

# **MONKEY**

## **SONG LESSON PLAN**

The message in this song is that sometimes we have negative thoughts in our heads that cause us to feel put down by things people say or do. If we have positive thoughts it helps self-esteem and makes us bully proof.

### **Objectives:**

Students will understand that negative thoughts make us feel bad and make us vulnerable to what others say.

### **Materials:**

- song "Monkey"
- medium sized poster or chart paper
- markers

### **Procedure:**

- Introduce the lesson by asking students to think about times they ever had negative thoughts about themselves. Did that kind of thinking help them to believe in themselves? Is it possible to turn those thoughts around, somewhat like taking the ugly, negative monkey and turning him into a cute little monkey that can make you happy?
- Listen to "Monkey"
- Have students get into pairs and come up with a list of positive "anti-monkey" thoughts we can keep in our heads to help us believe in ourselves.
- After lists are made, you may have all students share or select pairs to share, depending on time.

### **Extension:**

As an option, students may write a summary explaining how positive thoughts can help them feel better about themselves and be able to deal with situations in which someone is trying to put them down.

\*Lists may be hung up to help reinforce positive self-talk versus negative

# *I Am Bullyproof Music*

## **ABOUT THE PROGRAM**

Music has always been a powerful tool for teaching math, language arts, social studies, and science. Lyrics and melodies can often reach us and stick with us in a way that spoken or written words fail to do. After all, how many children first learned the alphabet through a song?

This program is designed to help kids in two ways. The first is to help children understand certain negative situations more fully so that they can deal with them successfully. The second is to help prevent children from becoming bullies, themselves, by giving them some positive life skills and boosting self esteem.

The lessons that accompany each song are designed to help clarify the message of each song and provide an opportunity for students to show their understanding of each idea presented. They may be done in one day or through the course of several days. Of course, they may be changed in any way that will best fit the needs of your class! Aside from the activities, the biggest key to understanding will be the discussions which, hopefully, will happen on a regular basis as a result of learning these songs. I have always found that the more comfortable the children were with the subject, the more they were able to believe in themselves. To really make the most of this program, it is optimal to take time to have the students really learn the songs so they can apply the concept of anti-bullying and being bully proof to their own lives. If you take the time to listen to and learn each song before doing the activities, the understanding and thinking generated by the students will be much deeper.

Song and karaoke tracks, lyrics and chord charts are available to help your students learn all the songs. Although the school day is always packed full, taking a break to listen or sing for a few minutes can be a great way to refocus learners!

In these times there are always more parts to the curriculum and more standards to be covered than there are hours in a day. However, helping students develop a strong sense of self and positive attitude will not only help to bully proof your classroom, it will help students grow academically as well.

Teachers from all over are having fun with these songs in their classrooms, and using them to teach values and skills to their students. Come join them on this musical journey to helping to "bullyproof" our next generation!

Songs, music production and blog by Lessia Bonn  
Lesson plans by Dru Frick

[www.IamBullyproofMusic.org/blog](http://www.IamBullyproofMusic.org/blog)

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*Songs with a clue!*