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Dear Parents,

I am very much looking forward to speaking with your children during Briarwood School's next assembly, **"Be the Boss of Your Thoughts,"** on **Friday, November 17.** I will introduce children to the characters in my book, Green Glory and Red Rant and show them how they can change from negative to positive **self-talk** and **mindset.** These characters offer a child-friendly way to help kids learn how to improve behavior and manage emotions.

*The Adventures of Ooga and Zeeta* book is a compilation of 12 stories, tips for kids and activities around the character concepts I coined, *The 12 Cs.* The book shows children how they too can navigate through real life situations and be kinder to themselves and others.

This summary defines the characters and concepts of "Be the Boss of Your Thoughts," assembly so everyone can speak the same language and reinforce these skills.

### The 12 Cs: character concepts



### Green Glory and Red Rant (self-talk and mindset):

Green Glory and Red Rant provide a kid friendly and tangible way for children to understand their **thoughts, behaviors and emotions.** When children practice changing from negative to positive they will learn how to be the boss of their self-talk, mindset and how to be a good citizen for themselves and their community.

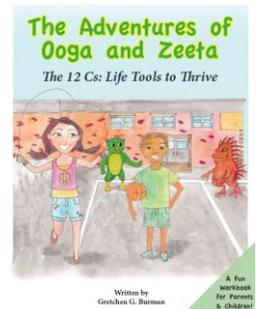


Green Glory

Red Rant

### The Adventures of Ooga and Zeeta book

The Adventures of Ooga and Zeeta is a compilation of 12 relatable stories, tips for kids and activities that explore the power of positive self-talk, mindset skills and brings *The 12 Cs* life. It shows children how they, too can navigate through real life situations, think for themselves and be prepared to handle whatever life throws at them. The book is a **teaching tool** designed to be read by children and adults together, offering a communication tool to **open up dialogue** and **foster conversations.** Books are available at [www.amazon.com](http://www.amazon.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com).



### Summary

There is a lot of research supporting the benefits of children learning these social and emotional tools at a young age. Parents are encouraged to continue reinforcing this **common language** to facilitate conversations and help develop these important skills.



## ***The 12 Cs, Green Glory and Red Rant Definitions***

<b>CHARITY</b>	Give to those in need without expecting anything in return.
<b>COMEDY</b>	Being able to laugh and have joy in your life. Being able to laugh at yourself.
<b>COMMITMENT</b>	Give your best effort and don't give up. When you fall down, get back up and try again (resilience). Be responsible and do what you say you're going to do.
<b>CAREFUL</b>	Eat mostly healthy foods and stay active. Stay away from danger.
<b>COMPASSION</b>	A feeling of wanting to help someone.
<b>COMMUNICATION</b>	Listening, talking and using body language to (successfully) share information. Relationship skills.
<b>CONFIDENT</b>	To believe in yourself. To believe in your abilities. To like and love yourself. To know you are great just the way you are.
<b>CHOICES</b>	Make the best decisions you can but when you make a mistake, learn from it and make a better future decision.
<b>COGNITIVE</b>	It's how you think (mindset) and how you talk to yourself (self-talk). Positive Green Glory and negative Red Rant.
<b>CHERISH</b>	Be thankful and grateful for what you have. To love, protect, and care for someone or something that is important to you.
<b>CENTERED</b>	Being able to relax and calm yourself. Feeling peace and balance within your mind and body.
<b>COURAGEOUS</b>	To be brave. To be scared but choose to push through your fears and do it anyway.

<b>RED RANT</b>	On one side of our head is our negative self-talk and mindset, Red Rant, who tells us things like, "I can't do it," and "I'll never get it so stop trying," and "No one likes me." When children listen to their Red Rant, it's like they are bullying themselves.
<b>GREEN GLORY</b>	Green Glory is on the other side of our head telling us positive things like, "I can do it," and "Keep trying and don't give up," and "I am likeable." Green Glory's job is to keep Red Rant from bullying our thoughts. When children practice their Green Glory self-talk and mindset, they will learn how to quiet their inner critic, be self-compassionate and mentally strong.

For **free** activities, resources, tips and role-play examples visit **[www.character-u.com/parent-toolkit](http://www.character-u.com/parent-toolkit)**.

For more information, please visit **[www.character-u.com](http://www.character-u.com)** and/or email **[gretchenburman@character-u.com](mailto:gretchenburman@character-u.com)**.