



Helping Students Make Wiser Choices Since 1992

Monthly Theme: August through May
Elementary Level Series 1

January: Lemons or Lemonade?

Daily broadcast message pages Special 18, Special 19, 97, 6, 39, 49, 51, 72, 77, 60, 80, 85, 94, 103, 105, 106, 112, 119, 130, 146, 156, and 165. *

*As much as possible, narrate the messages in order listed for the best flow of ideas.
We have provided more messages than necessary for a typical month
so you can choose those messages best suited for your campus.

Also available for Educator Resource Site (ERS) Premium Subscribers

“Reaching for Greatness”, “Overcoming Obstacles”, “Rivers Run Through It”,
and “Underneath the Anger”

These ERS lesson plans and additional broadcast messages correspond to this monthly theme.



NEW YEAR

Goals

Good morning, name of school. This is name of narrator with a few words of wisdom.

Welcome back, students, and Happy New Year!

This is the traditional time of year for setting goals. It's called making a New Year's resolution. When we make resolutions, we set goals for the coming year.

Goals give our lives direction. They help us figure out where we are going and how we will get there. When we write down our goals, we are making a road map into the future.

Today, take the time to write down your goals for this semester. When you are writing down your goals, remember these words:

Climb high. Climb far. Your goal the sky. Your aim the stars.*

Then, put the list of your goals in a safe place. When you start to get sidetracked or lost, you can pull them out and remember where it is you want to go and how you want to get there.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Author unknown

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*ASIAN/LUNAR NEW YEAR

Virtue/Choices

Good morning, name of school. This is name of narrator with a few words of wisdom.

For Asians, this is a time of great celebration, a time to welcome in a new year. In China, the New Year celebration lasts for five days. Part of the celebration is the hanging of red scrolls in the home. Each scroll is printed with a wish for a happy and successful year. More than two thousand years ago, the great Chinese teacher named Confucius made this wish:

I wish to be virtuous, and lo! virtue is at hand.

A person who is virtuous is one who is good, honest, and fair. Confucius is saying that when we wish to be good, honest, and fair people . . . what do you know? . . . we are! Why? Because we make *choices* that are virtuous.

During this time of the Chinese New Year, let's join in the celebration by making our own wish. Let's wish for more honesty, fairness, and goodness. The world could use a little more of those, don't you think?

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*Date is based on a lunar calendar and varies from year to year. Check with your local library for the appropriate date.

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PROGRESS

Overcoming Obstacles

Good morning, name of school. This is name of narrator with a few words of wisdom.

Everyone has times when he or she struggles, whether it's with a classroom lesson, or a choice that has to be made. When we are struggling, we are trying as hard as we know how to do something that is difficult for us.

Maybe you have struggled with a job that needs to be done or struggled with learning a new sport. Struggle sounds like it's a bad thing, doesn't it? Actually, there's a good side to any struggle. Now listen to these words from Frederick Douglass:

If there is no struggle, there is no progress.

In other words, a struggle is a chance to learn and grow. If you're struggling with something, remember, you don't have to struggle alone. Believe it or not, your teachers and counselors have had some experience with struggling. Talk to them [us]. They [We] want to help.

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PERSEVERANCE

Good morning, name of school. This is name of narrator with a few words of wisdom.

Carrie Saxon Perry was the first female African-American mayor of a major U.S. city. Her role models were the women in her family . . . women she thought were strong . . . her mother, her grandmother, and her aunt. When she was young, they taught her to persevere. In other words, they taught her not to give up when things get tough, to keep trying, and, if necessary, to try again.

Ms. Perry came from a very poor home, and some people didn't believe in her, but she never let anything keep her down, and she became a leader in her community.

The Japanese share this same wisdom when they say:

Fall seven times, stand up the eighth time.

Today, ask yourself if you are letting anything keep you down. If the answer is "yes", get up and get on with it!

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OVERCOMING FEAR

Good morning, name of school. This is name of narrator with a few words of wisdom.

Margaret Bourke-White was a prize-winning photographer and journalist who was named one of the top ten American women in 1936. She once said:

The only real handicap is fear. Be unafraid. . . . Go right up and look your fear in the face and then DO something.

Being afraid can be a warning signal that you are in danger, and you certainly don't want to ignore it, but there are times when you are afraid because you feel the job is too hard or you might not succeed.

So don't let fear tell you that you are not good enough or smart enough. Remember Margaret Bourke-White, and look those kinds of fear in the face. Then go ahead! You can do it!

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OPPORTUNITY

Overcoming Obstacles

Good morning, name of school. This is name of narrator with a few words of wisdom.

Someone wise once said:

Every problem is an opportunity in disguise.

An opportunity is a chance to do something. A disguise hides something — like a mask hides your face. So in other words, hidden behind every problem is a chance for something good.

When we are dealing with a problem, it's very hard to see the opportunity behind it, but it's there if you look. Sometimes the opportunity is simply the chance to learn how *not* to get yourself into the same problem again. When we look for the opportunity (instead of dwelling on the problem), surprising things can happen.

Today, if you have a problem with something, ask yourself this: "What good is hiding behind this problem?"

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ASKING QUESTIONS

Good morning, name of school. This is name of narrator with a few words of wisdom.

Confucius said:

He who asks a question is a fool for a moment, but he who never asks a question is a fool forever.

Many times in school we don't understand what our teachers are trying to say or we don't understand something we've read. This happens to every single one of us. This doesn't mean that you aren't smart. It just means you are a human being.

So don't be afraid to speak up. After all, before you can ask a question, you have to be *thinking*, which makes you a whole lot smarter than anyone who is not.

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PERSEVERANCE

Success In School

Good morning, name of school. This is name of narrator with a few words of wisdom.

Did you know that American President Woodrow Wilson was such a slow learner that he couldn't read until he was nine years old? That's right. Even though he couldn't read until he was nine years old, Woodrow Wilson grew up to be president of the United States.

Are you slow at learning something? Well, don't give up! Keep at it! Remember Woodrow Wilson, and then remember these words. They come from the famous story "The Tortoise and the Hare."
Sometimes . . .

Slow and steady wins the race.

Today, if you are having a hard time learning something, put one foot in front of the other, and slowly but surely you'll figure things out.

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PERSEVERANCE

Overcoming Obstacles

Good morning, name of school. This is name of narrator with a few words of wisdom.

Thomas Carlyle was a famous Scottish writer. There's an amazing story about this man.

Thomas Carlyle lived one hundred and fifty years ago, long before we had computers. He wrote his most famous book completely by hand. When he was finished, he bundled up the papers and handed them to a good friend to read. A few days later, the friend's servant used the papers to start a fire. The book and years of hard work were destroyed.

Days later, as he sat, sad and depressed, he watched a man building a brick wall . . . brick by brick by brick, hour by hour. This inspired Mr. Carlyle, and he began to rebuild his book — page by page.

All of us, at some time, lose something very important to us. Maybe we lose a favorite toy. Maybe we lose someone we love, but, whether the loss is great or small, if we keep trying like Thomas Carlyle, we can start over again and rebuild things. So don't give up in the face of loss and disappointment. Hang in there, and start again like Thomas Carlyle.

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DEALING WITH ANGER

Good morning, name of school. This is name of narrator with a few words of wisdom.

We all get angry, sometimes with friends and sometimes with family. Sometimes we argue, but that doesn't mean we don't like or even love each other.

When we are angry, it's important not to say mean things just to hurt the other person's feelings. And we shouldn't *act* like we are going to hurt that person. Instead, we need to say why we are angry, and then try to listen to the other person's side of the story, and when we are wrong, we need to admit we are wrong.

So, next time you get angry, tell the other person why you are angry, don't be mean or hurtful, and try to listen to what the other person has to say. Then remember this:

We all make mistakes, and no one is perfect.

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WORK ETHIC

Doing One's Best

Good morning, name of school. This is name of narrator with a few words of wisdom.

Take a moment to remember the last time you worked hard to do something. Maybe you worked hard on a writing assignment and received a good grade; maybe you worked hard to save money for something special, or maybe you worked hard cleaning your room.

When you work hard at something and then see the results, all the hard work seems worth it. You feel good about yourself.

Booker T. Washington, one of America's greatest teachers, believed strongly in the power of education and hard work. Here's what he says to us today:

***Nothing ever comes to one that is worth having,
except as a result of hard work.***

Today, work a little harder and move closer to what you want, then see if you feel better about yourself at the end of the day.

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BELIEF IN ONESELF

Education/Overcoming Obstacles

Good morning, name of school. This is name of narrator with a few words of wisdom.

In 1961, Vilma Martinez was a senior in high school who wanted to go to college. Her counselor was a prejudiced person and wouldn't help Vilma because Vilma was Mexican-American. Vilma didn't let this stop her. She believed in herself, so she wrote to the college anyway, and got accepted. By the age of 30, she was a lawyer and a national leader.

Here's what Ms. Martinez has to say about education:

Education is very important. It prepares you. You help yourself to help others. It gives you the tools to compete.

Vilma Martinez believed in herself, overcame her problems, and became successful.

When you are faced with problems, remember to believe in yourself as Vilma Martinez did, and if you need help, ask for it. Keep asking until you find someone who will help you be the very best you can be.

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PERSEVERANCE

Overcoming Failure

Good morning, name of school. This is name of narrator with a few words of wisdom.

Do you remember the meaning of the word *perseverance*? It means that you keep trying and you don't give up.

American actor Edward James Olmos has visited many young people in schools, hospitals, libraries, and juvenile detention centers. His message? Keep trying until you get what you want out of life. Why? Because sometimes it takes a lot of perseverance to reach our goals. It can mean working hard and not giving up in the face of fear and failure.

Today, remember the message of Edward James Olmos and the words of another great American actor, Mickey Rooney:

You always pass failure on the way to success.

So don't let failure stop you. Instead, let failure be an opportunity to do better the next time . . . a chance to try harder and to learn from your mistakes.

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CHALLENGES

Overcoming Obstacles

Good morning, name of school. This is name of narrator with a few words of wisdom.

A challenge is something that is difficult or hard to do. Every human being on Planet Earth has challenges in his or her life. The question is: How do we deal with the challenges of life? Do we just lie down and give up, or do we accept challenges as an opportunity to learn and to grow?

Stephen Hawking is a man who has faced a big challenge for most of his adult life. He can't walk or talk, and his arms don't move well. Most of his body is paralyzed. He can't feed himself. He can't speak without special computer equipment, but guess what. He is considered the world's greatest scientific genius since Albert Einstein.

Stephen Hawking tells us:

It matters if you don't just give up.

If you are faced with a challenge, remember Stephen Hawking. Remember how brave he is, and then don't give up!

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SELF-RESPONSIBILITY

Learning From Mistakes

Good morning, name of school. This is name of narrator with a few words of wisdom.

Making mistakes is a natural part of being a human being. We all do it, whether we are a street cleaner or a world leader, a teacher or a student, a young person or an older person. It's another one of those things we *all* have in common. We all make mistakes.

Listen to the words of an early U.S. Senator, Hugh White*:

When you make a mistake, don't look back at it long... Mistakes are lessons of wisdom.

The fact that you realize you have made a mistake means you've already learned something. You've learned what *not* to do in the future. That's good. Today, take responsibility for your mistakes, and remember, a mistake can be a great teacher.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Entire quote: "When you make a mistake, don't look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom."

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OVERCOMING OBSTACLES

Positive Attitude

Good morning, name of school. This is name of narrator with a few words of wisdom.

Have you ever thought about how a blind person reads? She reads Braille books — books that have tiny bumps on the page. All the bumps are a special code for letters and words. A blind person moves her fingers across the page, and that's how she reads.

Braille was invented by a blind man named Louis Braille. Louis lived in a world that was always dark, but he didn't let this darken his attitude. He kept a positive attitude, worked hard, and became a teacher and a great inventor.

Next time you get upset because you are having a problem here at school, talk to your teacher or your parents. Then remember Louis Braille, because you can get through your problems and succeed just like he did.

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ASKING QUESTIONS

Good morning, name of school. This is name of narrator with a few words of wisdom.

Sometimes we get confused in class, and no matter how hard we try, we don't understand. This doesn't mean we aren't smart enough or that we aren't paying attention; it just means we need more help. This happens to everyone, even the very brightest of us. The important thing to remember is: Ask when you don't understand.

The Danish say:

Better to ask twice than lose your way.

In fact, keep asking until you understand. You may have to ask again and again, but keep asking. Trust that you are smart enough to understand, and don't give up until you do.

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PERSEVERANCE

Good morning, name of school. This is name of narrator with a few words of wisdom.

Have you ever tried to learn something new and you just couldn't get it right, like a math problem or a new vocabulary word? Have you ever thought to yourself, "I must not be smart enough?"

Well, next time you are having trouble with a lesson, remember these words:

***'Tis a lesson you should heed,
try, try again.
If at first you don't succeed,
try, try again.***

Today and every day, keep trying until you get it right. Remember, be smart enough not to give up.

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CONFIDENCE

Overcoming Obstacles

Good morning, name of school. This is name of narrator with a few words of wisdom.

Former President George Bush spent his summers as a child on the coast of Maine. Listen to this story about one of his childhood experiences:

My brother and I still remember the thrill of our first sea adventure. That first time out by ourselves, a storm blew up. It was sudden and we were knocked around a little. We were scared, but we brought the boat home. The family was on the dock and everyone looked worried. But Grandfather said he knew we could do it. That gave me confidence that's lasted all my life.

Confidence means you know you can do anything to which you put your mind, and when you get to the other side of an obstacle, you believe a little more in yourself.

Oh, and one more thing. Remember how President Bush's grandfather said, "I knew you could do it!"? The power of just one single vote of confidence can go a long way. Today, give someone your vote of confidence. It could last that person a lifetime.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

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OVERCOMING OBSTACLES

Good morning, name of school. This is name of narrator with a few words of wisdom.

Have you ever noticed how success seems to come more easily to some people than to others — success with friends . . . success with money . . . success at school?

Booker T. Washington once said that we shouldn't decide who has the most success by the money they have or the job they have or even the friends they have. Instead, we should look at the challenges a person had to overcome to get where he or she is.

Some of us have more problems in the way of our success than others. What matters most is how much you've improved — what you overcame. If you focus on your progress and keep moving forward, you can step into a more successful future.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

Original quote: "I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

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COURAGE

Good morning, name of school. This is name of narrator with a few words of wisdom.

Today let's stop for a minute and think about the first time you did something that was a little scary, like the first time you jumped off the side of the pool into someone's arms, or the first time you rode a bicycle without training wheels, or the first time you stood up in front of the classroom and read aloud. Did you ever think that you might not be brave enough to do those things? What happened when you finally did? Was it fun? Did you feel good about yourself?

Today, remember these words:

***He who misses all the fun
is he who says, "It can't be done."***

There was a time when people thought that human beings could never walk on the moon. Well, astronauts did walk on the moon, and guess what. They had a lot of fun doing it! Life can be full of fun when you are brave enough to try new things. Just be careful, think things through, and always follow the rules. And then say to yourself, "I can do it!"

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STRENGTH

Good morning, name of school. This is name of narrator with a few words of wisdom.

In the movies we often see heroes who are very big and strong. On television we see strong athletes on the football field and baseball field and in the boxing ring, but being a strong human being does not necessarily mean having a big, strong body. Being a strong human being can mean having a strong mind — a mind that is smart, responsible, and fair.

Now listen to these words:

***Greatness lies not in being strong,
but in the right use of strength.****

In other words, we can have strong bodies and strong minds, but what matters the most is that we use our strong bodies and minds in the right way.

Today, take time to think about your strengths and how you use them. Be the great person you are and use your strengths in the best way you know how.

With something to think about, this is name of narrator. Make it a great day . . . or not. The choice is yours.

*Henry Ward Beecher

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