



Week Seven

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CHAMPIONEERS!

CAVEMAN ROCK

Family Night Adventure #7

All Puffed Up

- **Key:** Let Go of Your Ego
- **Concept:** Confidence vs. Pride
- **Workbook:** pages 30-33
- **Sing-Along CD:** AI-x

Family Night Agenda

1. Family Night “Roll” Call
2. Review
3. **Video:** Episode 7 Confidence vs Pride
4. Discussion
5. **Video:** Lesson #7 Confidence vs Pride
6. **Activity:** Self-Inflating Balloon
7. Storytime
8. Review
9. **Leadership Challenge:**
Let Go of Your Ego

Activity

- Self-Inflating Balloon

Food Idea

Materials

- Balloon
- Small glass beverage bottle
- Small funnel
- 2 tbsp. baking soda
- 4 oz. vinegar

In a Nutshell

Discuss the difference between confidence and pride. Share how AI-x’s popularity has led to a big head and how his reflection in the mirror is the first to call him out on it. Demonstrate self-inflating balloon.



Lesson Seven - Quick View

	ACTIVITY	OBJECTIVE	ACTION
1	Family Night "Roll" Call	Set the tone for your home	Pass out cookies (Family Night Treats), hot cocoa and latte's. Breathe and share week highlights.
2	Review	What have we learned?	Review Don't Take the Bait and how to resist the pull of popularity.
3	Video: Episode #7	Pride and humility	All Puffed Up
4	Discussion	Confidence vs. Pride Workbook 30-33	Discuss the difference between self-confidence and pride.
5	Video: Lesson #7	Self-Inflating Balloon	Show Self-Inflating Balloon demo video and/or do activity.
6	Activity	Self-Inflating Balloon	Demonstrate how a balloon can be inflated all by itself.
7	Storytime	Visual and audio reinforcement	All Puffed Up
8	Review	Reinforce concepts	What do we know? What did we learn tonight?
9	Leadership Challenge	Reinforcement and internalization	Practice humility with an Ego Test. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others.
10	Sing-Along CD	Reinforcement and internalization	A/x

Lesson Details

1. Family Night “Roll” Call

Enjoy your hot cocoa and cookies

2. Review

What have we learned? Review story and concepts we’ve learned so far.

ADVENTURE THEATER

3. Video: Episode #7

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4. Discussion

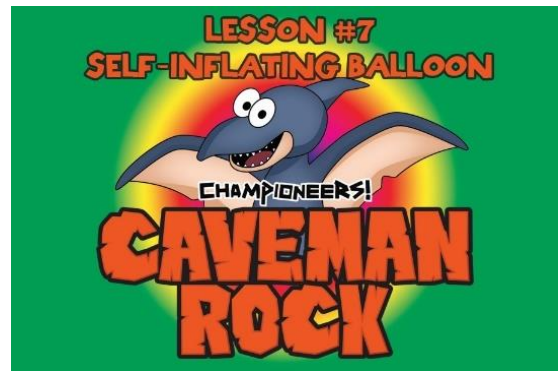
Confidence vs. Pride

Leaders are confident in themselves and their abilities, but they are not prideful. It’s good to be proud of yourself, but it’s not good if you become prideful. Have you ever been around someone who thought they were better than everyone else? That’s being prideful. Leaders know who they are and are confident, even when they are not good at something, because they know their identity is not based in their abilities. We should learn that thinking too highly of yourself can cost you friends, not gain them.

LESSON CLICK-CLASS

5. Video: Lesson #7

Self-Inflating Balloon



6. Activity

Self-Inflating Balloon

1. Using funnel, pour baking soda into balloon.
2. Fill bottom of bottle with vinegar.
3. Place balloon over the top of the mouth of the bottle.
4. Shake baking soda from the balloon into the bottle.
5. Watch the chemical reaction inflate the balloon! The active organisms in it create a gas called carbon dioxide. As the gas fills the bottle the balloon will self-inflate.

7. Storytime

All Puffed Up

8. Review

- What do we know? What did we learn tonight?
- Review the Pull of Popularity
- Make a big deal about the next part of the story! KEEP UP THE SUSPENSE!

LEADERSHIP CHALLENGE

9. Leadership Challenge

Practice humility with an Ego Test. Healthy self-confidence acknowledges your skills but doesn't compare them as better or worse than others. This week I want you to tell yourself you are doing a great job and if you catch yourself comparing yourself with anyone, immediately stop and say you are different, and different is not better or worse.

