

Soccer Nights 2015 Values Curriculum: What Makes a Hero



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Section One: Theme & Overview

Theme: What Makes a Hero?

Theme Song: “Heroes (We Could Be)” by Alesso

Weeklong Activity: Set team goals each night in alignment with nightly values and skills; learn and perform Soccer Nights Dance, learn about local and international heroes.

Curriculum Goal: The goal of the **What Makes a Hero?** curriculum is to promote character and leadership development through facilitating real friendships among Soccer Nights participants through teaching the importance of the following values as they relate to life on and off the soccer field.

1. Teamwork
2. Perspective
3. Perseverance
4. Sportsmanship

Curriculum Overview/ “What Makes a Hero?” Explanation:

This year’s Soccer Nights theme is “What Makes a Hero?” Each night, there will be a skit to illustrate a heroic value and a real-life hero will be celebrated during large group. Teams will be challenged to think about how that person’s life relates to the evening’s value, and how the value is also related to each participant’s own life. The values (teamwork, perspective, perseverance, and sportsmanship) are important both during games of soccer, as well as in life generally. Teams will earn Hero Points by demonstrating each night’s value and winning nightly skill competitions, and individual young people will be recognized for exemplifying the value and skill of each night.

Objectives:

1. Every child will experience and understand how people from different backgrounds can become friends and build communities by playing soccer together.
2. Every child will be able to define and explain the values of Teamwork, Perspective, Perseverance, & Sportsmanship.
3. Every child will learn to work together as team to set goals relevant to the values of Teamwork, Perspective, Perseverance, and Sportsmanship.
4. Every child will identify values exemplified by real life heroes, and relate those values to his or her own life.
5. Every child will learn the words and dance moves to this year’s theme song.

Nightly Themes:

Monday: Heroes got... **Teamwork**

Tuesday: Heroes got... **Perspective**

Wednesday: Heroes got...**Perseverance**

Thursday: Heroes got...**Sportsmanship**

Friday: Heroes got... **Game!**

(Local) Nightly Heroes:

Monday: Kaiti and Brian got...**Teamwork**

Tuesday: Boston Breakers got...**Perspective**

Wednesday: Vice Mayor Benzan got...**Perseverance**

Thursday: Crew's got...**Sportsmanship**

Friday: Heroes got... **Game!** (hero time is reallocated for games)

(General) Nightly Heroes:

Monday: Mia Hamm's got...**Teamwork**

Tuesday: Tim Howard's got...**Perspective**

Wednesday: Malala Yousafzai's got...**Perseverance**

Thursday: Robby Novak (Kid President)'s got...**Sportsmanship**

Friday: Heroes got... **Game!** (hero time is reallocated for games)

Materials:

- 1 medium sized foam board (roughly 3'x1') for each team (*Dick Blick in Central Square, Cambridge, has good ones*)
- Sharpies (at least 1 per team)

Nightly Schedule (M/T/Th/F):

5:30 – 6:00 Check in, directed to teams

6:10 – 6:30 Large group welcome, intro theme & skill of the night

6:30 – 6:45 Warm ups in division, skill demonstration

6:45 – 6:50 **Team time #1: set goals for the night**

6:50 – 7:20 Team Drill work

7:20 – 7:25 **Team time #2: debrief drill work, check in on team goal**

7:30 – 8:05 Scrimmages

8:05 – 8:10 **Team time #3: check in, debrief scrimmage and team goal**

8:10 – 8:20 Large group closing

8:20 – 8:30 Snack in teams, check out

Nightly Schedule (W):

5:30 – 6:00	Check in, directed to teams
6:10 – 6:30	Large group welcome, intro theme & skill of the night
6:30 – 6:40	Warm ups in division, skill demonstration
6:40 – 6:45	Team time #1: set goals for the night
6:45 – 7:10	Team Drill work
7:10 – 7:15	Team time #2: debrief drill work, check in on team goal
7:20 – 7:40	Scrimmages
7:45 – 7:55	Large group closing
8:00 – 8:10	Team time #3: check in, debrief scrimmage and team goal
8:10 – 8:25	Families/Coaches' Game (snack handed out during game)
8:25 – 8:30	Check out

Points System

Throughout the week, division leaders will keep track of points awarded to the teams in their divisions. Divisions will compete against each other for the most points at the end of the week, and the participants in the winning division will receive a small prize.

Ways to earn points:

- **Team Time:** Explained later, during team time teams will set a nightly goal. Coaches may award points for teams meeting their goal.
 - Completely met = 10 points
 - Majority of team met goal = 8 points
 - Partially met = 5 points
- **Awarding to individuals:** coaches or division leaders may award points to individual participants for anything they see fit, including but not limited to the following:
 - embodying RRT (respect your coach, respect your teammates, try your hardest)
 - exceptional commitment to either theme or skill of the night
 - going above and beyond in understanding and caring for others
 - specific challenges during the night (e.g. making a drill harder or challenging a particular kid during the scrimmage to meet a specific goal for X amount of points)
- **Large Group Competitions:**
 - Each night there will be competitions between divisions during opening large group (outlined later). Winning division will be allotted 10 points for the night.

Regulating Points

In past years we have had all divisions “compete” when in actuality they were all

working together to reach a corporate goal. Thus, when different divisions had different economies for awarding points, it didn't really matter. This year as teams are actually competing, we'd like to strive for more consistency. I've suggested point values for some things (like nightly team goals and large group competitions), but additional points can be at the discretion of coaches and division leaders. While obviously each division will vary (especially at sites where some divisions have more teams than others), **divisions should aim for somewhere in the 30-60 realm for points per night.**

Division and Team Structure

Young people are divided 3-4 age group sections called **Divisions**. Each Division is then subdivided into 8-12 person **teams**.

Section Two: Large Group

A) Large Group Structure

- Each night two participants (boy & girl) from each division (6-8 total people, depending on the number of divisions) will be chosen as "Young Hero of the Night".
- At opening large group each night there will be competitions that result in divisions winning points as well.
- In the end, the division with the most points is named the Team of Heroes (and receives small prize of each site's choosing).
- Each night in time for closing large group, Division Leaders will be prepared to announce the two "Young Hero of the Night" from their division. Division Leaders should award this to 1 boy and 1 girl who really demonstrated understanding of either the soccer skill or leadership value of the night. *note: this isn't the **best** player per se, but rather the kid who took to heart what was being taught, tried the hardest, embodied the values of the night.*

These 8 kids are presented with a small prize (usually a small candy item, as more concrete "prizes" sometimes spark controversy from parents).

B) Nightly Challenges/Special Activities

***Explanation:** each night at opening large group sites may opt in or out of having special guests and activities. I've given suggestions below of what North Cambridge intends to do, but sites should think through potential guests from each respective community to come share a tailored perspective on the theme of the night.*

***"Here of the Night:"** Similarly to last year's character "FIFA" who presented each nightly value during opening large group, this year we have four different heroes that we are*

showcasing each evening. In North Cambridge, we hope to have four local heroes from the community, but we also have four “general” heroes who may be used as back-up heroes if a local hero is not available for the evening. The “general” hero script is detailed in Section 4, and may be tailored for specific local heroes.

Monday: Teamwork/Passing

special guest/hero: Brian Buell & Kaiti (coaching director and site coordinator)

Activity: introduce division leaders, theme, system for week

Tuesday: Perspective/Dribbling

special guest/hero: Boston Breakers

Activity: Coaches compete in dribbling relay race. Oldest division has a player compete instead of coach. Winning division earns 10 points for division.

Wednesday: Perseverance/Controlling

special guest/hero: Cambridge Vice Mayor Benzan

Activity: Coaches compete in a juggling contest. Oldest division has a player compete instead of coach. Winning division earns points for division.

Thursday: Sportsmanship/Shooting & Defending

special guest/hero: ***Soccer Nights*** Crew member

Activity: Coaches compete in shootout. Oldest division has a player compete instead of coach. Winning division earns 10 points for division.

Friday: The Game/Review & Closing

special guest/hero: none (to allow for game time)

Activity: none (to allow for game time)

C) Opening Script (Monday):

1. (3 minutes) **Welcome Participants.**

In a microphone, yell out:

- *When I say “What makes a...” you say “Hero!” and pump your fist!*
- *When I say “We could be...” you say “Hero!” and pump your fist!*
- *Red Division [or whatever you call your youngest division] What makes a...*
- Continue through squads until every squad has gone.
- Review, “Everybody quiet...” “Right now!” call and response system.

2. **Introduce division leaders**

3. **Introduce/Reinforce Theme**

Say:

(Theme intro)

This year's Soccer Nights theme is "What Makes a Hero," celebrating heroic qualities that we see in the people all around us. We all have different heroes. For some of us, it may be Superman. For others of us, it may be Grandma, or our brother, or our teacher. Who's a hero in your life? Shout out your hero's name now...

Each night we will learn how to be heroes ourselves by learning what heroes do. We'll also learn a soccer skill and practice to get better at it. All week long, we'll earn points for each of these things. The values and skills you learn this week will help you improve as players, friends, brothers and sisters, sons and daughters, and all around boys and girls!

(Hero of the Night intro)

To help us learn these important values this week, we have a special friend with us. DO you remember who our special friend was last year? FIFA. Well, FIFA was busy with the Women's World Cup this year, so she sent some heroic friends to help us learn and practice our values. These heroes will introduce each of the values we will practice each night.

optional: *have hero of the night come say a few words on why teamwork is important on and off the soccer field. (see script below for local hero questions and Mia Hamm's "interview.")*

note: *because there is so much administrative content on the first night, North Cambridge chose to use their Site and Coaching Directors as heroes for the first night, and to abbreviate the explanation.*

1. (Monday's Value Intro: Team Work)

Tonight's heroes are KAITI and BRIAN. KAITI AND BRIAN work hard together as a team to make Soccer Nights happen.

Alright, thanks for being such great listeners so far! Tonight, our first skill is PASSING and it is paired with our first value, TEAMWORK.

When I say, 'Heroes got'....you say 'TEAMWORK.' Heroes got....._____ !

(Team Time)

You'll now get the chance to practice TEAMWORK with your teams. During team time you and your teammates will think together to come up with a goal for the night.

You'll write your team goal down on your team board (show example board) so you're sure not to forget it, and then you'll work hard throughout the evening as a team to accomplish it. Your coaches will be watching closely to decide if you've met your goal each night, and if you HAVE, your team gets 10 points for the evening!

(Points)

You can also earn extra points for your team by showing the Soccer Nights spirit of RRT (respect your coach, respect your teammates, try your hardest). Players who go above and beyond in demonstrating RRT or really trying their best in the theme or skill of the night can earn extra points for their team.

Why are points important, you might ask? Well, all week long, divisions are going to be competing against one another for the most points! Each night we'll hear how many points divisions have earned, and at the end of the week, the division with the most points will win a prize!

(Young Hero of the Night)

Lastly, each night during closing large group, division leaders will choose two of you to be "Young Heroes of the Night" from your division. How do you get chosen? By working hard to RRT and practice tonight's skill, PASSING, and value, TEAMWORK. So make sure you are working hard, treating your teammates and coaches with respect and kindness, and having fun - you could be named as Young Hero of the Night!

Alright, so now we are dismissed into our TEAMS for the week, and we'll set a team goal for practicing TEAMWORK and PASSING tonight!

D) Opening Script (Tuesday-Friday):

1. (2 minute) **Gather** participants to one end of the field, with each division grouped. Encourage parents and families to join in for large group.
2. (3 minutes) **Welcome Participants.**

In a microphone, yell out:

- *When I say "What makes a..." you say "Hero!" and pump your fist!*
- *When I say "We could be..." you say "Hero!" and pump your fist!*
- *Red Division [or whatever you call your youngest division] What makes a...*
- *Continue through squads until every squad has gone.*

3. (Tuesday Value Intro: Perspective)

Tonight's value is an interesting word that may be new to some of you: PERSPECTIVE. Does anyone know this word? Perspective is a fun and important value that comes in handy both on the soccer field and in other parts of our lives.

Perspective is the way we see things, or our point of view. Maybe some of you have heard the phrase "point of view."

When I say, 'Heroes got'....you say 'PERSPECTIVE.' Heroes got....._____ !

It is really important to keep our heads up to notice the people around us. I should try my best to keep my eyes open for how I can help others in my daily life. Whether I'm at home with my family, at school, or just hanging with my friends, having good perspective can mean stopping to think how the people around me feel, not just how I feel.

PERSPECTIVE SKIT:

By now, 3 'actors' should be up front, and positioned for a mini shootout scrimmage (goalie, defender, shooter; or just 2 people: shooter and defender).

"But anyway, we all know why we're here, right? To play some SOCCER! (Woo!) So let's get started!

Shooter takes a ball, starts to dribble toward the goal/defender, and goes to take a big shot on goal... but SLIPS or TRIPS over the ball and falls over, dramatically.

"Hahaha!" Defender or goalie laughs, points, really plays up the 'slapstick comedy' so the kids get all riled up laughing also.

Goalie: "Oh man, that's so funny. I haven't laughed this hard in years!"

Defender: "Yeah, I'm sure glad you didn't get past me, not that I had much to do with it!"

Continue laughing, joking.

Shooter: (Stands up, brushing off knees) "Gee, thanks guys, I'm okay."

Wait a second, you're right! Tonight's theme is perspective, and while it's easy for us to laugh at something like this, like when someone falls down or is embarrassed, it might be that they have a DIFFERENT perspective, and they don't think it's funny. What else could be going on here, if we really stepped into each other's shoes and took each other's perspective?

Shooter: Well, I feel really embarrassed I just fell over in front of everybody, I almost want to run and cry. Don't you ever feel like that sometimes? Like being an ant around a group of elephants, I feel so small!

Goalie: I actually was really nervous being goalie, because what if I let a shot in and disappoint me team? I just laughed because I was relieved you didn't make the shot!

Defender: Wow, I didn't think of it that way! Sorry to both of you, I

just laughed because I thought it was funny. I guess sometimes it's good to consider someone else's perspective before assuming something is funny.

Shooter: Or before assuming something is mean! I thought you were being mean to me by laughing at me. I don't want to be made fun of!

Defender: Oh no! I wasn't trying to be mean. I really blew it, huh.

Shooter: No, I forgive you. I'm sure glad we cleared that up! It really is helpful to think about other people's perspectives and motivations.

How do your actions affect the people around you? If we can focus less just on how we feel all the time and think about how others feel, it will make things better for people we care about and for us as well! We'll all be happier.

****for the sake of time, Division Leaders can share this during the Skill Demo****

Perspective is important when we're playing soccer, too. Having good perspective on the soccer field is especially important for tonight's skill of dribbling. If I have the ball, it's important for me to have my head up so I can what? See my teammates, yes. See the other team who might be trying to get the ball from me. See where there are openings on the field so I can kick the ball into open space. If I have my head down when I have the ball, what happens to my perspective? It shrinks from this size (hands far apart) to THIS size (hands really close together). My perspective becomes so limited that I can't even be a good team player (remember last night's value? what was it? Teamwork!). Keeping good perspective of the WHOLE soccer field by keeping our heads up when we dribble, and looking around for where we can get open when we don't have the ball, will make us better soccer players and better team players!

optional: have hero of the night come say a few words on why teamwork is important on and off the soccer field. (see script below for local hero questions and Tim Howard's "interview.")

Alright, so now that we've heard why PERSPECTIVE is important, remember to set a team goal for practicing perspective and dribbling tonight!

4. (Wednesday Value Intro: Perseverance)

Like last night, tonight's value is an interesting word that may be new to some of you: PERSEVERANCE. Does anyone know this word? PERSEVERANCE is a fun and important value of sticking with things even when they might be hard, and it comes in handy both in our lives and on the soccer field.

When I say, 'Heroes got'....you say 'PERSEVERANCE.' Heroes got....._____ !

PERSEVERANCE SKIT:

By now, 3 'actors' should be up front, and positioned for a mini shootout scrimmage (goalie, defender, shooter; or just 2 people: shooter and defender).

"But anyway, we all know why we're here, right? To play some SOCCER! (Woo!) So let's get started!

Shooter takes a ball, starts to dribble toward the goal/defender, and goes to take a big shot on goal... but SLIPS or TRIPS over the ball and falls over, dramatically.

"Hahaha!" *Defender or goalie laughs, points, really plays up the 'slapstick comedy' so the kids get all riled up laughing also.*

Shooter: Ugh, again?! I'm so embarrassed I can't stand it. Two nights in a row, and I try to kick the ball so hard I fall over! What is wrong with me? I knew I'm no good at soccer.

Defender: Hey no, don't think that way. Last night I really learned a lot from taking your perspective and understanding how we ALL get nervous, scared, lonely, frustrated, and so on. Even though we laughed at you then, we all imagined what it would be like to be in each other's shoes, and we got to be better friends and soccer players. And what did we do? We kept playing!

Shooter: Yeah? So what's your point?

Defender: Well, when I say "Heroes got...", you say...?

Shooter: (Grumpily, shy, etc) Perseverance.

Defender: I can't hear you!

Shooter: Perseverance!

Defender: Which means we don't have to give up or feel bad about ourselves when it doesn't go our way. We can pick ourselves up, brush ourselves off, and keep playing! That's the only way to make a difference... and to have fun!

Perseverance is the choice not to give up when things are hard but instead to keep going and push ourselves to do what we might think we aren't able to. When we're at school we persevere to keep studying and figure out the problems that we think we can't solve. When you're on the soccer field and you get tired, you persevere to keep running, keep passing, keep playing defense. Perseverance is a lifelong skill that helps us overcome obstacles when we are faced with the choice to give up and quit.

optional: have hero of the night come say a few words on why perseverance is important on and off the soccer field. (see script below for local hero questions and

Malala Yousafzai's "interview.")

Alright, so now that we've heard why perseverance is important, once we are dismissed and are divided into our teams for the week, we'll set a team goal for practicing perseverance, as well as our controlling & throw-ins tonight!

5. (Thursday Value Intro: Sportsmanship)

Tonight's value is ... SPORTSMANSHIP. When I say, 'Heroes got'....you say 'SPORTSMANSHIP.' Heroes got....._____ !

Sportsmanship is an important value to soccer and to our lives because it's how we treat people when we are playing with or against them.

Being a good sport means thinking about how your actions affect the people around you. Do you want to be the kind of person who makes other people feel better or worse? At home, you can help your family by cleaning up your stuff or taking a minute to say how much you love them. At school, you can say thank you to the people who work in your building or say hi to someone you don't normally talk to much.

SPORTSMANSHIP SKIT:

By now, 3 'actors' should be up front, and positioned for a mini shootout scrimmage (goalie, defender, shooter; or just 2 people: shooter and defender).

"But anyway, we all know why we're here, right? To play some SOCCER! (Woo!) So let's get started!

Shooter takes a ball, starts to dribble toward the goal/defender, and goes to take a big shot on goal... but SLIPS or TRIPS over the ball and falls over, dramatically.

Defender: Hey, are you okay? (Helps shooter get up)

Shooter: Yeah, thanks! (brushes self off)

Goalie: Close one!

Shooter gets the ball back, shoots, and SCORES!

Goalie: Aw, man! Nice recovery, and nice shot!

Shooter: Hey, sometimes we all get lucky!

Defender: Haha, yeah. Good game, everybody! Who's ready for a break?

Players walk off together as friends, demonstrating perseverance,

sportsmanship, teamwork, and perspective taking throughout.

An example of good sportsmanship can be keeping a good attitude even when your team is losing the game, or if you don't feel like you're playing well. Good sportsmanship is not arguing on the field over a call the referee has made, but instead respecting the call and maybe even willing giving the advantage to another player or another team if there is a disagreement. When your team is winning by a lot, good sportsmanship is choosing not to brag or rubbing it in the face of the other team. Bragging is an example of bad sportsmanship. Good sportsmanship is a big part of being good soccer player, as well as a good friend, a good student, a good sibling, etc. Tonight in our teams we'll set a goal for how we can practice good sportsmanship as we work on our shooting and defending.

optional: have hero of the night come say a few words on why sportsmanship is important on and off the soccer field. (see script below for local hero questions and Robby Novak's "interview.")

Alright, so now that we've heard why SPORTSMANSHIP is important, remember to set a team goal for practicing SPORTSMANSHIP and FINISHING/DEFENDING tonight!

6. (Friday Value Intro: The Game!)

Tonight is our last night together! All week long we've learned about different values that if we follow them we will be more successful on and off the soccer field. what have they been? Monday we learned about....TEAMWORK. Tuesday....PERSPECTIVE. Wednesday...PERSEVERANCE. Thursday...SPORTSMANSHIP. Well, at Soccer Nights we think all these values are so important to keep practicing even after we leave soccer nights, whether you have plans to keep playing soccer (which we hope you will!) or not. Practicing teamwork and getting along with other people, keeping your head up to notice other people and what they are thinking, persevering through things that feel really hard to do, and having good sportsmanship in times when you're winning and times when you're losing, all of these things will help you become better soccer players, better friends, better students, better sons and daughters, brothers and sisters, and more! So tonight during our tournaments, let's remember what we've learned this week and set some goals for how we can use them all tonight to have the best night ever! If you see any heroes in action (of any age!), please be sure to tell them why you think they are a hero!

E) Local Hero Questions

1. **Who are you?** (1-2 sentences about who they are and why they are speaking at SN)

2. **What makes you a hero?** (1-2 sentences about why the value of the night is important in this person's life)
3. **What does the value of the night mean to you?** (1 story about how the value has played out in the person's life; Monday = TEAMWORK, Tuesday = PERSPECTIVE, Wednesday = PERSEVERANCE, Thursday = SPORTSMANSHIP)

G) Closing Activities and Script

1. **Recap the night** (soccer skill, value, and hero)
2. **Announce division point count**
3. **Present the Heroes of the Night (optional: have Local Hero hand out awards)**
4. **Soccer Nights Dance**

How many of you were here for Soccer Nights last year? Last year during our large group meeting we danced to a song called For the Love of the Game. This year we have a new song, with all new dance moves! We are going to show you the first moves to this song right now! (dance moves link will be sent out with curriculum)

3. **Send kids to get snack in teams and check out**

Section Three: Small Group Curriculum

A) Team Time Format

Explanation: We are continuing with last year's small group curriculum switch to "Team Time." While in previous years we have adopted a model of a separate small group values curriculum, occurring each night of programming as a someone separate entity from the soccer curriculum and staffed by a separate group of volunteers from coaching staff, we liked the simplified and more organic model that is more integrated with the soccer team experience. "Curriculum Time" is replaced by three, 5-minute segments during the night called "Team Time," where teams will take a brief pause from activity (be it drills, scrimmages, etc) to come together for relational and goal-setting time.

Each night during team time, your team should set a goal pertaining to the theme and/or skill of the night. Below you will find suggested goals each evening, but please feel free to have your team come up with an original goal each night - the suggestions are there to help if you have trouble.

Suggestions for setting team goals: Try to set a goal that includes both the soccer skill and value of the night. E.g. Tuesday's skill/theme combo is dribbling/perspective. A good goal might be *"Tonight we are to work hard to keep our heads up while we dribble so we can see the field and look for open passes."* This goal encompasses both dribbling and

perspective. Depending on your group of young people, feel free to add a bonus goal or two that relates to the Hero of the Night in order to challenge your team. You can also add or change goals over the course of the evening to properly incentivize your team.

Why did we keep Team Time instead of Curriculum Time? While there have been things we have loved about small group curriculum time, one of the drawbacks was that the separation between the soccer and values curricula at Soccer Nights often contributed to kids (and sometimes volunteers, too) developing a mentality of “let’s just get through this so we can get back to soccer.” At Soccer Nights, among our three core values we hold leadership development in as just as high regard as we do athletic skill, so we don’t want character and leadership values to be written off as “that thing we have to listen to.” Both our soccer skills and values are important, so we hope that this model allows both adults and young people to capitalize on the natural intersection of the two. This year, we have added in the Heroes as concrete examples and a lens through which to look at the skills and values.

B) Nightly Team Time Content

Monday: Teamwork & Passing

Team Time #1 (before drill work)

- **Objectives:**
 - learn names
 - create team name
 - Set goal for the night!
 - *possible goals:*
 - *Tonight we’ll pass X number of times before we shoot.*
 - *Tonight everyone on the team will touch the ball.*
 - *Tonight we’ll make sure everyone on the team will get to share at some point during team time.*
 - review Hero of the Night: KAITI AND BRIAN
 - How do KAITI AND BRIAN show TEAMWORK?
 - How can our team show TEAMWORK?

Team Time #2 (before scrimmage)

- **Objectives:**
 - Review names
 - Check in on team goal for the night:
 - how are we doing so far?
 - what could we do to improve?
 - if we’ve already reached it, what could we add to challenge ourselves?
 - who has shown the value of TEAMWORK like KAITI AND BRIAN?

when?

Team Time: #3 (after scrimmage)

- **Objectives**
 - Check in on team goal for the night:
 - how did we do?
 - what could we do to improve as a team for tomorrow?
 - what did you learn tonight about passing? (1-2 ppl share)
 - what did you learn tonight about teamwork? (1-2 ppl share)
 - what did you learn tonight about our heroes? (1-2 ppl share)

Tuesday: Perspective & Dribbling

Team Time #1 (Before drill work)

- **Objectives:**
 - Review names, welcome new players
 - Recap last night's goal
 - Set goal for the night!
 - *possible goals:*
 - *Tonight we'll all keep our heads up while we dribble so we can see the field and look for open passes.*
 - *Tonight we'll graciously and cheerfully take turns playing positions we don't want to play so everyone can have a chance to play the position they want.*
 - Review Hero of the Night: Boston Breakers
 - talk about skit
 - How do BOSTON BREAKERS show PERSPECTIVE?
 - How does our team show PERSPECTIVE?

Team Time #2 (before scrimmage)

- **Objectives:**
 - Check in on team goal for the night:
 - how are we doing so far?
 - what could we do to improve?
 - if we've already reached it, what could we add to challenge ourselves?
 - who has shown the value of PERSPECTIVE like BOSTON BREAKERS?
when?

Team Time: #3 (after scrimmage)

- **Objectives**
 - Check in on team goal for the night:
 - how did we do?

- what could we do to improve as a team for tomorrow?
- What did you learn tonight about dribbling? (1-2 ppl share)
- What did you learn tonight about perspective? (1-2 ppl share)
- what did you learn tonight about our heroes? (1-2 ppl share)

Wednesday: Perseverance, Controlling/Throw-ins

Team Time #1 (before drillwork)

- **Objectives:**
 - Review names, welcome new players
 - Recap last night's goal
 - Set goal for the night!
 - *possible goals:*
 - *Tonight as a team we will give 110% and challenge ourselves to keep going even when we are tired, or if we are losing and discouraged.*
 - *We will individually identify something we really need work on (could be soccer skill or character/behavior related) and we'll work hard to improve in that during the night.*
 - Review Hero of the Night: VICE MAYOR BENZAN
 - talk about skit
 - How does VICE MAYOR BENZAN show PERSEVERANCE?
 - How does our team show PERSEVERANCE?

Team Time #2 (before scrimmage)

- **Objectives:**
 - Check in on team goal for the night:
 - How are we doing so far?
 - what could we do to improve?
 - if we've already reached it, what could we add to challenge ourselves?
 - who has shown the value of PERSEVERANCE like VICE MAYOR BENZAN? when?

Team Time: #3 (after scrimmage)

- **Objectives**
 - Check in on team goal for the night:
 - how did we do?
 - what could we do to improve as a team for tomorrow?
 - what did you learn tonight about controlling/throw-ins? (1-2 ppl share)
 - what did you learn tonight about perseverance? (1-2 ppl share)
 - what did you learn tonight about our hero? (1-2 ppl share)

Thursday: Sportsmanship, Shooting/Defending

Team Time #1 (before drillwork)

- **Objectives:**
 - Recap last night's goal
 - Set goal for the night!
 - *possible goals:*
 - *Throughout the night during team time each team member says a shout out of encouragement to someone else on the team.*
 - *As a team we work to be kind and vocally encouraging to the other team during our scrimmage, whether we are winning or losing.*
 - Review Hero of the Night: Crew member TBD
 - talk about skit
 - How does CREW ____ show SPORTSMANSHIP?
 - How does our team show SPORTSMANSHIP?

Team Time #2 (before scrimmage)

- **Objectives:**
 - Check in on team goal for the night:
 - how are we doing so far?
 - what could we do to improve?
 - if we've already reached it, what could we add to challenge ourselves?
 - who has shown the value of SPORTSMANSHIP like Crew member, _____? when?

Team Time: #3 (after scrimmage)

- **Objectives**
 - Check in on team goal for the night:
 - how did we do?
 - what could we do to improve as a team for tomorrow?
 - what did you learn tonight about finishing & defending? (1-2 ppl share)
 - what did you learn tonight about sportsmanship? (1-2 ppl share)
 - what did you learn tonight about our hero? (1-2 ppl share)

Friday: The Game! Tournament Night

Team Time #1 (before tournament begins)

- **Objectives:**
 - Recap last night's goal
 - Set goal for the night!

- *possible goals:*
 - *during tonight's tournament, we will work together to embody the four values (teamwork, perspective, perseverance, sportsmanship) and the four skills (passing, dribbling, controlling/throw-ins, finishing/defending)*
 - *LOCAL: during tonight's tournament, we will practice being like our heroes:*
 - *Kaiti and Brian*
 - *Boston Breakers*
 - *Vice Mayor Benzan*
 - *Crew member, _____*
 - *GENERAL: during tonight's tournament, we will practice being like our heroes:*
 - *Mia Hamm*
 - *Tim Howard*
 - *Malala Yousafzai*
 - *Robby Novak, Kid President*

Team Time #2 (during tournament, between rounds)

- **Objectives:**
 - Check in on team goal for the night:
 - how are we doing so far?
 - what could we do to improve?
 - if we've already reached it, what could we add to challenge ourselves?
 - LOCAL: who has shown a soccer nights value tonight? when?
 - Kaiti and Brian → Teamwork
 - Boston Breakers → Perspective
 - Vice Mayor Benzan → Perseverance
 - Crew Member → Sportsmanship
 - GENERAL: who has shown a soccer nights value tonight? when?
 - Mia Hamm → Teamwork
 - Tim Howard → Perspective
 - Malala Yousafzai → Perseverance
 - Robby Novak, Kid President → Sportsmanship

Team Time: #3 (end of tournament)

- **Objectives**
 - Check in on team goal for the night:
 - how did we do?
 - what could we have done differently?
 - What is something new you've learned or improved in during the week in soccer skills?
 - What is something new you've learned or improved in during the week in the four values (teamwork, perspective, perseverance, sportsmanship) ? *(have everyone share something either soccer or values related)*
 - Who is your favorite Hero of the Night? What makes that person a hero? What makes that person your favorite?

Section Four: Hero Biographies and Interviews

Note: At an earlier iteration of the curriculum, we decided to focus on local and world heroes that exemplified the value of the night. As we refined the curriculum, we at North Cambridge opted to focus on skits and community members to illustrate the values, but we wanted to offer these alternatives to other sites in case they were helpful for sites that focus on small groups activities or other alternative structures. Also, not everyone knows all of these heroes, so it is important to provide context to explain who they are and why they are important, as well as how they show the value. This is especially true for the youngest in the audience.

Each of the general heroes' sections are structured to provide three potentially helpful ways to access the material:

- I. **At-a-glance:** This section shares about 5 facts that provide context for the hero, as well as how the value relates to his or her life. This may be helpful for **coaches** during **Team Time**.
- II. **Interview:** This fictional question and answer section may be used in a **large group** setting to share some of the pertinent information about the hero and value. (The interviews are also included as one block at the end of this section.)
- III. **Biography:** This section shares information about the person's life in prose. This may be helpful for **core team members** and other people involved with the **values curriculum**.
- IV. **Resources:** This is a list of the resources used to compile the above sections.

A. Local Hero Biographies

Here is some information about some of the local heroes that will be coming to the North

Cambridge site.

Dennis Benzan (from his Facebook profile):

Vice Mayor Benzan grew up in Cambridge, and graduated from Cambridge Rindge and Latin. Afterwards, he graduated from Howard University and Roger Williams School of Law before working as a lawyer in Cambridge. He is currently serving on the City Council as Vice Mayor. Today he is the father of eight-year-old twins, India and Matteo, and the husband of Tanya Bacci-Benzan, a vice principal at Vassal Lane Upper School in Cambridge. Both he and his wife grew up in Cambridge and are proud to be raising their children here. The Cambridge community taught them to be engaged civically and to want to give back to their communities.

Cambridge with all its opportunities, all its diversity, and all its wonders helped to shape the Vice Mayor. It supported his first efforts at real leadership when, in 1990, he and a group of fellow Cambridge Rindge and Latin High School (CRLS) students formed S.A.V.E., Students Against Violence and for Equality, in response to the violent death in the community of two young men, Jessie McKie and Rigoberto Carriòn. He worked his way through college as a carpenter and builder while squeezing in time to direct the City of Cambridge Youth Summer Jobs Program in the early to mid-90s, when Cambridge was revolutionizing youth advocacy work. Vice Mayor Benzan wants bolster this community of opportunity. He is working to connect Cambridge's continued development with the neighborhoods, working families, and the young people who are Cambridge's future.

Boston Breakers

The Boston Breakers are a professional women's team in the Women's Professional Soccer League. They play their home games at Soldiers Field Soccer Stadium in Allston, MA. In 2011, the Boston Breakers were well-represented at the FIFA Women's World Cup with eight members of the team playing for three separate countries - **Lauren Cheney, Rachel Buehler, Stephanie Cox, Kelley O'Hara, Amy LePeilbet**, all for U.S, **Kelly Smith** and **Alex Scott** for England, and **Aya Sameshima** for Japan. They look forward to another great Women's World Cup this year.

<http://www.bostonbreakerssoccer.com/ABOUT/HISTORY/index E.html>

B. General Hero Biographies

Throughout the week, different heroes will be highlighted in both small and large group. Here is some information about some general heroes that may be used if there is not a

specific local hero for the evening.

Mia Hamm

i. At a glance:

- She was born with a clubfoot (her foot turned in at the ankle) and wore special shoes as she was growing up to fix it.
- When she was five, her family adopted her older brother, Garrett. He had a blood disease. When he passed away, Mia started an organization that raises money for people with blood disorders.
- Mia's father was in the military, so their family moved a lot. Mia started playing soccer when her family lived in Italy.
- In middle school, Mia played on her school's football and Little League teams before choosing to focus on soccer.
- At fifteen, Mia was the youngest player ever to play on the Women's USA National team.
- She helped Team USA win both the first Women's World Cup and the first Women's Olympic soccer matches (the latter with a sprained ankle), paving the way for professional women's soccer.
- Soccer and academics were always very important to Mia; she worked really hard to graduate from high school a year early, went to college, and took one year off in the middle in order to play in the first Women's World Cup.

ii. Interview: MIA HAMM (Monday)

a. **Who are you?** I am a retired soccer player who helped Team USA win the first Women's World Cup and the first Women's Olympic soccer matches. I am also married to former Red Sox shortstop, Nomar Garciaparra.

b. **What makes you a hero?** With my teammates, I worked really hard to make women's soccer a professional sport. Men had been playing in World Cup matches for sixty years before FIFA opened it up to women. I am proud to be a member of the first women's teams for both the World Cup and Olympics.

c. **What does TEAMWORK (the value of the night) mean to you?** Teamwork goes beyond what happens on the soccer field. My parents adopted by older brother, Garrett, when I was five years old. We moved a lot growing up, and he always invited me to play sports with him and his new friends. After that first Olympic game, Garrett got really sick with a blood disease. Doctors were not able to help him, and he died. I started an organization to raise money to help other people who have similar blood

diseases. “I have been blessed by many things, but I would give back any of these victories to have Garrett’s life back.” Since I can’t do that, I am working really hard to help other Garretts in the world. (Zarzyvki’s *Mia Hamm*)

iii. Biography

“Mia Hamm was a pioneer in not just soccer, but in women’s sports. She dominated her sport the way Michael Jordan changed basketball” (Nick Herbold, email).

Hamm was born the fourth child of a family of six. She had a clubfoot (which means her ankle turned inwards) had to wear corrective shoes as a young child. Hamm’s father was in the military, so they moved often. When she was five, her family adopted her older brother, Garrett. At age seven, Hamm was introduced to the game of soccer when they were living in Italy.

Hamm was a natural athlete. Her older brother, Garrett, encouraged her to play sports with his friends and him. In middle school, she was the only girl on the middle school football team and one of a few playing Little League in Texas. Eventually, she focused on soccer, and she became well-recognized for her talent.

At age fifteen, Hamm was the youngest player selected to play on the women’s national team in the United States. She played in the first ever Women’s World Cup, as well as the first women’s Olympic soccer match; Team USA won both matches. Hamm finished high school a year early to play collegiately, and then took a year off in the middle of her college career to compete in the World Cup.

Shortly after the Olympic game, Hamm’s brother Garrett got really sick with a blood disease. He passed away shortly thereafter, and Hamm establish an organization to raise money to help fight blood diseases. She said, “I have been blessed by many things, but I would give back any of these victories to have Garrett’s life back.”

Hamm retired in 2004, shortly after she married former Red Sox shortstop, Nomar Garciaparra. They have twin girls and a boy.

iv. Resources about Mia Hamm

Armentrout, David and Patricia. *Mia Hamm: Discover the Life of a Sports Star*. Vero Beach, Florida: Rourke Publishing LLC, 2004.

Currie, Stephen. *Mia Hamm: Stars of Sport*. New Haven, Thomson Gale KidHaven Press, 2003.

Gagne, Tammy. *Day by Day with Mia Hamm*. Hockessin, Delaware: Mitchell Lane Publishers, 2013.

http://en.wikipedia.org/wiki/Mia_Hamm

Zarzycki, Daryl Davis. *Mia Hamm: Soccer Star*. A Robbie Reader. Hockessin, Delaware: Mitchell Lane Publishers, 2005.

Tim Howard

i. At a glance:

- He plays keeper for English club teams and American national teams.
- He has dual citizenship because his mother is from Hungary.
- He has Tourette's, which is a condition that means he sometimes can't control all of his movements.
- He earned MLS's Humanitarian of the Year in 2001 for his work with kids with Tourette's.
- He has broken bones during games and kept playing until the end.
- He is one of few goalies who have scored goals during professional games.
- He was the 11th oldest player in the World Cup last year.
- He was drafted by the Harlem Globetrotters in 2009.

ii. Interview: TIM HOWARD (Tuesday)

a. **Who are you?** I am a goalkeeper who plays for English club teams and Team USA. As a kid, I was really hyper and I discovered that I have Tourette's Syndrome, which means sometimes I can't control how my body moves. My mom worked two jobs to help pay for my sports fees, and I am so thankful to her for that.

b. **What makes you a hero?** Growing up was tough at times, because some kids made fun of me in middle school. I know what that's like. Since that time, I've worked really, really hard to think about how people feel and to be kind to them.

c. **What does PERSPECTIVE (the value of the night) mean to you?** When I first started playing for the Premier League in the UK, I allowed a goal that the coaches and fans thought that I should have stopped. I sat on the bench for two years, before they traded me to a different team. I had a lot of time to reflect on how that feels, and I try to think about other people and how my actions affect them.

iii. Biography

Tim Howard plays keeper for English club teams and American national teams. He grew up in New Jersey, and his parents got divorced when he was _____. He was raised by his mother. Because she is from Hungary originally, he is a citizen of both countries. Howard has Tourette's syndrome, which is a condition that means he sometimes can't control all of his movements.

Howard is an incredible athlete, and has worked really hard to achieve his success. He was drafted by Major League Soccer right out of high school. Howard has broken bones during games and kept playing until the end. He is one of few goalies who have scored

goals during professional games. Howard was drafted by the Harlem Globetrotters in 2009.

Last year's World Cup game made him even more famous. In the game against Belgium, he saved fifteen shots, the most for any goalkeeper in a World Cup game. He was the 11th oldest player in the World Cup last year.

He earned MLS's Humanitarian of the Year in 2001 for his work with kids with Tourette's. He supports animal rights (he was in a PETA advertising campaign against wearing fur).

iv. Resources about Tim Howard

Fishman, Jon M. *Tim Howard*. Minneapolis: Lerner Publications, 2015.

Howard, Tim, with Ali Benjamin. *The Keeper: The Unguarded Story of Tim Howard*. HarperCollins, 2014.

Malala Yousafzai

i. At a glance:

- fought for education for girls in Pakistan
- was hurt by the Taliban because she talked to lots of people about wanting girls to have equal access to schools
- she recovered, and has continued to fight for girls' rights to education
- won the Nobel Peace Prize
- now lives in England and continues to fight for everyone's right to be educated

ii. Interview: MALALA YOUSAFZAI (Wednesday)

a. **Who are you?** I am a 17 year old girl from Pakistan who fights for the right for girls to go to school. In 2014, won the Nobel Peace prize for my work.

b. **What makes you a hero?** In Pakistan, I was fighting to help girls go to school, and some people wanted to stop me. They hurt me, and I had to be flown to England to get better. Now I can't go home, because they might try to hurt me again, but I keep fighting for kids everywhere to be able to go to school and learn.

c. **What does PERSEVERANCE (the value of the night) mean to you?** When I was in the hospital in England after I was hurt, it was really

hard to keep going. I realized that because I was now more famous because I had been hurt, I needed to tell people how important education is for all people, boys and girls. Sometimes I get really homesick for Pakistan, but I can't go back now, so I have to keep fighting to help girls go to school.

iii. Biography

Malala Yousafzai grew up in northwestern Pakistan, and began blogging about the Taliban when she was just 11. She publicly fought for girls' rights to attend school. When she was 14, she took the bus to school and the Taliban boarded the bus and shot her in the head.

Yousafzai was flown to the UK where she recovered. Just nine months after she was shot, she gave a now-famous speech to the United Nations, in New York City: "They thought that bullets would silence us. But they failed. And then, out of that silence came thousands of voices... Weakness, fear and hopelessness died. Strength, power, and courage was born."

In 2014, at age sixteen, Yousafzai won the Nobel Peace Prize; she was the youngest person ever to receive it. Since then, she has continued to stand up for children's rights, most specifically, girls' rights for schooling and education.

iv. Resources about Malala Yousafzai

Hansen, Grace. *Malala Yousafzai: Education Activist*. Minneapolis, Minnesota: Abdo Kids, 2015.

<http://www.timeforkids.com/news/malala-yousafzai/195376>

Robby Novak, Kid President

i. At a glance:

- 10 year old with over 30 million views on YouTube for Kid President video
- has osteogenesis imperfecta (brittle bone disease); has had over 70 broken bones and 13 surgeries; has rods in his legs
- doctors predicted he would never walk, and he now dances whenever he can
- Encourages people to "treat everybody like it's their birthday. Every day."
- "If life is a game, aren't we all on the same team? Then let's start acting like it. We need to work together and stop being bullies."

ii. Interview: ROBBY NOVAK (Thursday)

a. **Who are you?** I am a ten year old kid who started the "Kid President" youtube videos with my brother-in-law, Brad Montague.

b. **What makes you a hero?** I have osteogenesis imperfecta,

which means that my bones break really easily. Even though I have had over 70 broken bones, I keep dancing, and I want to make the world even more awesome.

c. What does SPORTSMANSHIP (the value of the night) mean to you? I think that we should always treat everybody like it's their birthday. This doesn't mean that I always give people presents and birthday cake every day. "This is about remembering to celebrate people every day. This rule applies not just to people who are your friends, but to everybody. It changes the way you see people, talk to people, and treat people. Try it next time you're out anywhere. It can be the lady at the checkout line of the grocery store, the guy picking up trash, or the person walking their dog in the park. You don't have to yell 'HAPPY BIRTHDAY!' or hand out balloons. Just give them your time and do whatever you can to let them know you think they're worth celebrating. Everybody's worth celebrating. Everybody matters. Take time to let them know. Every day." "If life is a game, aren't we all on the same team? Then let's start acting like it. We need to work together and stop being bullies." (*Kid President's Guide to being Awesome*)

iii. Biography

Robby Novak is a ten year old kid who started the YouTube sensation, "A Pep Talk from Kid President to You." His brother-in-law, Brad Montague, helped him to create the video that has over 30 million views on YouTube. Adopted when they were young, Robby and his sister, Lexi, have osteogenesis imperfecta, which makes their bones fragile. Robby has had over 70 fractures and 13 surgeries during his ten years. The steel rods in his legs do not keep him from dancing. His inspirational story is accompanied by memorable quotations, like "Treat everybody like it's their birthday every single day," and "If life is a game, aren't we all on the same team? Then let's start acting like it. We need to work together - and stop being bullies."

iv. Resources about Robby Novak

<http://www.oprah.com/spirit/Robby-Novak-Kid-Presidents-Life-Lessons#ixzz3VQY43YC3>

http://en.wikipedia.org/wiki/Robby_Novak

<http://www.cbsnews.com/pictures/the-inspiring-life-of-the-kid-president/>

<http://www.entrepreneur.com/article/230999>

<http://www.oprah.com/spirit/Robby-Novak-Kid-Presidents-Life-Lessons#ixzz3VQY43YC3>

Montague, Brad and Robby Novak. *Kid President's Guide to Being Awesome*. New York, Harper, 2015.

F) General Hero Interview Scripts

1. MIA HAMM (Monday)

a. **Who are you?** I am a retired soccer player who helped Team USA win the first Women's World Cup and the first Women's Olympic soccer matches. I am also married to former Red Sox shortstop, Nomar Garciaparra.

b. **What makes you a hero?** With my teammates, I worked really hard to make women's soccer a professional sport. Men had been playing in World Cup matches for sixty years before FIFA opened it up to women. I am proud to be a member of the first women's teams for both the World Cup and Olympics.

c. **What does TEAMWORK (the value of the night) mean to you?** Teamwork goes beyond what happens on the soccer field. My parents adopted by older brother, Garrett, when I was five years old. We moved a lot growing up, and he always invited me to play sports with him and his new friends. After that first Olympic game, Garrett got really sick with a blood disease. Doctors were not able to help him, and he died. I started an organization to raise money to help other people who have similar blood diseases. "I have been blessed by many things, but I would give back any of these victories to have Garrett's life back." Since I can't do that, I am working really hard to help other Garretts in the world. (Zarzyvki's *Mia Hamm*)

2. TIM HOWARD (Tuesday)

a. **Who are you?** I am a goalkeeper who plays for English club teams and Team USA. As a kid, I was really hyper and I discovered that I have Tourette's Syndrome, which means sometimes I can't control how my body moves. My mom worked two jobs to help pay for my sports fees, and I am so thankful to her for that.

b. **What makes you a hero?** Growing up was tough at times, because some kids made fun of me in middle school. I know what that's like. Since that time, I've worked really, really hard to think about how people feel and to be kind to them.

c. **What does PERSPECTIVE (the value of the night) mean to you?** When I first started playing for the Premier League in the UK, I allowed a goal that the coaches and fans thought that I should have stopped. I sat on the bench for two years, before they traded me to a different team. I had a lot of time to reflect on how that feels, and I try to think about other people and how my actions affect them.

3. MALALA YOUSAFZAI (Wednesday)

a. **Who are you?** I am a 17 year old girl from Pakistan who fights for the right for girls to go to school. In 2014, won the Nobel Peace prize for my work.

b. **What makes you a hero?** In Pakistan, I was fighting to help girls go to school, and some people wanted to stop me. They hurt me, and I had to be flown to England to get better. Now I can't go home, because they might try to hurt me again, but I keep fighting for kids everywhere to be able to go to school and learn.

c. **What does PERSEVERANCE (the value of the night) mean to you?** When I was in the hospital in England after I was hurt, it was really hard to keep going. I realized that because I was now more famous because I had been hurt, I needed to tell people how important education is for all people, boys and girls. Sometimes I get really homesick for Pakistan, but I can't go back now, so I have to keep fighting to help girls go to school.

4. **ROBBY NOVAK** (Thursday)

a. **Who are you?** I am a ten year old kid who started the "Kid President" youtube videos with my brother-in-law, Brad Montague.

b. **What makes you a hero?** I have osteogenesis imperfecta, which means that my bones break really easily. Even though I have had over 70 broken bones, I keep dancing, and I want to make the world even more awesome.

c. **What does SPORTSMANSHIP (the value of the night) mean to you?** I think that we should always treat everybody like it's their birthday. This doesn't mean that I always give people presents and birthday cake every day. "This is about remembering to celebrate people every day. This rule applies not just to people who are your friends, but to everybody. It changes the way you see people, talk to people, and treat people. Try it next time you're out anywhere. It can be the lady at the checkout line of the grocery store, the guy picking up trash, or the person walking their dog in the park. You don't have to yell 'HAPPY BIRTHDAY!' or hand out balloons. Just give them your time and do whatever you can to let them know you think they're worth celebrating. Everybody's worth celebrating. Everybody matters. Take time to let them know. Every day." "If life is a game, aren't we all on the same team? Then let's start acting like it. We need to work together and stop being bullies." (*Kid President's Guide to being Awesome*)