



2.



Lesson Plan One

Keep Your Heart

"The only thing necessary for evil to prevail is for good men to do nothing." –Edmund Burke

"The love for all living creatures is the most notable attribute of man." –Charles Darwin

"For it is in giving that we receive." –The Beatitudes



Lesson One: *Heal and Excel Through Compassion—Keep Your Heart*

Notes to Teachers

1. Each student should be offered a separate manila folder for all Healing Species materials, handouts, reference information, addresses, and assignments. These folders and the index cards used in Lesson Five are the only materials supplied by teachers, except for photocopies of student handouts.
2. Tell the “Law School Story.”
 - a. In law school, year one, students are given one manila folder with important papers. The folder is signed by the teacher. It is to be brought to class each week, as the papers are used in class. At the end of the year, that same manila folder is to be turned in with the final assignment. If the folder is coffee-stained, bent, torn, dingy, or smudged, one full letter grade is dropped from the student’s final grade.
 - b. Teach responsibility—“no excuses” mentality.

Overview

Crime is a symptom of a mind-set, of patterning. Crime and violence is a mentality that is learned, thus it can be unlearned. This first lesson addresses the issues of a hardened heart, which is a first characteristic of people who are at risk for violent behavior patterns known as depraved heart crimes. This lesson teaches how hearts break, why a heart is important, and how to start the healing process.

Goal

Address the root cause of crime and violence and equip students with steps for keeping their hearts from becoming hardened and depraved.

Learning Objectives: Students will. . .

- Differentiate between discipline and abuse
- Identify incidents of abuse and/or neglect in their lives or someone they know. Understand how to get help and support through trusted adults.
- Understand that there is a way to heal and overcome hurts.
- Create and begin to put into practice a strategy for keeping their heart from becoming depraved.
- Students will begin to visualize a better future for themselves.

Discussion Topics

1. Compassion in order to heal, to excel, to thrive
2. Compassion—despite circumstances—to be an “overcomer”
3. Practical examples of acts of compassion

Materials

Facilitator needs: [All are included in manual. Photocopy for each student.]



1. Pictures of Oprah Winfrey, Gravey
2. Two “Logic Circle” handouts
3. Soda can
4. Class activity sheet
5. “Think Positive” handout
6. Dry erase markers for writing on board (with host teacher’s permission)

Students need:

1. Pencil or pen and plain piece of paper, or
2. Copy of *Keep Your Heart* worksheet

Homework

Students, complete a specific act of love for someone (animal, sibling, relative, neighbor, etc. Write it down and have an adult sign it.

Teachers, see if your students can figure out the answer to this question by the end of the Healing Species lessons:

Q: In the book of Genesis, what was Adam’s first job?

A: Commune with, grow to know and name the animals.

Classroom Integration Ideas

English/Language Arts:

1. Start a journal where students write an entry at least two times a week, giving examples of how they see people treating each other. Give examples of caring and kindness in addition to any hurtful actions. Include ideas of how the behaviors could be more kind.
2. Check out books related to curriculum content for classroom viewing and projects. Biographical works could include Oprah Winfrey, Martin Luther King, Jr., Maria Shriver, and Morris Dees. Literary selections could also include fictional or biographical books with themes of overcoming hardships, small acts of kindness, product testing on animals, and advocacy for positive change.
3. Encourage discussion or writing assignments about what neglected and abused shelter animals may have endured and how their lives are likely to change after being adopted.

Social Studies: Make connections between the heart and the behaviors groups of people who oppress or/and those who have been oppressed, i.e., Nazi/Jew, slavery in different eras and cultures, current events or other grade-appropriate topics. This can be a short paragraph, an essay, or a project.



Lesson One Cheat Sheet

1. Introduction & Reassurances
2. Visiting dog's story
3. The story of Gravey
 - a. Happy now, but not always so
 - b. They had lost their hearts.
 - c. They could see Gravey, but could not *see* Gravey. See Gravey with eyes, but not heart. What does that mean?
 - d. I must come in love and healing, not hate. Cheri went in love.
4. It's your heart, keep it. You deserve it. Don't let anyone steal it from you. But what if it's breaking?
 - a. **Three things:**
 - i. If in danger ... tell.
 - ii. Let your heart break ... grieve and forgive.
 - iii. But you then must go mend it, repair it. How? By giving love, nurturing.
 - b. **Tell**
 - i. What if the person hurting you says, "Don't tell?"
 - ii. What if you feel guilty/scared?
 - iii. What if you tell, but no one helps you? Tell and keep telling until you get help!
 - iv. 1-800-CHILDREN
 - c. **Grieve**
 - i. What is the first thing Ms. Cheri did after seeing Gravey?
 - ii. Should boys/men cry?
 - iii. What are appropriate ways to grieve?
 - d. **Give Love**
 - i. Kind acts build a strong heart.
 - ii. Examples of giving love.
 - iii. But what about to the perpetrator who hurts you? Absolutely not. You may need to let them go, walk away.
 - iv. I don't care what Stepmom, Granddad, Uncle, Stepdad, or even Morn or Dad is doing-I'm talking to you. You be the one to break the cycle. You rise above.
 - v. Better to have a heart that breaks, than to lose it altogether. Without our hearts, we end up in jail.
 - vi. We may all know or love someone in jail. That's OK. But
 1. You do not belong in jail.
 2. Who's cooler now? [This theme will be revisited in Lesson Two.] You can be anything you want to be.
8. First "see it"-then, work hard.
 - a. How? Author Dr. Wayne Dyer says, "If you can see it, you will believe it. If you believe it, you can be it."
 - b. Visualize/Dream exercise
 - i. If you don't see it, I can't see it for you. Keep trying.
 - c. Another example: Oprah Winfrey, molested when a child
 - i. She told someone and went to a safe place to live. Worked hard



- ii. Kept her *heart-most important* Empowering Exercise: You be the important person. Can you, even at age six? ... Yes, you can.
9. I'll help you. Here's how-
10. Better yet, what could you do on your own?
11. Practical kindness tips:
 - a. Tied on?
 - b. Jumps? Here's why. Here's what to do.
 - c. Chews everything in sight? Here's why. Here's what to do. Refill water. Help. Buy a dog house.
 - d. Never "purchase," only adopt.
 - e. Brief discussion on puppy mills
 - f. Spay and neuter.
 - g. Dogs are social. They love to interact and play.
 - h. Homework assignment. See other student responses.
12. If someone is cruel to you-how can you look at them? Perhaps with sympathy, because someone was cruel to them, and they are passing it on. They don't know better, they are not smart like you. Let them go, move on from them, walk away from them, even if it is your caregiver. We will help you find a safe house.
13. How many of you see yourself, at some point in your life, winding up in jail, for at least some time? [Our goal is to turn things around so that no hands go up at the end of our program when we ask this same question.]



HEALING SPECIES FIDELITY CHECKLIST

Name of School: _____

Grade: _____

School Classroom Teacher: _____

Healing Species Instructors: _____

Visiting Dog: _____

LESSON PLAN ONE: HEAL AND EXCEL THROUGH COMPASSION

Classrooms:

1 2 3 4

				Welcome and Reassurance
				Visiting Dog's Story
				Gravey's Story
				See Gravey w/ eyes, but not heart
				Keep Your Heart 1) Tell
				Tell until someone helps
				1-800-CHILDREN
				2) Grieve
				Appropriate ways to grieve
				3) Give Love
				Examples of giving love
				Good heart and good work
				Oprah's Story
				She told, grieved, and gives love
				Dream Exercise: Visualize
				Ways to keep heart: training, water, shelter, never purchase; only adopt
				Closing: General Summation

What did you change in your delivery of the curriculum; and why?

Lesson Topic

Discussion Prompts

Introduction

Good morning. I'm [Instructor's Name] and this is [dog's name]. We've come to talk with you today about some important things.

[Tell the dog's story now, and save time at the end for petting when you will also give the students information on how to treat a dog.]

Reassurance

At the end of class, I will give each the opportunity to pet [dog's name], if you would like. If you are unsure, you don't have to pet her. I understand that sometimes we have been around dogs who bark, bite, jump, show their teeth, and we are afraid they might hurt us. I can tell you this, I would not bring a dog into the classroom who would hurt you,. You can just look at her and anytime you decide you want to touch her you will have that opportunity each week.

I have one favor to ask of you. A dog's hearing is thousands of times stronger than our hearing. So if you are noisy, how do you think that will make [visiting dog's name] feel. For us to continue coming to your class, you have to be quiet—no loud noises. Okay?

Gravey

[See pictures on pages 20 & 21.]

I want to tell you another story about a dog named Gravey.

[Show happy picture of Gravey first.]



[Then show sick picture of Gravey.]

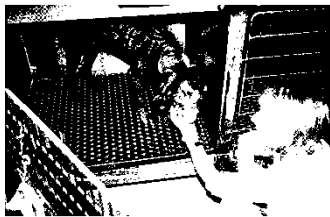
This is Gravey (show happy picture of Gravey). She is happy and lives with Miss Cheri. Gravey has over 38 fenced acres in which to run, roam and play. She has other dogs to play with. She has a big doghouse. It has a people door and a doggie door, and Gravey can come in and out, just as she pleases. She has fresh food and water every day. She even has a small air conditioner and a small, portable radiator heater in her doghouse. Miss Cheri's husband built the doghouse and he's kind of a handyman "fix-it" man, and he ran electricity out to the doghouse. So on really cold winter nights they plug in a portable radiator heater. Miss Cheri, is a lawyer, but she doesn't work in a courtroom. Instead, she cares about you and she teaches in classrooms--just like I do--all over the state of South Carolina. Let me show you pictures of Gravey when Miss Cheri first found her.

Life did not start out so beautiful for Gravey (show sad pictures of Gravey). To everyone who is sitting in the back, if you can't see, that's okay. I will make *certain* you will be able to see these pictures. You don't have to worry or jump up out of your seat. I will come to the back. I understand it can be exciting to get to see pictures, but whatever you do, please don't laugh at her. It's



not funny how hurt she is!

Miss Cheri was driving in her car on a cold morning, and she saw a dog on the side of the road. This dog had the mange. Do any of you know what the mange is? The mange is a skin disease that actually is tiny mites—small bugs—that burrow down and live underneath the skin, causing the hair to fall out and the skin to become itchy and painful. The skin gets raw and bloody, and eventually infection can set in and take over. That’s how Gravey looked.



Look at these pictures of Gravey. Can you see that she’s nothing but skin and bones—a bag of bones. She has no fat or flesh on her to keep her warm in February, and all her fur has fallen out? She had such raging infection throughout her body that it was even coming out of her eyes; and her eyes were almost glued shut with green gunk from the infection. Gravey could hardly see.



How Gravey got her name

Miss Cheri named Gravey the instant she saw her because she thought the dog looked almost dead already, as if she would be heading toward a grave. So she named her Gravey. What happened was Miss Cheri saw Gravey and had to pull over onto the side of the road, stop her car and begin to cry. Do you want me to show you how hard Miss Cheri was crying? I will if you want me to. She was crying so hard she had to bury her head into her hands and just sob out loud. Have you ever done that? I have. It just broke Miss Cheri’s heart.

But Miss Cheri said, “I can’t cry all day. I have to help this dog.” So she got out of the car. What do you think Miss Cheri did? Would Gravey come right to her? No. Why not? Gravey was afraid. Gravey didn’t know whom to trust. The only thing that Miss Cheri had to feed Gravey was a pop-tart, so she laid it down and walked away so Gravey could come eat it. Miss Cheri thought, “If I had some canned dog food, or something that

smelled really good, maybe Gravey would come to me.” While she was still crying, Miss Cheri said, “Gravey, I am going to help you. I am going to come back for you.”



So Miss Cheri stopped what she was doing, drove into town, bought some dog food, and went straight back and gave Gravey some food, which she had to place on the ground for Gravey to come get it. Every day Miss Cheri came to give Gravey food and water and try to catch her. Miss Cheri did this for a really long time, every single day for over a month. Little by little Gravey started to trust Miss Cheri more and more and let her get closer. Gravey even began to recognize the sound of Miss Cheri’s car motor and would start dancing, prancing, and jumping when she heard Miss Cheri’s car coming around the corner up the road. Gravey lived in one spot, every day, on the edge of someone’s yard. After a little over a month, Gravey let Miss Cheri get close enough to her that Miss Cheri was able to grab Gravey up, hold her close, and put her in the car, at which point Miss Cheri drove her directly to the vet.

Could see Gravey, but couldn’t see Gravey

One of these days when Miss Cheri was stooping down to put the food down for Gravey, the people who lived in the house of the yard where Gravey hung out came home; and they drove right past Miss Cheri. In fact, they waved and smiled at Miss Cheri, and they looked at her as if to say, “Oh, yeah, there’s that lady that feeds the dog.” Miss Cheri knew they could see Gravey with their eyes, but they couldn’t see Gravey with their hearts. Does anyone know what I mean by this? That they could see Gravey, that Gravey was skinny, that Gravey was cold, that Gravey was sick, that Gravey was starving, that Gravey was on death’s door. They could see that physically, but did they care? Did they do anything? Did they go out of their way to help her because it hurt their hearts? No, they had lost a little piece of their heart.

Can we reclaim our heart?

[Nod your head yes as you ask this question]: If we lose a little piece of our heart, can we get it back? Yes, we can, and that’s what we’re going to talk about in class today. But first, let’s back up. Do you know what Miss Cheri really wanted to do? She really wanted to go and knock on those people’s door and say, “I can’t believe you’re treating your dog this way. Or even if it’s not your dog, a dog that lives near you that you can see. Are you blind? How can you be so mean?” But instead, Miss Cheri went in love and healing, knocked on their door, and asked if she could take that dog home with her, take her to the vet, and keep her.

Feeling sad is okay, but for a “season” or a

And they basically just said, “We don’t care what you do.” It made Miss Cheri very sad that the people who had Gravey could see Gravey with their eyes but could not see her with their hearts.



“period” only.

What do you think I mean by that? They didn’t care; they didn’t do anything. What could they have done? Fed her, given her shelter, got her some help. Miss Cheri says they had lost a piece of their heart because they did not care about her suffering.

Do not lose your heart. It is your heart. You deserve it.

Sometimes we even feel that we have lost a piece of our heart. We feel that exact same way. We feel like we don't care about *anyone* else anymore or their feelings. And lots of times when other people hurt us or our heart is breaking, we want to just take our heart and throw it away, throw it out, it hurts too much to have a hurting heart. We just want to be mean. If someone is mean to us, we want to be meaner. If someone is in our face, we want to get back in their face. But, do you know what, you are better than that.

It is much better to have a heart that is breaking and learn how to fix it, than it is to throw your heart away. Why? Because you *need* your heart. Your heart is what makes you who you are, your heart is what makes you special. God gave you that heart; He gave that heart to you for a reason. I am not talking about the part of your heart that beats in your chest and pumps the blood, certainly you need that part of your heart to live and get oxygen to your body. But I am talking about the other part of your heart that feels feelings and cares.

Without your heart, you have no peace.

You may be around people who have lost a piece of their heart. They may not care about you. Maybe they are even your caregivers. Maybe they are the people who are supposed to be in charge of taking care of you and they don't care if you have food to eat when you get home, or if you have homework, or if you get your homework done, or if you understand your homework. What if, when you go home mom is fighting and dad is fighting. Or, what if mom is in jail or dad is drinking or getting drunk and people are yelling at you and telling you that you are no good. What can you do? They may not seem to care if you are hurting. Maybe they have lost a little piece of their heart, too. Maybe *they* never learned what *you* are going to get to learn in our classes together.

Steps to keeping your heart:

- 1. Tell**
- 2. Grieve/Forgive**
- 3. Heal**

There are three things you must do:

(1) Tell if you are in danger. Tell if you are hurting or afraid. Afraid that your bones might get broken; or that you might get burned; or if, for discipline, you get beat and you turn purple, black, blue and yellow; or you’ve got bruises from someone bullying you; or tell if someone touches you where they shouldn’t be touching you, in your private places, and that is where you wear a bathing suit on your body. No one should be touching you there, unless you are sick and you had to go to the doctor maybe, but no one should be touching



[Give the students an opportunity to give you examples of good, trusted adults they could tell. For example, their guidance counselor, a teacher, or a social worker.]

you there.

I want you to get help if you need help. Tell a trusted adult who will believe you. Let's think of examples of people you could tell.

If you tell a trusted adult and they don't help you, go to the police or a Department of Social Services worker. You can always call 911. If the first trusted adult you tell doesn't believe you or doesn't help you, I want you to keep telling until you get the help that you deserve.

What if the person who is hurting you says, "Don't tell"?

What if the person who is hurting you says, "Don't tell anyone" or "I will hurt you or your family if you tell"? The answer is, tell anyway. That is a threat, and they may mean it, or they may *not* mean it. Either way, they will continue to hurt you AND others if you don't tell. And if you do tell, that is when you can get help and help for your family. Telling is the way to make it stop.

What if you feel guilty?

What if you feel guilty, like you did something wrong to deserve being hit, or yelled at, or hurt? Maybe if someone touched you in private areas, they said "now we've *both* done something wrong and we will *both* get in trouble if you tell." The answer is, you have NOT done *anything* wrong, and you will *not* get in trouble for telling the truth. You will get help. You NEVER deserve to be hurt in ANY WAY. Even if you mess up, you deserve to be loved.

What if you are scared to tell or you like the attention?

What if someone is touching you where they shouldn't, but you don't want to tell because you like the attention. You must tell anyway. Everyone likes to feel special. Everyone likes to feel nice and get attention. There's nothing wrong with you liking to get attention, but this is the wrong type of attention.

You have the right to say "NO". Say "NO" and tell.

Make yourself tell anyway and then learn to find ways to get appropriate attention, or good attention, in your life by surrounding yourself with healthy people who will love you in healthy ways; not in harmful ways that use you, but in ways that build you up, encourage you, support you, and truly love you. You have the right to say "NO" to someone's touches. If it makes you feel uncomfortable, afraid, or confused, say no, get away and tell someone to get help.

1-800-CHILDREN

[Write 1-800-CHILDREN across the board.]

For the next step:

I'm going to write a phone number on the board. I want every single person in this classroom to pull out one sheet of paper and a pencil and write this phone number down. You may not need this number, but someone you know might need this number one day. I want you to be prepared. Boys and girls this number is a hotline. It won't cost you any money to call it, and you can call it anytime and talk to someone if you need help or if you think you might need help.

Grieve / Forgive

(2) Then you must grieve. Remember how Miss Cheri cried when she saw Gravey on the side of the road? She cried so hard. You may



Step 2

need to go find a quiet, private place and let your heart break and cry. That is a good thing. Maybe in your back yard or in your bedroom. Maybe in a closet or a bathroom. Do you know where Miss Cheri goes? Into her dog house. That's the only place she can have privacy. Weep. You may do this every day, or once a week, or once a year. It depends on what is happening in your life. You may need to cry over Mom who hurts you or has left you or Dad who is drunk, or because you have to leave home to be safe. It is better to feel your heart breaking than to lose your heart and let it grow cold or mean.

Should boys cry, too?

Soda can

[Show the soda can and shake it to represent our feeling getting shook up, but "bottled" up inside. Then pretend to open the can after volatile shaking.]

Should boys cry too? Absolutely, we are all humans and made to cry. Crying releases our emotions. If we keep our feelings bottled up inside, we become like a soda bottle. If you shake and shake and shake it up, what's going to happen? Yes, that's right. It will explode. That's what happens to us. When we get hurt, our feelings get shook up inside. If we don't let them out, they will explode. And we are learning that we don't have to hurt others just because we've been hurt. We are learning we are better than that.

What are some appropriate ways to grieve?

- 1) Cry**
- 2) Journal**
- 3) Talk to someone**
- 4) Physical activity**
- 5) Punch a pillow**
- Scream into a pillow**

What was the first thing Miss Cheri did when she saw Gravey, even before she gave her a pop tart? That's right, she began to cry. If you decide you need to cry to let your feelings out, would you want to do it in the middle of math class or would you like to try to wait until you can find a quiet, appropriate place? Maybe where you can go to a bathroom or take a break? That's right, often times it is best if we can find an appropriate time and place to cry. Give me some good examples of lots of different ways we can grieve. You can cry, you can talk to someone, you can write your feelings down in a journal, you can draw, you can do a physical activity like jogging or basketball, you can punch a pillow, you can scream into a pillow.

When we are hurt, we have feelings of sadness, anger, fear, confusion and frustration and we need to release them in a healthy way – a way that doesn't hurt us, hurt someone else, or damage something.

It is better to let your heart break, let yourself cry and grieve, than to lose it. Why? Because you can fix it!

It is better to let your heart break than to lose it. Why? Because

You can mend your heart. How? By giving love, always to yourself in the form of forgiveness so anger and bitterness don't cause you to lose your heart.

What about the very person who is hurting you? No! Walk away



you can fix it! Give love through forgiveness.

Step 3: Give Love

from them. You may have to let them go, even if it is Mom or Dad. You do not need to give love to the person that is hurting you if that means you put yourself in a position to be hurt again. If you have been beaten or hit by someone and they will probably hit you again, tell a trusted adult and get away so it will stop. In the meantime, you can make your heart strong by giving love to an animal or person that needs you. If you have been touched in a private area by someone, and they want you to give them a hug, or sit next to them, but you think they might touch you again - you don't have to give them a hug or sit next to them. Tell a trusted adult and get help so it will stop and you can be safe.

“Peace, be still.”

If someone bullies you and picks on you, do you need to give them love? It may be better to walk away so they do not keep pulling your trigger or hurting you. You may decide to give them love if you are strong enough to not lose your power or your heart.

**Step 2:
Grieve/Cry/Forgive**

What if the person who hurt you has asked forgiveness and has said they are sorry for hurting you? Should you give love to them? It may take a while until you know if they are genuinely sorry for hurting you and have decided and are able to change. Love always makes you stronger and the other person stronger, so if you can give love to that person in small ways without being in danger of getting hurt again, then give love and get stronger each day.

Poison

Can we forgive the person that hurt us? Does forgiving that person make what they did okay? No! What they did was wrong. It makes US okay. We decide not to hold anger and bitterness inside all bottled up. Holding on to the angry feelings and hate will cause us to hurt ourselves and others. Instead, we let that anger go after we have grieved, and move on to give love and get strong.

It has been said that holding a grudge is like drinking poison and hoping the other person gets sick. It only hurts you.

Rise above!

You are going to "rise above." You are going to give love to some little animal who needs you or to someone who needs you—maybe a little brother or a cousin—or the very dog tied in your own backyard.

Step 3: Give Love

[Write on board.]

Giving love is just simple acts of kindness that show you care. When you give love, when you do something kind it actually builds your heart up, it actually makes your heart stronger and better. There are lots of ways you can show love. This is one reason why we bring our visiting dog so that you can experience and see for yourself how wonderful it feels when you use a kind voice and a kind hand. If we have time, let's talk about other ways we can show love in our life to the animals and the people around us. How might you show love to your siblings, parents, teachers, friends, family, or even people you don't know? Hugs, saying "thank you", encouraging someone with



"way to go!" or "you can do it," picking up trash that isn't yours, or helping someone like Miss Cheri gave love to Gravey, or by not laughing at a classmate who asks a question or says something wrong.

For it is in giving that we receive!

Let me ask you a question.

Does it count if you give love to a dog? Yes, of course it does. Does a dog have feelings? Can this visiting dog suffer if you're mean to her or can she suffer if it's really, really cold outside? Of course she can. Dogs have emotions just like people. They can suffer from depression, from loneliness, from being scared. We are going to learn in the next few weeks that animals have almost all of the same emotions and feelings that humans do.

Could you help?

Another way to show love, if you are at the grocery store, could you help pull a grocery cart for a mom who has her hands full with several children, maybe even one of those children is screaming and crying. Even if you don't know her, could you offer to help if you are safe with other adults near?

Do you know that Miss Cheri actually did that one time? She was in the Wal-Mart grocery store. It was late at night, and a mom had a little boy about ten years old walking alongside the cart and a little two- or three-year-old baby was sitting in the seat of the grocery cart just screaming her lungs out. Miss Cheri's first thought was, "Oh, my gosh!" But then she heard a little voice in her head that said, "You go and you offer to help." And Miss Cheri said, "I don't know those people. How am I supposed to do that?" And the voice replied, "Go!" So, she went over to the lady and she stopped and smiled, and said, "My stepdaughter has two children and it is so hard to get grocery shopping done with your hands full with two of them." Miss Cheri put her arms out, offering to hold the one that was screaming and crying. The lady let her hold her and the little baby instantly wrapped her arms around Miss Cheri's neck and hushed crying. Miss Cheri looked down at the little 10-year-old boy and said, "I bet if you tried really hard, you could help your mommy. You could get the items off the shelf for her and put them in the cart." Yes, that lady was surprised, but because Miss Cheri approached her in humility, and in compassion, and in quiet love, the lady was willing to receive the help offered.

Oprah Winfrey

I'd like to tell you about someone who has been hurt in the ways we have talked about, and healed. She is a very famous lady who has had her own television talk show from the mid 1980's to 2010. She is successful in her life and career. Yet, like Gravey, things did not start out beautifully for her.

Oprah grew up *extremely* poor; she went back and forth living with



She told. She kept her heart. She worked hard. She gives love.

relatives. She did not know who her father was until she was much older. When she was nine, she was molested. Someone touched her where she wears a bathing suit on her body. They hurt her feelings. But based on what you have learned so far, what do you think Oprah did?

She told, she got help, she grieved, and she forgave. And today she IS continually giving love. If you have ever seen her television show, you know how much she helps others. Oprah has learned the secret that you must tell, grieve, and mend your heart by doing something for others.

She has worked really hard to rise above what happened to her and worked really hard, long hours, using her smart mind and smart words, to succeed in her career, setting goals for herself, pushing herself, healing herself as she went from a teenager to adult, and even now.

A strong heart and hard work – the ticket to your success.

Oprah developed a strong heart and has worked hard. I want you all to say this with me: “A strong heart and hard work” (demonstrate by patting your heart and pounding one fist onto the other hand.) Okay, you do it with me now.

In 2006, Oprah started a school in Africa for children who come from very poor homes. They would not have a chance for an education like this except for the school that she built where they can attend for free. There *are* people who want to help you too. You need to tell others when you are hurting and ask for help. Even if you need help understanding schoolwork—ask for help!

Things did not start out so well for Oprah, did they? Did life start out well for Oprah? No. What happens to you in life is not what defines you. What defines you is your heart. It’s how you respond to what happens to you. We have just given you the tools to overcome hurts in your life, and the answer is healing through getting help, grieving (sometimes daily), and giving love each day. If you do that, you can be successful in your life, just like Oprah. You may not be famous like her, and that’s okay. We just talk about her because everyone knows who she is.

(For more information on Oprah, please see the end of this lesson.)

There are actually many people in our community who have risen above bad things that have happened to them by healing their hearts, pushing toward their dreams of personal success, working hard, getting an education, and serving their communities.

I want this for you.

In 2010 Oprah will leave her television show and she will be the president of her own television network, Oxygen! I want this for you: you be the next Oprah Winfrey. If someone is hurting you, you



rise above them. How? You tell me how. By your good *what?* [Wait for response.] Your good heart and your good work. In fact, you can be anything you want to be in life. You can be a teacher or a guidance counselor or a doctor or a lawyer or a plumber or an artist or a business manager-maybe you will own your own business.

Dream exercise:

Visualize

If you can see it, you can be it.

[Time permitting-if the students would like to volunteer, some of them can describe what they saw.]

We're going to do an exercise where you get to dream of your future successes.

Close your eyes and imagine yourself when you are twenty years old and working. You have finished high school, gone on to a 4-year college or technical college, or apprenticeship learning a skill under someone experienced and you have a job. What will it be? Answer me in your own mind, not out loud. Can you picture it right now? Are you a nurse? What kind of shoes do you wear? How do you wear your hair? Do you work inside or outside? What does it smell like? Do you wear glasses? Do you wear a suit or jeans? Does everyone treat you with respect-because that's the way you treat everyone else?

A special note: If some of you closed your eyes and you didn't see anything, that's OK. Lots of times students will say, "I closed my eyes but all I saw was black." That's OK. I want you to try again today on your ride home from school, try again tonight when you are falling asleep, because I have a question for you. Can I close my eyes and see if for you? No of course not, you have to see if for yourself, you have to see yourself doing your own dream.

Anything you want to be

Dream up whatever you like. And don't pick a job you hate, that would be silly to get into a job you don't like, pick things that you love. Many of you may have seen yourself as an athletic star, like a football star, and that's fine. But I want you to also have another dream if your dream was athletic, where not only are you a football star but you are the owner of the football team, the manager of the football team, or the coach of the football team. Seeing yourself as a major football star is kind of like seeing yourself as a major Hollywood star. It's fine to dream that, but it's extremely difficult to go to that level so have other dreams that are fun and fulfilling and thrilling as well.

There is a question asked of many famous and successful people, "Why did you make it?" They never say, "Oh, my Dad was rich," or "I was beautiful," or "I was popular." They respond, "Someone told me I could be anything I wanted and I believed them."

That's why I've come here today: to tell you that you can be anything you want to be! But not if you lose your heart, not if you let mean people hurt you, and then you let them take your heart away. You must have your heart. You must practice keeping your heart the



same way Oprah has practiced since she was a teenager.

Practical examples: Ways to keep your heart. Ways to show compassion

[Give love time with visiting dog. As you allow students to come to pet the dog in groups of 3, discuss practical examples of ways to keep your heart, ways to show compassion.]

Let's talk about some examples-ways you can show kindness. Do you know of a dog that jumps all over you when you walk up to him? Why does he do this? Because he's lonely-he just wants love, like every living thing. Dogs love to play, to run, and to make friends. They need you to be their friend.

Training

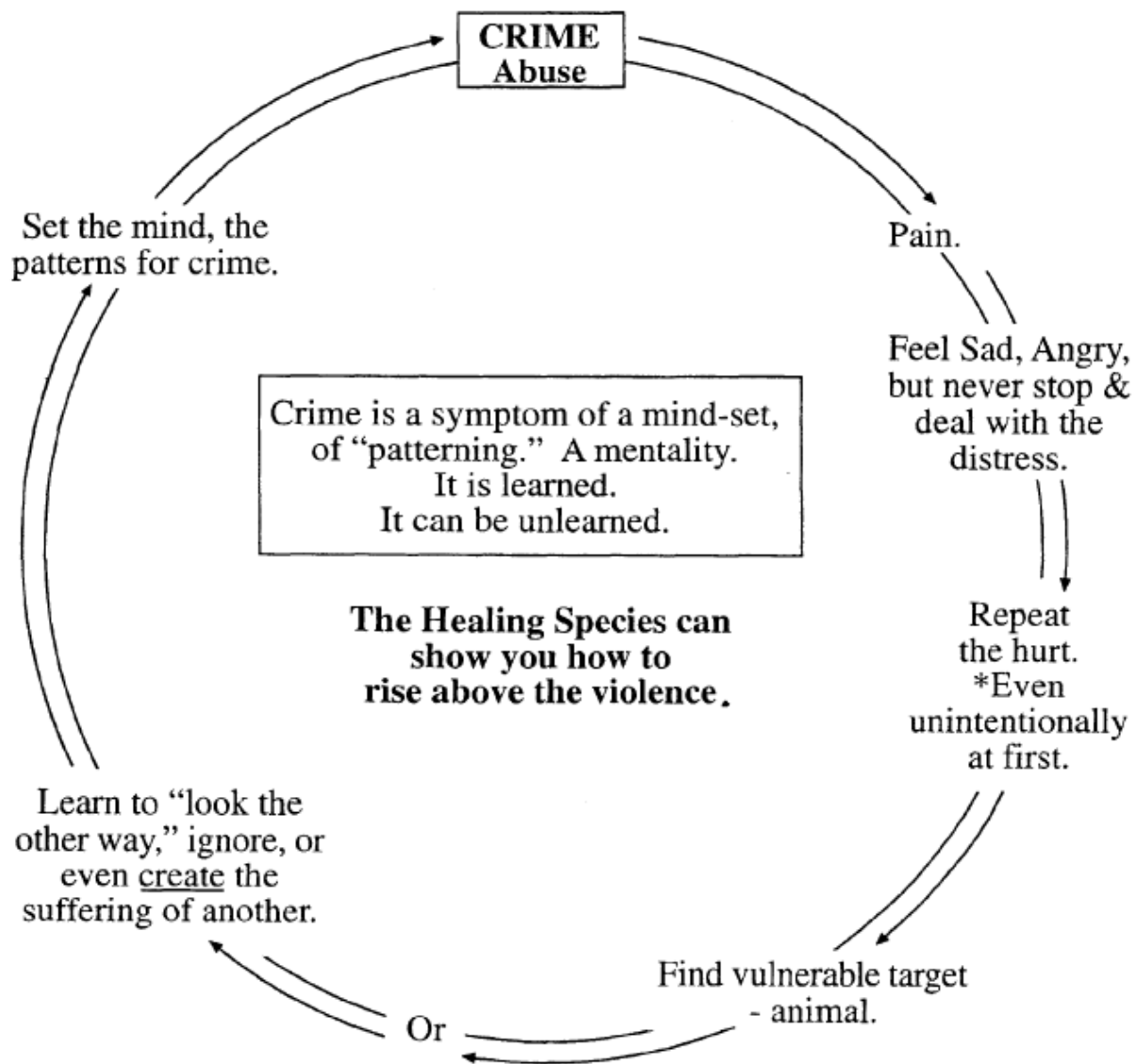
Let's say you are trying to train your dog. Did you know the police who train their dogs to run and chase and catch the "bad guys" teach their dogs with love? They call it positive reinforcement. They show the dog what they want him to do and then reward him when he does it. They never hit or yell at him.

Some people think, "I'll be mean to my dog so he'll be a watchdog." Being mean doesn't make him a watchdog-it just makes him mean. And he will be mean, for no reason, even to people you like. If you want your dog to protect you, you must love him. In return, he will give his life for you.

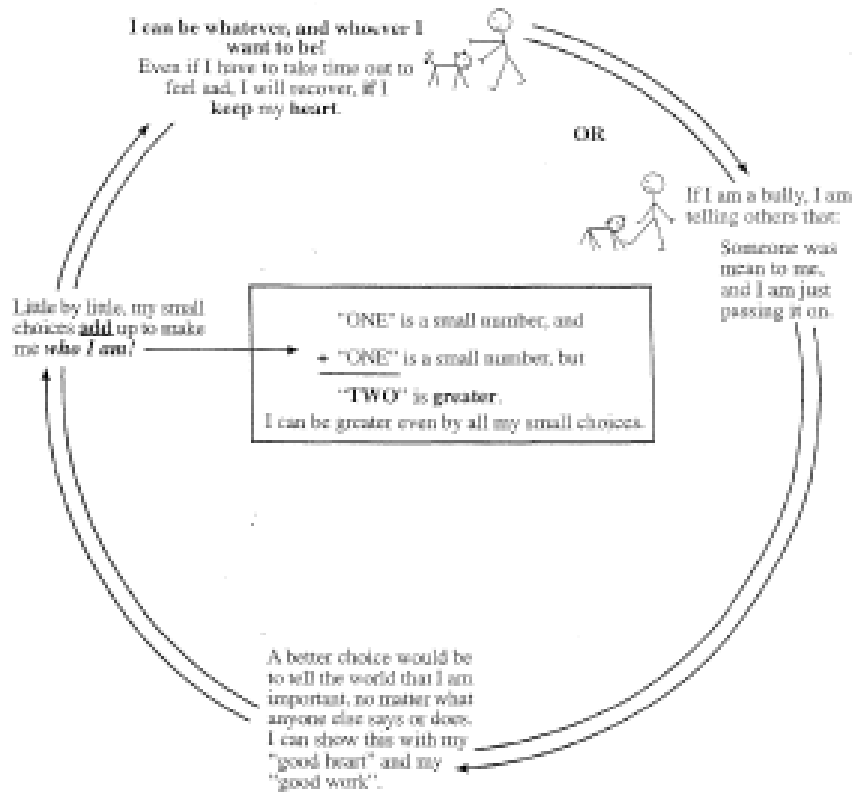
There is no good reason ever to be mean. You be the one who does the right thing. You "rise above." Say it with me, "rise above."



**This tradition ends in misery, jail, pain.
Rise above it. You are better than this.
The Crime Cycle.**



IT'S MY HEART, I WON'T LET OTHERS STEAL IT.





Follow-up Questions for the Class

1. Is it possible to “be better than” others who hurt us by healing our own heart and being responsible for our own actions?
2. What are three things you must do to heal and keep your heart? (1) _____ if someone is hurting you. (2) Let your heart _____ because you can fix it back together again when you (3) give _____ to someone else.
3. You do not owe love to the very person who is hurting you. Instead, you may need to walk _____ from them and let them _____.
4. They could see Gravey with their eyes but could not see Gravey with their heart. What does this mean?
5. What are some ways you could show compassion?
6. Who is one person we talked about who kept her heart even when others were very mean to her?
7. I can show the world that I am somebody important because of my good _____ and my good _____.
8. Is it fair to mistreat a dog or not give him proper shade, shelter, food, water, or love?
9. When I mistreat others, even my dog, I tell everyone that I am mistreated and that I am just passing it on. Can I be bigger than this and show the world that I am a winner, and show my winning by how I treat others?



Answers to follow-up questions

1. Yes
2. Tell, break, love or kindness
3. Away, go
4. When we see with our heart, we have feelings for others and do not want them to hurt or suffer. When we ignore the pain of others, we are losing—not *seeing* with our heart.
5. Offer food, water, play, vet care, petting, etc.
6. Oprah Winfrey
7. Heart, wok
8. No
9. Yes



Student Activity Sheet

Lesson One: Heal and Excel through Compassion

NAME _____ GRADE _____

SCHOOL _____ TEACHER _____

Please draw a picture or write a few sentences about ways you can keep your heart and practice being important. Why is it important for you to keep your heart? Are you powerful enough to “rise above” what you may see others do, maybe even other family members? The answer is, “Yes!”





Figure 1: Gravey when first rescued



Figure 2: Gravey at home today



Think Positive

Inspirations from one of America's Greatest Motivators

by **Norman Vincent Peale**

If you want to get somewhere, you have to know where you want to go and how to get there.
Then never, never, never give up.

The secret of life isn't in what happens to you, but what you do with what happens to you.

Help other people to cope with their problems and your own will be easier to cope with.

Never use the word "impossible" seriously again.
Toss it into the verbal wastebasket.

Self-trust is the first secret of success.
So believe in and trust yourself.

Stand up to your obstacles and do something about them. You will find that they haven't half
the strength you think they have.

Joy increases as you give it, and diminishes as you try to keep it for yourself.
In giving it, you will accumulate a deposit of joy greater than you ever believed possible.

How you think about a problem is more important than the problem itself—so always think
positively.

Go at life with abandon; give it all you've got.
And life will give all it has to you.



Extra Oprah Winfrey Information

When Oprah was 9, she was touched on her body on private areas where she wears a bathing suit on her body by a teenage cousin, and then by other male relatives and friends of her mother. Oprah blamed herself for what happened to her and felt ashamed. She has grieved by sharing what happened to her with all her viewers on her TV show, and she has a genuine desire to help others. She listens to her own feelings and listens to the feelings of other to know how to help them.

Oprah said, "If you live in the past and allow the past to define who you are, then you never grow." Oprah has not let the hurt she experienced cause her heart to hate. Instead she has chosen to love. Do you think she is a strong woman?

Oprah has worked very hard to make her television show a success. She has her own book club (she loved to read as a child), and people all over the world buy books in Oprah's Book Club just because she says they're good.

Oprah says, "Be persistent in pursuing your dreams."

(Referenced from content from *A Collection of Wisdom* by Rodney Ohebsion.)