STORY OF THE THREE PIGS

Once upon a time there were three little pigs and the time came for them to leave home and seek their fortunes. Before they left, their mother told them “Whatever you do, do it the best that you can because that’s the way to get along in the world.

The first little pig built his house out of straw because it was the easiest thing to do. The second little pig built his house out of sticks. This was a little bit stronger than a straw house. The third little pig built his house out of bricks.

One night the big bad wolf, who dearly loved to eat fat little piggies, came along and saw the first little pig in his house of straw. He said “Let me in, Let me in, little pig or I’ll huff and I’ll puff and I’ll blow your house in!” “Not by the hair of my chinny chin chin”, said the little pig. But of course the wolf did blow the house in and ate the first little pig.

The wolf then came to the house of sticks. “Let me in, Let me in little pig or I’ll huff and I’ll puff and I’ll blow your house in” “Not by the hair of my chinny chin chin”, said the little pig. But the wolf blew that house in too, and ate the second little pig.

The wolf then came to the house of bricks. “Let me in, let me in” cried the wolf “Or I’ll huff and I’ll puff till I blow your house in” “Not by the hair of my chinny chin chin” said the pigs. Well, the wolf huffed and puffed but he could not blow down that brick house.

But the wolf was a sly old wolf and he climbed up on the roof to look for a way into the brick house.

The little pig saw the wolf climb up on the roof and lit a roaring fire in the fireplace and placed on it a large kettle of water.

When the wolf finally found the hole in the chimney he crawled down and KERSPLASH right into that kettle of water and that was the end of his troubles with the big bad wolf.

The next day the little pig invited his mother over. She said “You see it is just as I told you. The way to get along in the world is to do things as well as you can.” Fortunately for that little pig, he learned that lesson. And he just lived happily ever after!
AFFIRMATIONS

1. The more I like myself, the more others will like me.
2. I am becoming better with each day.
3. I am happy to be here.
4. I have people who care about me and will help me if I need it.
5. I will ask for help if I need it.
6. I am always learning more about who I am and what matters to me.
7. I understand that my actions become habits so I will try to do the right thing.
8. I love and respect my family for all they do for me.
9. I am an intelligent being, but I don't know everything.
10. I am proud to represent the values that matter to me and my community.
11. I love myself.
12. I feel lucky to have the opportunities that I do.
13. My dreams are achievable.
14. The only people who may be judging me are the people who are most afraid of being judged.
15. In 5 years it is not going to matter what I wore today.
16. In 15 years the only thing that will remain is what I have learned.
17. My first love will probably not be my only love, and I'm ok with that.
18. People can be mean, but it only reflects the kind of person they are.
19. I am happy. Who else am I trying to please?
20. I accept and love the way I look without comparing myself to others.
21. A six-pack does not need to be standard. In either form.
22. I am completely unique and therefore, there are no rules to what I am and am not.
23. I give myself permission to do what is best for me.
24. I admit that I may not always know what is best for me, so I am open to advice from people who I respect.
25. I do not need to share every personal detail with my entire social network.
26. I am responsible with my technology.
27. My opinion matters.
28. I acknowledge that sometimes it is not appropriate to voice my opinion.
29. I care about what is going on in the world.
30. I can say no, and no will mean no.
31. I stand up for myself because I matter.
32. I love myself unconditionally.
33. I see the beauty in stopping to appreciate my blessings.
34. I am not in a race, there is plenty of time.
35. Reputation is important, but it is not defining.
36. My friends are not always right.
37. I am not lost, I’m still creating myself.
38. When there is a bump in the road, I keep going.
39. If someone is trying to bring me down, it means I am above them.
40. I have all the tools to be successful.
41. Though times may be difficult, they will eventually get better.
42. I do not regret yesterday and I am excited for tomorrow.
43. This is only the beginning.
44. I will do better next time.
45. I haven’t even seen what I am capable of yet.
46. I will savor my youth.
47. I do not wish for age but instead experiences and knowledge.
48. I will do today what I will appreciate tomorrow.
49. I begin my day by affirming the positive and end my day with gratitude.
IT’S HOW YOU SEE IT

Scenario 1:
Alex has finally been selected to play in the Cricket A team this weekend. When the weekend arrives it rains all weekend and cricket is washed out.

Scenario 2:
Lily is trying out for the lead role in the school play.

Scenario 3:
Hunter has been invited to a birthday party, he doesn’t know who else is going that he knows.

Scenario 4:
Sam is about to get her school report.
<table>
<thead>
<tr>
<th>Scenarios</th>
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<tbody>
<tr>
<td>1. You overhear someone talking badly about you behind your back.</td>
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<td>2. Your dog/pet dies.</td>
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<td>3. You get the winning point for your sports team.</td>
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<td>4. You receive the scholarship you applied for.</td>
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<td>5. You get into the school play.</td>
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<td>6. Everyone else has been invited to an awesome party, except for you...</td>
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<td>7. You have been accused of something you didn’t do.</td>
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<td>8. You were playing footy and you kicked the ball through a window,</td>
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<td>smashing the glass, which has in turn hurt someone.</td>
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<td>9. You can’t find your phone.</td>
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<td>10. Your best friend has dumped you for someone else</td>
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Activity

Create a funny skit

Find some (appropriate) jokes to tell

Design a playlist of emotion changing songs

Organise a physical activity

Present to the class why water is a mood changer
1. What do you call a dinosaur that is sleeping?  
A dino-snore!

2. What is fast, loud and crunchy?  
A rocket chip!

3. Why did the teddy bear say no to dessert?  
Because she was stuffed.

4. What has ears but cannot hear?  
A cornfield.

5. What did the left eye say to the right eye?  
Between us, something smells!

6. What do you get when you cross a vampire and a snowman?  
Frost bite!

7. What did one plate say to the other plate?  
Dinner is on me!

8. Why did the student eat his homework?  
Because the teacher told him it was a piece of cake!

9. When you look for something, why is it always in the last place you look?  
Because when you find it, you stop looking.

10. What is brown, hairy and wears sunglasses?  
A coconut on vacation.

11. Two pickles fell out of a jar onto the floor. What did one say to the other?  
Dill with it.

12. What did the Dalmatian say after lunch?  
That hit the spot!

13. Why did the kid cross the playground?  
To get to the other slide.

14. How does a vampire start a letter?  
Tomb it may concern…

15. What do you call a droid that takes the long way around?  
R2 detour.

16. How do you stop an astronaut’s baby from crying?  
You rocket!

17. Why was 6 afraid of 7?  
Because 7, 8, 9

18. What is a witch’s favorite subject in school?  
Spelling!

19. When does a joke become a “dad” joke?  
When the punchline is a parent.

20. How do you make a lemon drop?  
Just let it fall.

21. What did the limestone say to the geologist?  
Don’t take me for granite!

22. What do you call a duck that gets all A’s?  
A wise quacker.

23. Why does a seagull fly over the sea?  
Because if it flew over the bay, it would be a baygull.

24. What kind of water cannot freeze?  
Hot water.

25. What kind of tree fits in your hand?  
A palm tree!

26. Why did the cookie go to the hospital?  
Because he felt crummy.

27. Why was the baby strawberry crying?  
Because her mom and dad were in a jam.

28. What did the little corn say to the mama corn?  
Where is pop corn?

29. What is worse than raining cats and dogs?  
Hailing taxis!

30. How much does it cost a pirate to get his ears pierced?  
About a buck an ear.

31. Where would you find an elephant?  
The same place as you lost her!

32. How do you talk to a giant?  
Use big words!

33. What animal is always at a baseball game?  
A bat.

34. What falls in winter but never gets hurt?  
Snow!

35. What do you call a ghost’s true love?  
His ghoul-friend.

36. What building in New York has the most stories?  
The public library!

37. What did one volcano say to the other?  
I lava you!

38. How do we know that the ocean is friendly?  
It waves!

39. What is a tornado’s favorite game to play?  
Twister!
40. How does the moon cut his hair?  
Eclipse it.

41. How do you get a squirrel to like you?  
Act like a nut!

42. What do you call two birds in love?  
Tweetharts!

43. How does a scientist freshen her breath?  
With experi-mints!

44. How are false teeth like stars?  
They come out at night!

45. How can you tell a vampire has a cold?  
She starts coffin.

46. What's worse than finding a worm in your apple?  
Finding half a worm.

47. What is a computer's favorite snack?  
Computer chips!!

48. Why don't elephants chew gum?  
They do, just not in public.

49. What was the first animal in space?  
The cow that jumped over the moon

50. What did the banana say to the dog?  
Nothing. Bananas can't talk.

51. What time is it when the clock strikes 13?  
Time to get a new clock.

52. How does a cucumber become a pickle?  
It goes through a jarring experience.

53. What do you call a boomerang that won't come back?  
A stick.

54. What do you think of that new diner on the moon?  
Food was good, but there really wasn't much atmosphere.

55. Why did the dinosaur cross the road?  
Because the chicken wasn't born yet.

56. Why can't Elsa have a balloon?  
Because she will let it go.

57. How do you make an octopus laugh?  
With ten-tickles!

58. How do you make a tissue dance?  
You put a little boogie in it.

59. What's green and can fly?  
Super Pickle!

60. Knock knock.  
Who's there?  
Interrupting pirate.  
Interrupting pir—yarrrrrr!

61. What did the nose say to the finger?  
Quit picking on me!

62. What musical instrument is found in the bathroom?  
A tuba toothpaste.

63. Why did the kid bring a ladder to school?  
Because she wanted to go to high school.

64. What is a vampire's favorite fruit?  
A blood orange.

65. What do elves learn in school?  
The elf-abet.

66. What do you call a dog magician?  
A labracadabrador.

67. Where do pencils go on vacation?  
Pencil-vania.

68. Why couldn't the pony sing a lullaby?  
She was a little hoarse.

69. Why didn't the skeleton go to the dance?  
He had no body to dance with.

70. What gets wetter the more it dries?  
A towel.

71. What do you call two bananas?  
Slippers.

72. Why did the banana go to the doctor?  
Because it wasn't peeling well.

73. What do you call a fake noodle?  
An impasta.

74. What stays in the corner yet can travel all over the world?  
A stamp.

75. How do you fix a cracked pumpkin?  
With a pumpkin patch.

76. What kind of award did the dentist receive?  
A little plaque.

77. What do you call a funny mountain?  
Hill-arious.

78. Why are ghosts bad liars?  
Because you can see right through them.

79. Why do bees have sticky hair?  
Because they use a honeycomb.

80. What did the big flower say to the little flower?  
Hi, bud!

81. Why was the picture sent to jail?  
It was framed.
82. Where do rabbits go after they get married?
On a bunny-moon!

83. What sound do porcupines make when they hug?
Ouch!

84. Why do ducks make great detectives?
They always quack the case.

85. What did one wall say to the other wall?
I’ll meet you at the corner.

86. What do lawyers wear to court?
Lawsuits.

87. What kind of hair do oceans have?
Wavy.

88. What’s black & white and read all over?
A newspaper. (Okay, this one might require an explanation for digital-aged kids).

89. And, what is black, white and green all over?
A pickle in a tuxedo.

90. What time is it if an elephant sits on the fence?
Time to fix the fence!

91. What part of your body can cause the end of the world?
Your apoco-lips (AJ, age 8!)

92. What do you call an old snowman?
Water.

93. Why didn’t the orange win the race?
It ran out of juice.

94. What dinosaur had the best vocabulary?
The thesaurus.

95. What did one DNA strand say to the other DNA strand?
Do these genes make my butt look big?

96. Why aren’t dogs good dancers?
They have two left feet.

97. What did the wolf say when it stubbed its toe?
Owwwwww-ch! (by Henrik, age 5)

98. Kid: What are you doing under there?
Mom: Under where?
Kid: Ha ha! You said underwear!!

99. Why did Johnny throw the clock out of the window?
Because he wanted to see time fly.

100. What did one toilet say to the other?
You look flushed.