

## NOVEMBER 7-11, 2011: Effort

### Music Department

Opening Hook and Kagan Activity: Single Round Robin (4 minutes)

Think of a time when you were really struggling with something in class, but kept trying and didn't give up. In groups of two or four, discuss the following:

- Describe what you were struggling with in class.
- Did you get help or encouragement from someone?
- Did you get made fun of?
- How did you feel?
- Did you give up or did you keep trying?
- If you gave up, what was the end result? If you kept trying, what happened?

Video and Group Discussion (5 minutes)

Watch this video from The Muppet Show and think about the following:

- Who is struggling with something?
- Who gives him help and encouragement?
- Who makes fun of him?
- Does he give up or keep trying?
- What can you learn from the video?

<http://youtu.be/32j8M5G1f8o>

Take turns sharing out responses to the questions.

Video Summary (Optional)

"I Got Rhythm," from George and Ira Gershwin's Broadway musical *Girl Crazy*, was performed by Fozzie Bear and Rowlf the Dog in episode 420 of *The Muppet Show*. Unfortunately, Fozzie is unable to sing the song in rhythm, despite guidance from Rowlf. In the end, Rowlf changes the song to "I Don't Got Rhythm," which works much better for Fozzie. Who could ask for anything more? Statler and Waldorf, who ask for earplugs.

Activity: The Human Knot (10 minutes)

Find instructions for this activity online: <http://www.group-games.com/ice-breakers/human-knot-icebreaker.html>

Take Away (1 minute)

- Keep trying. Don't give up.
- Don't be afraid to ask for help. Offer help if you see someone struggling.
- Build each other up. Don't tear each other down.
- Work together to achieve your goals.