In!" Theater

Act 1, Scene 4: Deshawn arrives at the party.

Everyone: Surprise!!!

Deshawn: Thank you for making me feel so welcome. I was really nervous and scared.

Lizzie: We really cared about your feelings. We wanted to make it easier to come to a new school.

Rachel: I have a new friend here, too. Her name is Jasmine. We discovered that we both like to draw and play basketball.

Eddie: It is nice to meet you, Jasmine. Are you a new student, too?

Jasmine: No, but I am kind of shy and this is the first time I have come to a party. I am really glad to be here!

George: Come on, Deshawn and Jasmine, let's go play the bean bag toss game together.

Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

Act 2, Scene 1: In the Lunchroom.

Whitney: This juice box is really good.  
I wish I could have another.

Deshawn: At my old school when no one was looking,  
some kids would just take an extra juice box.

Jasmine: But that is not honest! The rule is we only get  
one juice box each.

Carlos: It does not matter if anyone sees you or not.  
We should always do what is right.

Lizzie: I am not going to drink my juice box.  
I bet if you asked me politely, I would give it to you.

Jason: Here, I will show you how it is done. Lizzie, will you  
please give your juice box to Whitney?

Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

Act 2, Scene 2:                      Still in the Lunchroom

Jason:                      Did you hear that Kim broke her leg riding her bike?

Whitney:                  I hope she feels better soon. I remember when I broke my arm and it really hurt!

Carlos:                    We can all work together to make Kim a really BIG Get Well card! Jason, will you please bring the glue and scissors?

Lizzie:                    Let's decorate it with the things we all like: puppies, basketballs, rainbows and balloons. I will bring my stickers and glitter.

Deshawn:                I want to share my new set of markers, too. It is really great the way you are so nice and supportive of each other!

Jasmine:                I am really glad we all became friends! We really CAN make a difference!

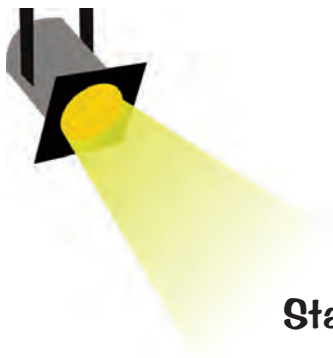
Hold up the **WCW** card and do the **Gesture Signal**.  
Write down the **WCW Act Facts**:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Crew Clues

"Everybody's In!" Theater

# ENCORE!



Shine the Spotlight on

## INCLUSION

Stand up and show the **Gesture Signal**



When were YOU  
the **INCLUSION** Star?



When someone is left out, do YOU do the right thing?  
If you do, wave both hands in the air

Do YOU try to caring and Include?  
If you do, give yourself a Big Hug

If YOU do these things  
Stand up and make the **Gesture Signal** for **Inclusion**



## Everybody's In! Crew Clue Detectives at Work



A Crew friend smiles at recess  
Happy to play a game  
Glad to share the "EI!" world  
Hoping you do the same.



Find these hidden words in the puzzle below.

friend  
play  
world

smiles  
game  
hoping

recess  
glad  
you

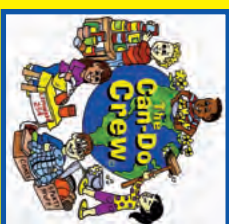
happy  
share  
same

Y	O	G	G	N	R	E	W
W	O	R	L	D	M	S	O
G	E	F	A	H	S	H	M
N	L	R	D	E	M	A	S
I	F	I	C	M	I	P	H
P	C	E	Y	A	L	P	A
O	R	N	O	G	E	Y	R
H	C	D	U	M	S	A	E

Complete this **WCW Ticket** so you can participate in  
the "Everybody's In! Team Building Games!

"Everybody's  
In"

## The Can-Do Crew **WCW Ticket** Admit ONE to Team Building Games



Check one or more:

☐ I had Empathy

☐ I Cooperated

☐ I was Empowered

☐ I Included

☐ I displayed True Friendship

☐ I showed Integrity

This is how I did it:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_

# Lesson 9

## THEATRE PARTICIPATION

- Can-Do Crew Readers' Theatre Show
- WCW Treasure Trunk and Game #4
- Be a Friend Word Hunt - Friendship



# The Can-Do Crew Readers' Theatre Show

"The World is Better when Everybody's In!"

We are now ready for The Can-Do Crew Readers' Theatre Show!

- Once you have been assigned your role, read over all of your lines.
- As you rehearse, speak clearly so your audience can hear and understand you.
- And remember as an audience member, show respect by being quiet and courteous.
- Be sure to listen for our **World Changing Words** . . . Let the Show Begin!

## Can-Do Crew Characters:

Angela  
Bella  
Jasmine  
Kamesha  
Kim

Lizzie  
Maggie  
Rachel  
Rupali  
Sarah  
Whitney

Antonio  
Bradley  
Carlos  
Denzel  
Eddie

George  
Sam  
Jamal  
Jason  
Marquand  
Yoshi





## Everybody's In! Readers' Theatre Show page 2

### Scene 1: Inclusion

Kamesha: You are such a great friend.

Eddie: I cannot believe we did not even know each other at the beginning of the year.

Lizzie: Oh, I remember when you were the new kid.

Antonio: And Eddie went up to you and asked you to join our game.

Rachel: You looked lonely and upset.

George: We thought maybe you wanted to play but were too shy to ask us.

Rupali: And being new I am sure you were nervous too.

Jason: I know I was when I first came to this school.

Kamesha: I am so happy you cared about my feelings.

Everyone: We are so happy we **included** you, too!

## Scene 2: Empathy Detectives

Sarah: Jason, you were really quiet when we first met you, too.

Carlos: You also looked pretty sad.

Yoshi: I remember you sitting on the bench with your arms crossed.

Angela: We sound like Empathy Detectives now!

Sam: It is easy. We just followed the clues.

Bella: We could tell without you even saying a word.

Denzel: It was how you looked and how you were sitting all alone.

Jason: Wow, that is really cool how you could figure out  
how I was feeling.

Whitney: We cared about your feelings, too.

Everyone: We really ARE great Empathy Detectives!

**Scene 3: "Double E" Leaders**

**Kamesha:** You made a real difference in my life by asking me to play.

**Jamal:** You know, "want to play?" might be the three most important words on the playground.

**Maggie:** Those words give us Power!

**Marquand:** Actually, we are **empowered**. We are making a difference.

**Bradley:** I have two more powerful words: "Join Us!"

**Lizzie:** Actions can be as powerful as words.

**Kim:** Sometimes, a smile can make a difference by helping make someone else feel good.

**Whitney:** I am really happy we all are **"Double E" Leaders**.

**Everyone:** We can help others become **"Double E" Leaders**, too!

#### Scene 4: Friendship

George: Let's go out to the playground.

Rachel: There is so much we like to do there together.

Antonio: It is your turn, Eddie, to get pushed first on the swings.

Eddie: Thank you. That is so **polite** of you to remember.

You can **depend** on me to push you next.

Rupali: I will be **supportive** and help you on the monkey bars when you are done on the swings.

Jason: Can we all get together now to practice our dance steps for the talent show?

Sarah: Carlos, I really **respect** your dancing. Can you help me with that one move that you came up with?

Carlos: Sure. I am happy to help. I know that is a hard step for you.

Everyone: Things are always easier when you have **true friends**!



## Everybody's In! Readers' Theatre Show page 6

### Scene 5: Integrity

- Angela: Practicing this dance is so much fun!
- Sam: I cannot believe it is almost four o'clock!
- Whitney: Oh, it is time for me to go walk my neighbor's dog.
- Yoshi: It is really nice of you to do that everyday after school.
- Bella: I really wish you could stay because we really need to learn this dance step.
- Marquand: Whitney has to go and do the right thing and walk the dog.
- Jamal: We can finish practicing our dance steps tomorrow.
- Maggie: You are right, Marquand. We all know how important having integrity is.
- Everyone: Day and night, we do what is right!

## Scene 6: Doing the Right Thing

- Kim: I remember another time we all showed **integrity**.
- Bradley: Who could forget that day? It felt like yesterday!
- Denzel: You are talking about what happened right here last month on the playground.
- Lizzie: Eddie, I think you saw that gold watch first lying next to the swings.
- Eddie: I did! Man, I thought my Dad could really use that watch.
- Kamesha: Mine, too, but we knew we had to be **honest** and turn it in.
- George: So we all went to the Lost and Found together.
- Antonio: Who would have guessed that it was our principal's watch.
- Rachel: When he thanked us he told us we all showed great **integrity**.
- Everyone: It felt great to do the right thing!

### Scene 7: Cooperation

- Rupali: We still have some time before we need to get home.
- Jason: We want to wait for Whitney to finish our dance.
- Maggie: There must be something else we can do to get ready for the Talent Show.
- Sarah: I know! We can all help make a big poster so everyone knows our group is in the Talent Show.
- Carlos: We can make a really great one if we work together.
- Angela: Let's each take a crayon and color in the name of our group.
- Sam: Great idea since the name of our group is "Everybody's In!"
- Everyone: It is fun and easy when we **cooperate** and work as a team!

Scene 8: The Can-Do Code Ode

Yoshi: Our "Everybody's In!" poster is looking awesome!

Bella: When "Everyone's In", we all win!

Jamal: Hey, that rhymes! How about "Want to play" is  
what we say!

Kim: Here is one. Don't be rude, always **include**!

Denzel: Being **kind** is on our Mind!

Bradley: **Compassion** is always in Fashion!

Marquand: **Polite** is Right. We just made up our own  
Can-Do Code Ode!

Lizzie: That is Great! What is an Ode?

Eddie: It is like a poem and we can sing it with our dance.

Everyone: We agree! And we can make the world better for you  
and for me!



# BE A FRIEND WORD HUNT

The word FRIENDSHIP has many words inside of it.

Try to find as many 3-letter, 4-letter and 5-letter words as you can.

Because the Crew likes to help so much,  
they found the first few words.



# Friendship

end  
den  
hip

## Lesson 10

### CULMINATING ACTIVITY

- Admission Gate to the  
"Everybody's In!" Games

- "Everybody's In!" Games  
Stand Up and Cheer

Truth and Stare

We Can Make That!

Musical Chairs - with an  
"Everybody's In!" Twist!

- Decode the Friendship Jumble

- Certificate of Completion

# Admission Gate

## to the Everybody's In! Games

Everything we have learned,  
Let's put into "Play"  
Our "Everybody's In!" Games  
Will show us the way!

There are 4 different games  
They are not to lose or win  
Everybody will have fun  
So now let's begin.

First, we need to warm-up  
It is a great thing to do  
With our WCWs  
And Gesture Signals, too

Everybody stand up and read the poem below together  
making the **Gesture Signals** with each **WCW**



We understand and care showing **Empathy**



We do the right thing with **Integrity**



We **Cooperate** and work together



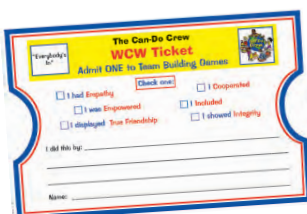
We are **Empowered** to make the world better



We always **Include** - it is the right thing to do



Our **Friendship** is honest, nice and true



Hand in your **Can-Do Crew WCW Ticket**  
and let's play our "Everybody's In!" Games!

# Stand Up and CHEER

## "Everybody's IN!" Cooperation Game

**Object of the Game:** Having FUN working together  
We will sharpen our cooperation skills  
to stand up and cheer!

1. Everyone find a partner
2. Sit on the floor back to back
3. Bend your knees and link your elbows
4. Try to stand up together - You will need to **cooperate** and **work together**
5. When you stand up together, give a cheer!
6. Now, switch partners and try again
7. Next, break up your pairs and make groups of 3.  
Start again on the floor, bend your knees and link your elbows. All 3 stand up together!
8. For the Finale, everyone sit in a big circle on the floor.
9. Link your elbows with the people next to you
10. **Cooperate**, Stand Up and Cheer!





# Truth and STARE

## "Everybody's In!" Honesty and Integrity Game

Object of the Game: **Be the last two people standing**

1. Stand in a circle.
2. Everyone looks down.
3. On the count of 1, 2, 3, everyone looks up at the same time and stares directly at someone else in the circle.
4. If two people are staring directly at each other, they are out and they must sit down. This is Truth and Stare!  
You will need to be **Honest** if you are staring at someone else and show **Integrity** by sitting down.
5. Now, everyone still standing look down again and on the count of 1, 2, 3 looks up at the same time and stares directly at someone else who is also standing.  
**It does not count if you stare at someone who is sitting.**
6. If two people are staring directly at each other, they are out and they must sit down.  
Remember - Truth and Stare,  
**Honesty** and **Integrity**!
7. Keep going until there are only two players left.
8. Play again with everyone!



GAME THREE

# We Can Make That!



## "Everybody's In!" Respect and Cooperation Game

### Object of the Game:

In small groups, listen with **Respect** to each other's ideas and **Cooperate** using your bodies to make all different kinds of things

1. Everyone stands in a circle.
2. The Leader calls out a number between 2 and 5.
3. Everyone must form a group with that number of people in it.
4. The Leader then calls out a "thing".  
Every group must form that "thing" with their bodies.
5. Look around and see how creatively everyone has made their "things".
6. Each time you form a group, it must be with at least one new person.

### Let's try the first one together.



The Leader calls out the number "3"  
Form a group with 2 other people  
The Leader now calls out "Bird"  
Your group forms a Bird together



It is important to be Respectful of each other's ideas and Cooperate!  
Each group can make their own kind of bird - Be creative and original!

### Let's start Making That!



# Musical Chairs

with an "Everybody's In!" Twist!



"Everybody's In!" Inclusion and Cooperation Game  
Object of Game: **Work together to find everyone a seat**

Before we begin: Place the chairs in two lines back to back - one chair for each child

## Round 1

When the music starts, march or dance around the chairs.

When the music stops, everyone finds a seat to sit in.

## Round 2

Take away one chair. When the music starts, march or dance around the chairs.

When the music stops, everyone finds a seat to sit in.

The child who does not find a seat is OUT.

## Round 3

Take away another chair. Repeat and when the music stops, the next child who does not find a seat is OUT.

**STOP! Wait! Everybody is NOT In!**

We are the Can-Do Crew - Let's play the Musical Chairs Game with an  
"Everybody's In!" Twist:

**Everybody is back in the Game!**

**We want to play so no one is OUT!**

## Round 4

Keep chairs where they are. When the music starts, march or dance around the chairs.

This time, when the music stops, everyone needs to find a seat.

Anyone who can not find a seat must find someone who is willing to share.

We will need to **COOPERATE** to **INCLUDE** everyone!

## Round 5

Next, take away another chair. Play again and when the music stops, everyone needs to find a seat, even if it is a **SHARED** seat.

Continue playing, taking away another chair each time the music stops.

Play until everyone is sharing one chair. **"Everybody's In!"**

# Decode the Friendship Jumble

"The LYNO YWA to VEHA  
a EDNIFR is to be EON."

by Ralph Waldo Emerson

The Can-Do Crew found this famous quote about **Friendship**  
but the words are all scrambled up!  
Let's help unscramble them to find out what it says.

L Y N O    \_ \_ \_ \_

Y W A    \_ \_ \_

VEHA    \_ \_ \_ \_

E D N I F R    \_ \_ \_ \_ \_

E O N    \_ \_ \_

Now, write the words in the correct spaces to fill in the quote.

"The    \_ \_ \_ \_ \_ to    \_ \_ \_ \_  
a    \_ \_ \_ \_ \_ is to be    \_ \_ \_ \_."

Next, write down all the circled letters.

\_ \_ \_ \_ \_

Unscramble these letters to decode the  
special word in the Can-Do Crew message below:



We can make the    \_ \_ \_ \_ \_ better!





# CONGRATULATIONS!

Certificate of Completion  
awarded to:



for outstanding participation as an Official Member of

## The Can-Do Crew

### We can make the world better!

You have successfully completed

### "Everybody's In!"

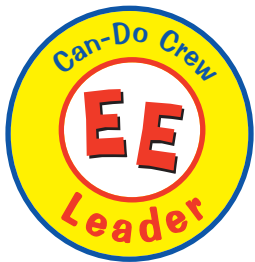
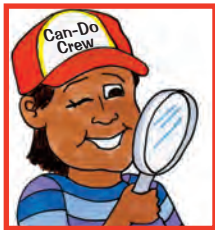
Kiki Stew

**L.I.K.E.**  
Let's Include  
Kids Everyday



Date \_\_\_\_\_

Granted by \_\_\_\_\_



understanding and caring about  
another's feelings

taking a person  
into a group

working together for a  
common purpose

relationship between people  
who like and trust each other

Being fair, honest and  
doing what is right

to have or be given the ability to act  
and to make a difference

-----

A great **Empathy Detective**  
looks for the following clues:

Be a **Double E Leader**

Top Ten Qualities of  
**True Friendship**

## World Changing Words

Empathy

Inclusion ~ Include

Cooperation

Friendship

Integrity

Empowered

-----

How someone looks  
What someone says  
How someone acts

Show Empathy and  
Be Empowered

Faithful  
Respectful  
Interests  
Empathy  
Nice  
Dependable  
Supportive  
Honesty  
Integrity  
Polite

# "Everybody's In" Survey

page 1



Name \_\_\_\_\_ Date \_\_\_\_\_

Circle the correct answer.

1. "Be mindful and kind, show respect and compassion, and be considerate and purposeful" is known as:
  - a. The Golden Rule
  - b. The Premium Principal
  - c. The Silver Saying
  - d. The Can-Do Code
  
2. Understanding and caring about another person's feelings is the definition of:
  - a. Self-control
  - b. Respect
  - c. Empathy
  - d. Generosity
  
3. What does it mean to be empowered?
  - a. To be chosen first on a team
  - b. To have or be given the ability to act
  - c. To have lots of friends
  - d. To hold someone in high regard
  
4. Carlos is happy that he was chosen to be included in the school play. His friend, Bella, knows this because:
  - a. Carlos likes to read and write stories
  - b. Carlos is funny when he tells jokes
  - c. Everyone goes to the play
  - d. Of how Carlos looks, what he says and how he acts
  
5. Marquand and Jasmine are true friends. Two qualities of their true friendship are \_\_\_\_\_ and \_\_\_\_\_

## **"Everybody's In" Survey**

page 2



6. Lizzie, Bradley and Sam are cooperating to make signs for the Talent Show. This means they are:
- Holding each other in high regard
  - Working together for a common goal
  - Disagreeing about what they want to draw
  - Practicing their dance steps
7. Jamal is a "Double E Leader" because he is:
- Energetic and Exercises
  - Excited and Eager
  - Empathetic and Empowered
  - Engaging and Everybody's Friend
8. Kamesha returns Kim's headband even though she wishes she could keep it for herself. Kamesha has:
- Empathy
  - Sympathy
  - Integrity
  - Flexibility
9. Denzel and Kim make sure everyone is on a basketball team during recess. Denzel and Kim are practicing:
- Being trustworthy
  - Including others
  - Showing off
  - Being generous
10. Write down two things you can say to include someone:

a. \_\_\_\_\_

b. \_\_\_\_\_