

# TIKI 1

**A RECESS PROGRAM**



**TEACHER'S  
HANDBOOK**

GIRLS' VERSION

This program is dedicated  
as a *zechus* for all children who are  
the future builders of *Klal Yisrael*, to  
grow in their *middos* and *avodas Hashem*.



This program is sponsored as a *zechus* for  
**The Farkas Family**

## Theme Song **LYRICS**

### TIKI SONG

TIKI – Recess Rescuer.  
Here with my recess-o-meter.  
I'm a backpack.  
I'm a knapsack.  
With my bright eyes I can see.  
Someone's hurting, hiding, crying.  
Someone's missing from the crowd.  
Why the pains?  
Calling names-  
In the games.  
Not allowed!

So come with TIKI.  
Spin with me.  
A somersault of harmony.  
A helping hand I want to lend.  
And show you how to be a friend.  
Listen to my lessons-  
With TIKI, things will turn out right!



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# OVERVIEW

## Dear Teacher,

Welcome to the TIKI 1\* Program, an anti-bullying recess initiative geared for students in grades 2-5. With eight exciting lessons to be taught on a weekly basis, along with engaging audio and visual components, **this program trains students to monitor their own words and actions, while learning to use social behaviors that will strengthen friendships.**

The class listens to a recording of recess scenarios with common *bein adam lachaveiro* challenges, and each time, TIKI ("*Hatik Sheli*"), a cute, friendly 'backpack,' arrives on the scene, providing tools and encouragement to enable the children to make the right decisions. These valuable lessons are reinforced with teaching material, activities, and motivational wisdom cards. Ultimately, the helpful **Tools I Keep Inside** that are gained through this program enable the students to create a true culture of caring in the classroom and beyond.

### Topics that are covered in this program include:

- A. The power of our words
- B. The *issur* of saying hurtful jokes
- C. The power of a group
- D. The importance of inclusion
- E. The actions that promote inclusion
- F. The actions that prevent ongoing bullying
- G. The power to build others with words
- H. The value of empathy

### In addition to this Teacher's Handbook, you should have received the following:

- **TIKI Program CD** - which plays the weekly scenarios and TIKI theme song
- **TIKI Posters** - to hang in the classroom
- **TIKI Cardholders** - for each of your students
- **TIKI Wisdom Cards** - for each of your students
- **TIKI "Make It Personal" Cards** - for each of your students
- **TIKI Song Sheet** - to copy for students
- **TIKI Finale DVD** - to end the program

Students who've learned this program have been enamored (and impacted!) by TIKI and the true-to-life scenarios depicted in each lesson. We look forward to sharing much *nachas* with you, as TIKI shares her messages with *your* students, and they learn to live what they learn!

## We are happy to help in any way we can!

For questions or assistance, we can be reached at 732-905-9909 ext 132.

Sincerely, **THE TIKI TEAM**

\*The TIKI 1 Program is the first in a 2-part series, but it can be done independently.

# OVERVIEW

## Weekly Program Structure:

Our experience shows that the best time to present these lessons is right before recess, as it enables the students to enter the most socially challenging time of the day with the proper tools and mindset.

### Monday:

Play the **TIKI Scenario of the Week**. (A summary of each scenario has also been provided for your convenience.)

- After the scenario is played aloud, conduct a **classroom discussion** with the provided questions and Torah thoughts, to ensure that its message has been properly understood.

### Tuesday:

The class can enjoy a special **activity** that has been provided to reinforce the lesson of each week.

### Wednesday:

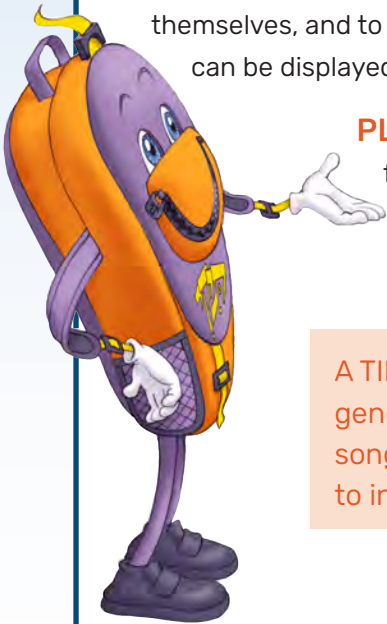
Distribute the **TIKI Wisdom Cards**, designed to serve as a reminder of the lesson learned that week. Each card has a special quote and strategy to empower students in their *bein adam lachaveiro* and avoidance of bullying, to be reviewed with your class. The cards should be placed in the **cardholders** provided.

### Thursday:

Distribute Make It Personal Cards, designed to encourage the students to apply the lessons to themselves, and to convert the inspiration into action. Once the girls have filled out their cards, they can be displayed on a bulletin board or shared aloud with the class.

**PLEASE NOTE:** We have structured the program to be implemented on a daily basis for maximum success. However, the daily activities can be merged or skipped to accommodate time/schedule constraints.

A TIKI **theme song CD** and TIKI **posters** have been provided to help generate a TIKI *ruach* throughout the class/school. You can play the song before recess to remind the students how TIKI has taught them to interact with one another.



# LESSON 1: "POWER!"



## GOAL:

Students will recognize that mean words have the power to really hurt others.

MONDAY

## PLAY TIKI SCENARIO #1 : "POWer!"

### SUMMARY OF SCENARIO:

Aviva Klaver moves to a new town and joins a new school. She's miserable, because the girls, particularly Chaya, are not friendly to her. TIKI, a friendly backpack, arrives on the scene. He looks at his recess-o-meter and realizes that Aviva is sad and having a hard time adjusting to the social scene at her new school. Aviva tells TIKI how a girl in her new class called her a "shrimp" when she wanted to play a game of dodge ball. TIKI feels like "he's been punched in the stomach" at hearing these words, and then tells Aviva that when he was 'young,' his 'mother' told him, "You've got something inside you more precious than diamonds and more dangerous than poisoned arrows"- **words**. Aviva agrees, saying that she feels as though she has arrows inside of her. She tells of an incident that happened the day before when she took out her snack; a girl pinched her nose and made fun of her banana. TIKI says that sometimes a person only realizes that what she's doing is hurtful when she is treated that way herself! Aviva thinks TIKI is smart. She explains that there was a girl - Rochel from Mexico, in her old school, and she often made fun of her. Now she understands the pain that Rochel must have experienced. She thanks TIKI for helping her realize what she'd done wrong to Rochel, emphasizing that she will no longer speak this way to *anyone*. Aviva then thinks of some ideas that she could have done to have made Rochel feel accepted. Overall, she's feeling much better after speaking to TIKI.

TIKI then flies over to Chaya to help her understand how Aviva has been feeling. Chaya is reminded of how *she* felt when her brother once called her a "klutz" for dropping a few dishes. She now realizes how she wronged Aviva, and she apologizes to her, and she then invites her to join the game.



### WISDOM:

"I HAVE VALUE!"

Hurtful, painful words are everlasting!

## DISCUSSION QUESTIONS AND ANSWERS:

**1. Why is Aviva feeling sad?**

She is being made fun of by the girls in her new school.

**2. Why is she so hurt when someone says, "Aviva is eating a mashed banana!"?**

When the food that one eats is ridiculed, the person himself feels silly and embarrassed.

**3. What important lesson about the words we speak does TIKI teach her?**

Words are more precious than diamonds and more dangerous than poisoned arrows. We must use them properly to make others feel good and not to *c*"v cause them pain.

**4. How does experiencing hurtful words help us treat others properly?**

Sometimes we need to actually be on the receiving end of hurtful words in order to understand the pain that such words can cause the one to whom they're directed.

ACTIVITY:

Begin with a brief review of yesterday's lesson.

-Place an envelope on each girl's desk with the name of a fellow classmate written on it.

- Tell the girls to take out a blank sheet of paper and cut it into pieces, as per the number of students in the class. On one piece of paper, each girl should then write down two positive qualities about the girl whose name is printed on the envelope, inserting that paper inside when done.

-The envelopes should then be passed around the room so that everyone has a chance to write down two positive qualities about each classmate. When the activity is completed, you may choose to distribute the personalized envelopes to every girl, so each one can see the compliments given by her peers, strengthening her self-esteem.

-Encourage your class regarding the power of just a few words to promote *ahavas Yisrael*. Help them realize that the kind words which they just wrote regarding their friends can actually remain with the recipients for years to come!

Hashem commands us,  
 "ולא תונו איש את עמיתו"  
 (ויקרא כה:יז)

*A man shall not cause pain to his fellow.* The Gemara explains that this commandment is the *issur of ona'as devarim*, causing pain with words.

Mean words can cause even more pain than a physical affliction, because when mean words are spoken, the hurt and pain can last for months or even years - and sometimes for a lifetime!

WEDNESDAY

TIKI WISDOM CARD:

Discuss with the class the quote and strategy written on the card.



THURSDAY

MAKE IT PERSONAL CARD:

