

Bobbi Hansen's

SING ★ LEARN ★ SHARE ★ DREAM

★ WE ARE ★ AMAZING!



With Songs by Melanie Hoffman & Steven Kapp Perry

A Guide for Parents



"We Are Amazing!" is a fun-filled cd that will quickly become your child's favorite. As children freely express themselves through song, these powerful messages will instill in kids of all ages the courage, confidence and strength to care about others, dream big and find hope in times of personal challenge.

This cd is a vital part of our in-school program. Ask us about how you and your school can be a part of the fun!

For more information, visit us at
www.anykidcan.org





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THE THINGS I
WILL DO
WILL SURPRISE
ME AND YOU
THERE IS NO
DOUBT ABOUT IT.”

“WE ARE AMAZING!”

Purpose

Help your child understand how important it is to be unique. No two people are exactly the same—not even identical twins. Each is equally important! Children with a strong sense of worth don’t need to put others down, but naturally care about the feelings of others. Your children are truly amazing, and so are their classmates, teachers and family members.

Application Activities

Learn and sing “We Are Amazing!” with your family. Here are some AMAZING activities you can do together as a family.

- Please review the handout on the next page with your child to help them understand why bullying is so dangerous. Talk about it! Review your family rules.
- As a family, write down something amazing about each person in your family.
- Learn more about your relatives and maybe even take a day trip to visit them.
- Bake a treat and take it to a neighbor you would like to get to know better.
- GO VISIT GRANDPARENTS! Ask them to tell you some of their AMAZING stories.



TAKE A STAND AGAINST BULLYING

Please take time to discuss with your child the following ways they can help safeguard against potential bullying situations: Bullying in any form, be it physical or verbal, should never, ever be tolerated. Girls, boys and adults bully. Sometimes words said or written are just as harmful as being beaten up. VERBAL BULLYING IS AS SERIOUS AS PHYSICAL BULLYING! Lifelong consequences are often the case for the victim and unless the bully gains a sense of self worth and a concern for others, he/she will continue into adulthood harming others as well. Bullies lack confidence and need good friends and kind people who care about them too.

1. Children need to project a sincere positive self-image.

The image you have of yourself is often how other people see you as well. Something as simple as keeping your

head up as you walk around with a smile on your face will have a huge impact on how people, even bullies see and treat you. Body language can be your best line of defense. Being friendly and kind helps others around you to want to do the same thing.

2. Look people in the eye as you walk past with a pleasant happy attitude.

Do not Give them the evil eye or it might invite trouble. Avoiding looking at someone may give the impression that you are afraid. Fear is a bully's biggest, most often used weapon.

3. Pay attention to your surroundings.

Walk with confidence and have the mind set that you know exactly where you are going, not only right now, but in life as well. Keep in mind that nothing could possibly stop you from getting there. Having confidence will translate into

your everyday walk and attitude and this alone may be enough to make the bully think twice before picking on you.

4. Project confidence. Even if you don't feel totally confident in yourself, pretend you do, even if you are alone. Hold your head up and in your mind think ***"I am an amazing person . . . I know where I am going . . . I feel good about myself!"***

The more you put this practice to work the better you become at it. Soon you will BE the confident person you want others to think you are. **Remember:** Bullies are looking for victims . . . not opponents. A bully keeps his or her eyes open for any weakness in others that can be exploited. Bullies have no interest in someone who projects confidence because picking on a confident person would be more effort than they want to expend, and more than that, they can't take the chance of looking weak themselves. They like the easy victories. (Taken in part from the ksl.com "Four Ways to Prevent Bullying" by Eric Sachs.)

5. Be a good friend. Show others that you care about them. If you see anyone treating others unkindly, don't join in the laughter or just walk away. Kindly approach the victim saying something kind to them and be their friend, i.e. Let's

go to the cafeteria or hey, did you finish that math assignment? Both of you walk away and seek help if needed. However, whenever possible try to include bullies in fun activities to help them feel important. They desperately need friends and positive experience just like we all do. Consider reading "Beauty and the Beast" together.

6. Tell a teacher, principal, parent, or guardian if bullying continues. No one wins in a bullying situation. Not even the bully. Bullying can lead to tragedy. Put an end to it and NEVER, NEVER, BE THE BULLY!

7. Social networking and cyber bullying can be extremely dangerous.

Review school rules for Internet usage and why those rules apply. Encourage children to review with parents their home rules for Internet safety.

8. Ask the child to honestly answer in their minds this question. "Do I ever bully other people and do I ever bully myself?" Sometimes we are mean to ourselves. If you start to belittle yourself, start singing . . . "I am amazing!" and believe it!!!

“

I'M ON IT, YOU'RE ON IT.
IN EVERY KIND OF
WEATHER. WHATEVER
MAY HAPPEN WE'RE ON
THIS RIDE TOGETHER.”

“GREAT BIG BEAUTIFUL WORLD”

Purpose

Help your child understand that planes, trains, letters and packages arrive every day. But the day they arrived (*their birthday*) this world got better! There are a lot of things to invent and there is a lot of work to be done to keep this world beautiful and safe. Each person is an important part of that process.

Application Activities

Learn and sing “Great Big Beautiful World” with your family. Here are some AMAZING activities you can do together as a family.

- Let’s look through old scrapbooks together and talk about some of the interesting places we have visited.
- Draw a map from your house to the school including trees, rivers, roads, etc.
- Start a collection of any kind that interests you. Share with family and friends.
- Plant tulip bulbs, a bush, a tree, rake leaves or help with other yard work.
- Let’s pop popcorn, grab a blanket and all go outside to stargaze. Help me find the Big Dipper and other constellations. Draw or use stickers to create a star map.
- Pick your very favorite star and name it after YOU!



“

I GOTTA FIND
THE KEY TO
THE POWER
IN ME!”

“SECRET MISSION”



Purpose

Encourage your child to recognize that they can contribute something amazing by using their own SECRET TALENTS, ABILITIES and POWERS! Ask them what they like to do and what their interest are. Have them really get to know THEMSELVES.

Application Activities

Learn and sing “Secret Mission” with your family. Here are some AMAZING activities you can do together as a family.

- Go on a picture scavenger hunt taking pictures of things on a list.
- Discover something new about each of your family members you did not know about before.
- Write a letter to yourself to read in 5 years. List several things you enjoy doing, seeing, tasting and watching. Include goals you would like to accomplish by them. Put it in a time capsule to read at a later date.
- Create a family adventure journal. Describe in detail what you see and do. What did each family member enjoy the most and why?



“

THE CHOICES THAT YOU
MAKE TODAY ARE STEPS
THAT TAKE YOU ON YOUR
WAY. JUST MAKE SURE
YOU REALLY KNOW
YOU'RE GOIN', WHERE
YOU WANT TO GO!.”

“DIRECTION DANCE”



Purpose and Application Activity:

Ask your child to think of all the choices they made that morning. What time did they get out of bed? Were they happy, grumpy, or meanie? What did they have for breakfast? Etc.

Tell the children a story of a time you had a big decision to make. (They will relate well to a story about you when you were their age.) How did things turn out? How did your decision affect others around you? What did the experience teach you? Would you make the same choice now if you could go back? Did you use your heart and your head?

Additional Application Activities

Learn and sing “Direction Dance” with your family. Here are some AMAZING activities you can do together as a family.

- Ask your family if you can have your favorite meal for dinner, maybe you can help prepare it.
- Try changing a negative into a positive. See if you feel better just by trying to find something good about the situation. Make an attitude adjustment if needed.
- Try being positive the whole day!
- Watch “Snow White and the Seven Dwarfs” and pay attention to the Dwarfs. How does each one act? Are some of the dwarfs more pleasant to be around? Did their attitude choices make things easier or more difficult?

“

YOU CAN DO A LOT IN
THREE MINUTES, TWO
MINUTES, ONE MINUTE.
MAKE A BETTER WORLD
‘CAUSE YOU’RE IN IT.”

“WHAT CAN YOU DO?”

Purpose and Application Activity:

Help your child recognize how important it is to serve others at home, school or anywhere there is a need. Watch YouTube video “Young baseball fan’s act of generosity.” Explain that we shouldn’t do nice things just to get a reward. Even though this boy did get a reward, we should do nice things just to be of service to others.

Application Activities

Learn and sing “What Can I Do?” with your family. Here are some AMAZING activities you can do together as a family.

- Help prepare or clean up after dinner without being asked.
- Do your chores without being asked. Try to do it the whole week.
- Surprise someone in your family by doing one of their chores in secret.
- Have everyone at home pick another person’s name and do surprise acts of service or kindness for that person. Try to do it for one week.
- Keep your eyes open for someone to help. Open the door or share a toy, etc.



“WHAT A SMILE CAN DO”

Purpose

Help the children realize how important it is to smile! Frowns push people away, but smiles draw them in.

Application Activities

Learn and sing “What A Smile Can Do” with your family. Here are some AMAZING activities you can do together as a family.

- Watch funny videos as a family.
- Have family members retell funny stories about things you said or did when you were younger.
- Play, *Make Me Laugh*, having one person try to do things to make family members laugh while they try to keep a straight face.
- From the time you wake up in the morning, be pleasant and happy. If you start to slip . . . Just SMILE and see how quickly your mood can change.

Here are just a few health benefits of smiling: (and they don't cost a dime.)

- Stress levels go down when you smile. (*Smile while taking a test.*)
- A smile brightens up a room and helps others feel better.
- Your immune system is stronger and you are sick less often.
- It helps with pain relief. Your body produces natural painkillers.
- Makes you look younger and changes the way you feel, helping you feel better!



“

IF YOU LAST A LITTLE
LONGER THE STORM
WILL PASS AND YOU'LL
BE STRONGER.”

“STRONGER”



Purpose

Help the children recognize that even though life is not always easy and is often full of challenges, each challenge is an opportunity for growth if they choose to let it be. We can be stronger when facing adversity if we hold on and watch and learn from our experiences. Encourage them to be positive and look for the good in every situation and in every person.

Application Activities

Learn and sing “Stronger” with your family. Give an example of a time when you were frightened, be it a storm, lost in the mall, a family emergency, a pet or a person dying, or any time you really needed some added strength because of a hard thing. How did you HOLD ON? Who helped you? What did you learn from your STORM? Did it pass? How did it make you STRONGER? Have them think of a hard time in their lives. Ask them the same questions as above and encourage them to silently think of their own answers. **Be careful not to create excessive fear, yet be descriptive enough to help them relate to the song.** Here are some AMAZING activities you can do together as a family.

- If the power goes out, shine flashlights on the ceiling and make animal figures with your hands. Try to figure out what animal they might be.
- Watch a thunder/lightening storm from the safety of a large inside window. Make sure to watch for the possibility of a rainbow!

- Fill out emergency information paper and encourage the entire family to review it. Then post it somewhere for easy access. (See emergency information sheet.)
- Have an in-home fire drill, tornado drill, or earthquake drill and make evacuation plans. Establish a place outside for family members to meet. (Drill the most likely disasters in your area) Be open and instructive with the children so that they will feel some confidence and be prepared in case of a real emergency.
- Suggest that the family initiate home safety ideas such as flashlights by each bed, window escape ladders and stored food and water.
- Ask your parents to tell you some of the hard things that happened when they were young and how it has helped them be stronger. How did it help them grow? What did they learn from it?

Emergency Information

Stay Calm, describe the emergency. Don't hang up the phone.

Emergency Number: _____

This phone number is: _____

This address is: _____

Directions: _____

Police, Fire, Ambulance: **DIAL 911**

Poison Control Center:

Emergency Medical:

Family Physician:

Dads Work Number:

Dads Cell Number:

Moms Work Number:

Moms Cell Number:

Neighbor's Name:

Neighbor's Phone:

Friend/Relative's Name:

Friend/Relative's Phone:

Other Phone Numbers:

Family Emergency Plan

WE WILL MEET AT:	OR HERE:
<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
OUR EMERGENCY CONTACT IS:	
NAME: <hr/>	
PHONE: <hr/>	
ADDRESS: <hr/>	
FIRST AID KIT IS LOCATED:	EMERGENCY KITS ARE STORED:
<hr/>	<hr/>
FAMILY SAFETY CODE WORD(S):	
<hr/>	
PLAN FOR PETS:	
<hr/> <hr/> <hr/>	

“

DREAMS ARE THINGS
THAT GIVE US WINGS,
SO IF YOU WANT FLY;
HOW BIG ARE YOUR
DREAMS?”



“HOW BIG ARE YOUR DREAMS?”

Purpose

Help the children recognize that they can contribute something amazing to their family, friends and to the world by creatively living their own dreams. They can dream BIG, wonderful dreams and decide to be helpful and happy. They just need to believe they can achieve their wonderful dreams, set goals, and work hard! As children and adults we are happiest when we are doing what WE do best, not what someone else does best.

Application Activities

Learn and sing “How Big Are Your Dreams?” with your family. Here are some AMAZING activities you can do together as a family.

- Try on everyone’s shoes in your house. Which ones fit you best? Which ones do you like best? Which are the most comfortable? Are your shoes the most comfortable? Shoes are like dreams. They come in all shapes, colors, sizes, and styles, but your very own favorite ones will fit you the best! Record your findings and your dreams in a notebook or journal. You could even draw or describe some of the shoes you tried on.
- Ask your parents if you can build your own Dream Dessert Ice Cream Sundae. What would it have on it? How would it be different from everyone else’s? Would you put a cherry on top? Consider how important it is to build your own dreams out of the things YOU love.
- Can we take a trip to the library and check out the books, “Is There Really a Human Race?” and “I’m Gonna Like Me,” by Jamie Lee Curtis?

“

I NEED SOMEONE STRONG.
I NEED YOU TO BELIEVE
IN ME AND STAND BY
MY SIDE AS I MAKE MY
DREAMS COME TRUE.”



“IF YOU’RE THERE”

Purpose

Show a picture of a lighthouse by the ocean. Tell your child that a lighthouse is a tall structure with a giant flame or huge light. It is used to warn ships and travelers of dangerous rocks in the nearby waters. If a ship is in a storm and cannot see, they look for the warning light in the lighthouse so they can safely navigate their vessel away from danger. Parents, friends, teachers and others try to help guide us through the storms of life. They can be our lighthouses as we look to them for light. They do not want you to be hurt so they try to teach you to make good decisions. Children can help each other and even adults along the way too by being a lighthouse to others.

Application Activities

Learn and sing “If You’re There” with your family. Here are some AMAZING activities you can do together as a family.

- Create your own family motto that you can refer to often. Print it and hang it on the wall, or above the dining room table. Set some family goals.
- Take some time to look at baby pictures. Compare your pictures from every year. Who is there with you? Look how you have grown.
- Ask your parent(s) to play “If You’re There” and sing it with you as they tuck you into bed. Give them a hug and thank them for all they do to help you.
- Can we build something? A fort, a hut, a model airplane, a tower with blocks, a memory . . . anything . . . together. Take time to talk to each other and to listen and learn!!!

I am amazing,

PACKED WITH POSSIBILITY
 **AND POWER.**

MY SMILE IS *contagious.*

I HELP MAKE
**THIS GREAT BIG,
BEAUTIFUL WORLD
EVEN BETTER**

(in less than three minutes!)

I KNOW THAT MY **Choice =**
MY **Direction** 

SO I



with my heart
AND MY HEAD.

EVEN IF I'M FRIGHTENED,

EVEN IF THE WAY SEEMS HARD,

EVEN IF I STAND ALONE,

**I WILL HOLD ON
AND GROW STRONGER.**

My **BIG
DREAMS**

give me wings.



Together we will make our dreams come true
BECAUSE

We are
amazing!


I am amazing,

PACKED WITH POSSIBILITY
 **AND POWER.**

MY SMILE IS *contagious.*

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