RESPECTING YOURSELF

IF YOU'RE HAPPY THEN SHOW IT

ED U. GATOR'S BIG MOVE

AN ACTOR WITH COURAGE
Have you heard the song, "If You’re Happy and You Know It"? There's a line in the song that goes like this: "If you’re happy and you know it, then your face will surely show it!" Do you know what that means? It means that what we feel on the inside often shows on the outside. It shows on our faces. It shows in the way we walk and the way we talk. It shows in how we treat our friends and our brothers and sisters and moms and dads. I hope you’re happy on the inside, because that means you feel good about yourself. And you should! Because you are special! No one else has your pretty smile, or your hearty laugh or your little round nose or your big sparkling eyes. You are one-of-a-kind!

I hope you like yourself. I hope you like what you see when you’re brushing your teeth, or combing your hair in the mirror. Doesn’t it feel good to put on clean clothes in the morning? Doesn’t it feel good when you’ve got your teeth brushed and your hair combed and your shirt buttoned and your shoes tied and a tummy full of cereal or pancakes? You’re ready to start the day! When you look nice and eat right, it says that you care about yourself. It lets other people know that you respect yourself. So feel good about who you are, and have a great day!

**VOCABULARY:**

- **Hearty:** Strong, warm and friendly.
- **Sparkling:** Glowing and twinkling like a star.
- **Respect:** To admire and feel good about.

**ACTIVITY:**

Mornings are so busy, with everyone trying to get ready for the day. Make a list of the things you do to get ready, especially those things you can do all by yourself!

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"IF YOU'RE HAPPY AND YOU KNOW IT, SHOW IT!"
Hi, my name is Ed. Ed U. Gator. I live in Swamp City, U.S.A. But not for long. Last week Dad got a new job. We’re all moving to Gatorsville Park. That’s Mom and Dad, my sister El, Gramps and me. Mom and El are pretty excited about going someplace new. Gramps, who can be kind of grumpy, doesn’t like packing all those boxes.

Until yesterday, I wasn’t too crazy about the idea, either. Moving means leaving all my friends. Moving means giving up my position on the baseball team at school. Moving means packing up my cool clubhouse in the backyard. I guess I’m also a little bit scared to move. What if I can’t make new friends? What if I don’t make the team at my new school? What if nobody likes me?

Ever since Dad told us we had to move, I’ve been in a lousy mood. I haven’t said much to anybody. Last night Mom came into my room at bedtime. She told me some things that made me feel better. She asked me if my friends liked me now. I said, “Of course Mom!” She said, “We may be moving to another town, but Ed, you’re still going to be Ed. And if your friends like you here, your new friends will like you too.” But, she said, “If you walk around all the time in a bad mood and don’t talk to anybody, it’s going to be very hard to make friends. They won’t find out how wonderful you are!”

She told me how special I was, and how that wasn’t going to change, whether we lived in Swamp City, Gatorsville Park or on the moon! Then Mom told me about the new school and our new house. She said Gatorsville Park has a great baseball team, and that in our new backyard she’d help me build a bigger and better clubhouse!

I feel better about moving now. I’m still going to miss my friends and the old neighborhood. But Mom says we’re not moving far, and we can come back and visit anytime we want.

I’LL STILL BE ME

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QUESTIONS

1) Why did Ed and his family have to move?

2) Why was Ed unhappy about moving?

3) What was he going to miss the most?

4) What was Ed afraid of?

5) What did Ed’s mom tell him that made him feel better?

6) What would you miss the most if you had to move?
I'M PROUD I'M ME

Directions: Color in and cut out your very own "I LIKE ME" and "I AM SPECIAL" badges.

IT ALL STARTS WITH "U"

Directions: Draw your face in the "U" below to make a picture of yourself.
IN THE NEWSPAPER

Directions: Go through the paper and find the letters that make up your name. Cut out and paste in the space below.

SOMETHING’S MISSING

Directions: What’s a face without a smile? Cut out the smile below, paste it to the face and color the picture.
here once was a boy who lived in a very big house with his very big family. He had nine brothers, five sisters, two dogs, three cats, six cockatoos, an iguana and a snake. His mother and father worked two jobs each to keep the children clothed and to put food on the table. The brothers and sisters played together, and fought together, like any other family. It was rarely quiet, and always busy with people coming and going all day long. It was easy to get lost in the middle. That’s where the boy was, right in the middle, with seven older, and seven younger siblings.

It’s hard to believe with so many brothers and sisters, but the boy was often lonely. At dinner time it was nearly impossible for him to be heard above the rest of the voices. Sometimes he wished he could turn down all the noise. Somedays he wished that everyone else would go away, just for a little while.

One day, the boy got his wish. It was a school day, and the boy was home sick with a bad cold and a fever. His mother had taken the day off from work to be with him. He spent the morning reading books and painting pictures in his room, which was his favorite thing to do. After his mother brought him lunch, she sat on the bed next to him. “Mother,” he said, “do you love me?”

“Of course I do. With all my heart,” she replied. “Why do you ask?”

He said quietly, “I have so many brothers and sisters. How do you have enough love to go around?”

She laughed. “My heart is as big as the world. There is no end to my love.”

Then she asked, “With so many faces and so many names, how do you tell us apart?”

“Because you’re each so special,” she answered. Then she said, “Come with me,” and she took his hand and led him to the attic at the top of the stairs. There in the corner were many big boxes. One near the front had his name on it.

“Open it,” she told the boy. He lifted the lid and, to his surprise, he found every drawing and painting he had ever done, from the roughest scribble to his most finished creations.

“I may have ten sons and five daughters,” she said, holding him close, “but only one who is such a magnificent artist.”

From that day on, the boy walked a little taller and spoke a little louder. He was proud of his artwork. He never again doubted that he was loved, and thought often of his special place in the attic, and in his mother’s heart.

— By Ned Andrew Solomon
Christopher Reeve is a very popular actor who has starred in many movies. He is best known for playing Superman. As Superman, Reeve could move gigantic boulders, repair earthquakes, stop a bus from going off the side of a mountain or fly at the speed of light. When Christopher Reeve wasn't acting he was still doing amazing things, such as mountain climbing and flying his own plane.

In May of 1995, while horseback riding, Reeve had a terrible accident. He fell off his horse and landed head first on the ground. When he woke up in the hospital, he discovered he was almost completely paralyzed from the neck down. He wondered how his life would be without the use of his arms or legs.

But Reeve didn't give up. He had a tremendous amount of self-respect. With the help and love of his wife and children, the special care of doctors and many months of exercise, Reeve has slowly begun to get better. Because he believes so much in himself, Reeve has made great progress. He can now move his wheelchair by blowing on a tube. He has appeared and spoken at several events, including the Academy Awards Show. He has helped the world to understand more about people with disabilities, and given hope to others who have had accidents.

Christopher Reeve may not ever be able to climb another mountain or star in another Superman movie. But he will never stop trying to do the best that he can do.

VOCABULARY:

- **Popular**: well-liked.
- **Gigantic**: very big.
- **Paralyzed**: unable to move.
- **Tremendous**: like gigantic, very big.
- **Progress**: to get better, improve.
- **People with disabilities**: people who need special help to do things that others can do for themselves.
**TIPS**

1) In our busy lives, it is difficult for us to find "quality" time, when we feel as if we've actually "connected" with somebody. It is important that we find these one-on-one "connection" times with our children. Just taking a few minutes each day to listen attentively to our children helps them feel appreciated, loved and understood, and contributes greatly to their self-esteem.

2) Just as we find the need to have control over our circumstances, children need to feel they have some say in what goes on. Try to find activities or games where you can comfortably relinquish the control to your child. Whenever possible, allow children to be a part of the decision making in the family.

3) Kids love to talk about what they want to be when they grow up. These aspirations may change on a daily, or hourly basis. But if your child seems really interested in a particular occupation, encourage him/her with books or videos on the subject. Don't discourage your child's dreams, no matter how unrealistic they seem to you.

4) Some days your communication with your child seems like an endless barrage of instructions and reprimands. Try hard to balance discipline with words of encouragement, and accentuate the positive behavior whenever possible. If all a child hears is the negative, he/she will have a low self-image.

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**FAMILY ACTIVITY**

Work with your child to create a "ME" book. Bind together several sheets of construction paper, using a hole punch and yarn, string or brass fasteners. Paste a photo of your child on the cover, or let him/her draw a self-portrait. Let your child choose a symbol that represents him/her, such as a baseball mitt, a flower, a mountain, or a lion. Use the pages to showcase anything your child is interested in or proud of: artwork, photos of fun activities or tips, working with letters or numbers. Encourage him/her to use the book as a type of journal, showing the qualities and attributes that make him/her unique.

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**RESOURCES**


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For more information about Project: Solution, call 726-8918 or 1-800-351-1227, ext. 8033 or 8918.

**FAMILY PLEDGE CARD**

Our family has completed the Family Page together.

Child's name: ________________

Family members: ______________________ ______________________

______________________    ___________________

School: ___________________________________

Teacher/grade: ______________________

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