



Bounce Back with Ruby & Lamar

How Best to Use This Video:

Time Needed: 20 Min

1. Explain to the class that you are going to be watching a short video about Ruby, who is resilient, and Lamar, who shows leadership. If they aren't already familiar with TEAMology, explain that Ruby and Lamar have super strengths and, with their other TEAMmates, hang out at the TEAMology House.
2. Tell the class that the TEAMology house is a place of unity and respect where anyone can come be part of the TEAM. Everyone in the house is expected to treat each other with respect, have each other's backs, and celebrate each other's differences.
3. Watch the video together.
4. Ask students what they think about the house theme song. You can prompt with questions such as "What was the song all about?", "What do you think you can learn from the song?", and "What message do you think the characters are trying to get across in the song?". You can re-watch the theme song part of the video, if needed. Allow time for answers.
5. Ask students what they think Ruby's super strength is. If they don't know tell them it is Resiliency. Explain that resiliency is about bouncing back when something upsetting happens, doing your best when something is hard and not letting setbacks get you down.
6. Ask students how Ruby helped the girl use resilience in the video. Then process the different aspects of resiliency – How did the girl feel when Lydia told her she shouldn't be wearing green shoelaces? How did she handle it? What do you think it means to bounce back? Why is it important that we are resilient when things get us down or frustrate us? What would happen if we were never resilient when people are mean to us or say things we don't like? Allow time for discussion amongst each other.
7. Have students share times they have had to be resilient.
8. Ask students what they think Lamar's super strength is. If they don't know tell them it is Leadership. Explain leadership is about setting a good example for others, making good choices and being responsible and respectful.
9. Ask students how Lamar used leadership in the video. Then process the different aspects of leadership – Why is it important to get all sides or perspectives in a situation before forming your opinion? The reporter admits he was too quick to judge the mayor and changes his mind about what he said originally. How does this show leadership? What do you think Lamar means when he says we should "lead strong"? What makes someone a leader? Do you have to be in charge to be a leader?
10. Have students share times they were leaders or used their leadership skills.

Follow Up Activity: Student Skits

Time Needed: 30 Min

1. Put students into small teams of 3-4 and assign each team either Resiliency or Leadership.
2. Tell students they are going to write and then perform their own skit on their assigned topic.
3. Allow time for teams to work together to come up with their skits and practice.
4. Have each team perform their skit for the rest of the class.
5. Ask follow up questions to the class after each skit such as - Who was resilient? Why was it important they bounced back or were resilient? How did they use leadership skills? Why was it important they used their leadership skills?