



WELCOME

Welcome to your first class of GrossBusterz™! GrossBusterz™ offers fun and exciting activities that both encourage children to become their best while teaching important social skills and civic responsibility.

The first class of GrossBusterz™ offers a very important opportunity to create a relaxed and fun environment while introducing discipline and purpose. From the beginning, children should be made aware that they are in a social environment and as such should act appropriately. This should include proper volume of speech, treating other students graciously, sitting in their assigned seats, respecting the teachers, etc. Remember, your job as the instructor begins at the first moment the students arrive for class. Be firm, yet gracious. Students will come from all backgrounds and for many reasons. For many, this will be their first experience in a proper social setting with expectations to act in accordance. Guide your students in a respectful manner and avoid embarrassing them in front of their class mates. By the end of the eight week course, you will be amazed at the progress you and your students have made.



Mmeet Zac. Zac is a 12 year old boy who loves to run, jump and play games with his friends. Zac has a younger brother and sister who he loves very much.

Throughout GrossBusterz™, Zac will be right by your side, helping to teach your students fun a practical lessons about getting along with others, being polite in public, and how to be a good citizen. You see, Zac is a GrossBusterz™ Kid! You'll learn more about Zac in upcoming lessons, but for now, introduce him to your students and tell them to look forward to many fun and exciting activities that Zac has planned for them.

“The Handshake”

Elementary: Session 1

There are two main elements to “The Handshake” class:

1. A proper handshake and greeting
2. The student’s name presentation

Before each activity you will find a thorough explanation of the purpose of the activity and how to execute it successfully. Make sure and read through all the material as well as the support material to properly prepare for the course.

Class Supplies:

1. Table with a chair for each student
2. Place Cards
3. Name Tags
4. Computer and Projector
5. “Handshake” Power Point Presentation
6. “Name Presentation” Power Point
6. 2 bells that you slap on top to ring.
7. Cape/Gloves to hand out at Name Presentation
8. Snack





INTRODUCTION

The Handshake Lesson is the perfect beginning exercise for GrossBusterz™. A handshake is often the first impression that one makes and as such, should be well delivered. It communicates a confidence and maturity that people will instantly respect. A 'gross' handshake may signal to the recipient that the deliverer has a poor self image and a lack of confidence.

[In GrossBusterz™ we label all 'wrong' ways of doing things, 'gross'. We don't want to call them bad because we don't want to necessarily attach moral judgment to them. It isn't morally wrong to have a poor handshake, nor should someone feel poorly about themselves if they do. We are here to teach young people the 'better' way of doing things. When discussing something of a moral nature, we will be clear to distinguish it as such, for there are areas of right and wrong that GrossBusterz™ does approach.]

The exercise should be fun and engaging. When completed, each student should be able to shake hands with confidence and pride. In addition, from this point on, each student, when entering the classroom, will be expected to greet the teacher with a confident and proper handshake.

[The teacher should sit all the students down, facing the Power Point screen, and follow the "The Perfect Handshake" Power Point Presentation. Each slide will guide the teacher on what to say. Additional notes for teachers to add to the presentation are added in this teacher's handbook.]

The Perfect Handshake

The Perfect Handshake is a great way to greet a friend and make a first impression

A handshake can set the tone for social interaction.

It includes and welcomes people into whatever activity or conversation is going on.

It shows confidence, intelligence, and leadership

The Perfect Handshake

The Perfect Handshake has:

- FIRM grip
- STRONG arm
- LOOK directly in the eyes
- SPEAK CLEARLY

- Firm grip: not too tight, but not too loose.
- Make sure your arm isn't soft and wobbly
- Make eye contact.
- Don't look away in embarrassment.
- Speak loud and clear.
- Don't make the other person ask for your name a second time.

The Gross Handshake

The CRUSHER !

Too tight of a grip
Ease up partner !

- Be considerate
- The Crusher says you're a mean person, aggressive for no reason.
- Don't give the other person a bad impression
- Not so tight that it hurts or feels like you're trying to compete

The Gross Handshake

The NOODLE !

Soft, loose grip, no shaking
Get a grip !

- The Noodle makes people uncomfortable.
- They think you're weak and insecure.
- They want to pull away from you rather than towards you.
- It implies you may not be sharp or bright

The Gross Handshake

The SPAZ !

Way too many fast shakes
Slow down Jackson !

- The Spaz says you're out of control,
- You're immature.
- You're self-centered and not focused on your guest.
- Excludes people and makes them uncomfortable

The Gross Handshake

The RAMBO !

Hard shakes like you're trying to win
the handshake tournament.

Let's all calm down and step away
from the hand!

- The Rambo makes people feel like they are out of control.
- Overwhelms others.
- Puts people on the defensive.
- Starts conversations off defensively.

The Gross Handshake

The CREEPY !

You hang on too long

You're creeping me out ! Let go, let go!

- The Creepy makes people want to run from you.
- Makes people think you don't know how to conduct yourself in public.
- Cooties !

GrossBusterz™

Etiquette and Civics for Great Kids

Now It's Your Turn

- The Crusher
- The Noodle
- The Spaz
- The Rambo
- The Creepy

Now it's your turn to try the really GROSS handshakes. Everyone get a partner and let's go through them one at a time.

Ok. But before we start, some of these are rough, so no one hurt anyone else's hand while trying these. If you do, I'll have to have you sit down.

The Crusher	The Rambo
The Noodle	The Creepy
The Spaz	

Ok, which was the worse one? The Creepy makes people want to run from you.

Makes people think you don't know how to conduct yourself in public.

Cooties !

The Perfect Handshake

Let's get back to The Perfect Handshake

- FIRM grip
- STRONG arm
- LOOK directly in the eyes
- SPEAK CLEARLY

Let's all introduce ourselves and try it with our partner.

The Perfect Handshake is something everybody can do.

Like anything it just needs practice.

Make sure to follow all the rules !

Special Rules

Boys: When introducing yourself to a girl, do not extend your hand first. Wait for the girl.

Girls: Girls decide whether they include a handshake in a greeting. They can decide not to shake hands, but merely have a verbal greeting.

It is a woman's prerogative whether she allows a man to touch her, even in a handshake, or not. So, the gentleman, if introducing himself to a woman, should not extend his hand out first. This is an excellent opportunity to begin the discussion on boundaries. The teacher can introduce the idea of girls and boys being in control of who can and cannot touch them. It is important, especially for the young ladies. Now if man does extend his hand first, the young lady should extend her hand so as not to embarrass the gentleman.

GrossBusterz™ has several opportunities to highlight this aspect of boundaries to the kids. Handshaking is one of them.

So, the girls need to know that they are free to extend their hand or not in a handshaking introduction.

By extending their hand they are showing respect and hospitality.

By not extending it they are showing that they are in control of their boundaries.

We will say more about this in later classes just focused on Introductions.

Special Rules

Handicapped Person: Just verbally introduce yourself. If they offer a hand then you offer yours.

If you have coughed in your hand, do not extend your hand.

If the other has coughed in their hand, do not extend your hand.

The goal in a handshake with a handicapped person is to be appropriate to their situation. If they cannot move well, then we must allow them to respond first to the situation. We don't want to make them feel uncomfortable by asking them to shake our hand when they cannot.

Everyone knows illness is spread through germs and yet people continually will cough into their hands before shaking hands. It is important to be able to protect oneself from others' bad hygiene as well as show respect for others by managing our own.

If someone else has coughed into their hands do not extend your own hand and merely say, "Excuse me but I shouldn't shake right now".

If you cough in your hand the same response is sufficient.

The Perfect Handshake

Handshake & Greeting every class !
- From now on when you arrive to GrossBusterz™, you will greet the teachers, introduce yourselves and offer to shake their hand.

Each student must greet the teacher at the beginning of each class before class can begin. If a student is late to class, they must wait until there is a break and then go up and greet the teacher, offering their explanation on why they were late.

The Perfect Handshake

GrossBusterz™
Etiquette and Civics for Great Kids
YOU GOT IT!



Activity

- The teacher introduces the handshakes.
- The teacher pulls a volunteer from the class to be their assistant for the demonstrations.
- Each handshake has a power point image to go with it.
- The teacher then pairs the students up and they all practice the loser handshakes.
 - o (*Teacher must warn the students when doing "The Crusher" not to be hurtful.)
- All kids have to try to do all the bad ones. That's the fun part.
- Then you teach them a good hand shake.
- They have to do the good shake with their partner and then with the Teacher.
- (The kids will prefer the loser shakes since they were fun.)
- They can't 'pass' until they done the good shake properly with the teacher.
- Have fun with this.
- Be goofy with the "grossshakes".

The teacher informs the students that they will give the teacher a greeting and handshake each time they enter the room for class. From now on, when the students arrive to class the first thing they must do it greet the teacher with a handshake and greeting.

Snack Time

Snack can be finger food. Possibly have snacks that represent foods from the various family backgrounds represented.

- Students must go up and introduce themselves and shake hands with the 'snack man/lady'
- Briefly introduce having the boys pull the chairs out for the girls to sit down.
- Just tell them about it, demonstrate it ask the boys to do it for snack time starting now.
- Introduce cleaning up after one's self after every snack



GRAND LEADERSHIP - GRAND CITIZENSHIP

For most of the Elementary age students, these concepts of leadership and citizenship are still too abstract. That's why they're in GrossBusterz™! So in the beginning emphasize the words "GREAT" and "GRAND". We want them to start thinking of themselves with large goals and ambitions. It is possible for them to be important and influential. We want the kids to start to think about their greater purpose already now at a young age. Understanding this is also how etiquette and manners makes sense to a younger person. We don't want GrossBusterz™ to be polite just to follow the rules. We want them to behave in a sophisticated way in order to build up the community and influence culture.

At GrossBusterz™ we focus on the uniqueness of each student as opposed to them being 'special'. (If everyone is 'special' then no one is special). Everyone has the potential to take leadership in their community and in their area of interest. Even young kids can show great leadership in the way that they handle themselves at school, on the ball field, in the dance class or at church/synagogue. You're never too young to start to understand your ability to influence the world around you.

Ask the students and motivate them to speak up. There are no wrong answers here in that your goal is to give them the confidence to speak out in class and participate. The teacher must take their answer and put it in perspective. If it is correct, great, then utilize it, always acknowledging the responder for such a good answer. If it doesn't relate to leadership, the teacher's goal is to do what they can to make it fit into the discussion. i.e.: "A leader is someone who is mean." Teacher response: "Well, Johnny, some leaders are mean, but not all leaders are mean. What's important about what you said, is that when we are mean though, we can often lead in a poor way. We can lead people into having a bad or fearful attitude. So, our attitude is very important".

Great leadership shows up not only in being able to unite people around a common goal, but also HOW one leads is just as important. Great Leaders:

- Inspire people to work together toward a common goal
- Serve others with their skills
- Encourage others in their skills and abilities
- Consider the cost of accomplishing the task and are willing to accept the responsibility



- Know their area well and have worked to master their field of influence
- Are trustworthy and honest in character
- Are more interested in acknowledging others than in one's own rewards

The definition of 'citizen' is a native or naturalized person who owes allegiance to a city, town, state, or country. Emphasize the word "allegiance". What does that mean? Why would a citizen have responsibilities in a community?

Allegiance in America means "the commitment of each citizen to their country and government". We all have a commitment, we make a pledge to do whatever we can to make America the best it can be and to show it respect. After all America isn't just land, it's a huge community of people. As a community we all make a commitment to all the other people in America.

During this segment, the teacher has a chance to emphasize the uniqueness of being an American citizen. Important factors of America's uniqueness are:

- Freedom of speech
- Freedom of religion
- The right to vote and elect our own leadership
- America is set up so that we can share our ideas with each other and try to find the best ideas for all American citizens. Not every country is like that. In some countries if you don't agree with the leaders you will go to prison. So, America is a wonderful place to live.
- All these freedoms, like free speech, the right to vote, all come with responsibilities. If we don't like the leadership in America in our city, state, or country, we have the ability to make suggestions, change the leadership, and even try to become one of the leaders ourselves! WOW !
- A GRAND citizen is someone who accepts the freedoms AND the responsibilities of being an American citizen. They are someone who always votes, participates in the decisions made in their community, and communicates with their leaders regarding keeping America safe and prosperous.
- There are other ways to serve our community to be a GRAND Citizen:
- Volunteer to help those in need
- Volunteer to help put on a special community event
- Do things to help clean up our community and make it safe and beautiful

He went to church and encouraged his friends and the soldiers in his army to have faith in God.

George Washington was a great learner! He loved to learn from people who knew more than him and was willing to learn from his mistakes. He became known as a great manager during his army years, because he had learned from others and the mistakes he made, how to organize groups of people, supplies of food, water, clothes, and a daily schedule. His attention to detail and excellence and his respect for people's time made him famous amongst his peers.



He gave people promotions in their work because of their excellent work, not because they were his friends. And during time when America was practicing the evil of slavery, George Washington promoted black men to top positions as overseers of his five farms.

One special heroic moment came in the winter of 1777, during the American Revolution. George Washington's army was small and less equipped than the British armies. In a brilliant move at a battle in Princeton, New Jersey, George Washington led his army to defeat the British. At a critical moment, he risked his life and rode his horse in between the two armies in order to inspire his men to victory. This bold act of courage worked. His men continued to fight and the battle was won. Ultimately, the Americans won and our freedom is secure today.

What can we learn from all of George Washington's life that helps us today?

What are some ways we can act like a hero?

Welcome to GrossBusterz™

You're going to be a
GREAT LEADER and a
GRAND CITIZEN!!

Kids, we are so excited that you are with us at GrossBusterz™! We know how smart and talented you are. You are all destined to be leaders and we want you to be GREAT leaders. You are also Citizens, citizens of the United States of America.

You Have A Great Purpose

Each of you has been created by God
with very specific talents and unique gifts.

Some of you are good at math, others are good at sports, or music, dancing or drawing. Some of you like to read, others like to look at bugs and worms. Each of you has a specific combination of interests and talents. God intended it that way. We all were born with a specific purpose from God. He created you with a specific purpose to fulfill here in the world.

Your Are All Unique

You are all and different because
there are so many important and
different roles in the world to fill.

What do you think you are going to do in your life?
What do you want to be when you grow up?
(Once the student answers, the teacher should ask the student, "What talents do you have that will help you do that?")

You Are All GrossBusterz™

At GrossBusterz™ we're going to help
you become the great person God
has intended you to be.

Kids, All of the things that we are going to do at GrossBusterz™ is going to help you succeed in life.



(Ask the students and motivate them to speak up. There are no wrong answers here in that your goal is to give them the confidence to speak out in class and participate. The teacher must take their answer and put it in perspective. If it is correct, great, then utilize it, always acknowledging the responder for such a good answer. If it doesn't relate to leadership, the teacher's goal is to do what they can to make it fit into the discussion. i.e.: "A leader is someone who is mean." Teacher response: "Well, Johnny, some leaders are mean, but not all leaders are mean. What's important about what you said, is that when we are mean though, we can often lead in a poor way. We can lead people into having a bad or fearful attitude. So, our attitude is very important".)



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The definition of 'citizen' is a native or naturalized person who owes allegiance to a city, town, state, or country.

Kids, all of you are Citizens of the United States if you were born here. If you were not born here, then you have to take some tests and you can become a citizen. One of the main things you have to do is make a commitment to United States of American that this is now your homeland and you will stand up for it.

During this segment, the teacher has a chance to emphasize the uniqueness of being an American citizen. Important factors of America's uniqueness are:

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There are other ways to serve our community too to be a GRAND Citizen:

- Volunteer to help those in need
- Volunteer to help put on a special community event
- Do things to help clean up our community and make it safe and beautiful

Who Am I?

World

Country

City

Community

Family

This begins the Name Presentation Section of the class. Inform the students that you are going to bring them up to the front of the class and announce their name. Let them know now that you want them to share one thing they are interested in: i.e. baseball, dancing, music, chess, reading, etc.

The teacher will bring each student up to the top of the class, announce their full name and the depth of it's meaning. Teachers should make sure this has a bit of formality to it and describe the qualities of each person's name with honor. Then the teacher should guide the student in answering where they are a citizen. Have each student 'locate' who they are in by these groupings.

I'm a human living on Earth (this is a little silly, but you can have fun with it and say, "Phew, I'm glad you're not a Martian!")

I'm an American

I'm a citizen of city _____ i.e. Kansas City

I'm a citizen of town/neighborhood _____ i.e. Merriam, KS or Vernon

Place neighborhood

I'm a member of the Family Enna

Now, ask each student to share one thing they are interested in.

Thank you, please sit down.

There is Only One Me

It's up to me to be the best ME there is!



Review Game

- The Great Handshake Debate:
- Each student must stand up and say 1 thing they remember about a good handshake and other things learned during class.
- Then they must say 2, etc.
- The last student standing who says the most details of how to perform the best handshake WINS!
- They can repeat what others say as long as they complete the number of tips.
- The first person who goes gets a free pass for one mistake. For the game,

Workbook activity

Sheet to fill in who I am info. with family background.

Name: _____

1. A handshake should not be too tight or too loose. It should be _____.
2. You should use a strong _____ when shaking hands.
3. Look into the _____ of the one you are shaking hands with.
4. A good handshake consists of _____ shakes.

E	M	J	O	E	U	W	F	T	W
T	L	S	B	O	C	A	M	H	B
T	H	E	C	R	U	S	H	E	R
T	H	E	R	A	M	B	O	C	T
G	O	R	N	I	H	J	B	R	H
X	D	J	D	O	L	H	X	E	E
J	T	U	E	V	O	S	Y	E	S
U	R	T	Q	P	I	D	G	P	P
R	I	N	B	O	O	S	L	Y	A
H	A	N	D	S	H	A	K	E	Z