

Celebrate Yourself

Behavior Management Plan And Leadership Development Program



TAMAR
Entertainment Inc.



XTREME HEAT
Sports Management



PHAT BARZ
Records & Multimedia



MISSY CHOO
BOOKS

Celebrate Yourself Program

The **Celebrate Yourself** program was written and developed by **Mary Terry Wiley** and **Sheryl Holland**.

Mary Terry Wiley is a Registered Nurse with over thirty-five years of experience working with youth and juvenile patients in the field of psychiatry with an emphasis on behavioral health.

Sheryl Holland is a Licensed Professional Counselor and an active member of the ACA. An educator and college professor with more than thirty years of experience in public education, she has helped to develop approaches and solutions to emerging classroom challenges and relationships between the parent, teacher and student.

The activities and exercises in this program have proven to produce significant changes in attitude, self-esteem and behavior, not only in average children but also children with mental health and behavior issues. Our goal is to demonstrate caring, honesty, respect and responsibility in everything we do, while helping everyone who participates in our program to acquire new skills and build positive self-images.

The **Celebrate Yourself** program has been used for over fifteen years in classroom settings, workshops, dance camps and international/domestic basketball camps in Turkey, Switzerland, Japan, Memphis, TN, Houston, TX and surrounding areas. We promote personal development and elevate self-esteem in children - from preschool through high school. The exercises and activities can be modified for any age group, including adults.

Our activities demonstrate how using basic skills can help to improve self-esteem, team bonding and change the overall attitude and harmony of a group or individual.

For more information or to schedule a demonstration and/or workshop contact us at:
713-738-6110 or **832-563-4230**

UNDERSTANDING CHILD BEHAVIOR

Consistency is the key. Each day should begin the same way. You will soon see changes in the behavior, attitude and level of concentration of your students.

Many common things affect children each day. For example, a sudden change in the weather. Research has proven that the natural drop in barometric pressure affects how we feel and behave. Other things can affect behavior: the home environment, a delayed bus, or an early morning incident in the home can cause behavioral changes. Try to remember, one child's behavior can disrupt the whole day for the whole class. Agitations and frustration are like contagious diseases; they spread until they break out. The key to successfully changing behavior is you. Your consistency and positive attitude are important.

CELEBRATE YOURSELF -C. A. S. T. (Character Education, Academic, Support Teams)

GOALS AND OBJECTIVES

1. To help students to understand and value education and help them to understand their self-worth and to value themselves and others.
2. To identify personal qualities, habits, and social behaviors that are negative and focus on strategies to implement personal changes.
3. To develop communication and team building skills that improve problem solving
4. To collaborate with parents, community stakeholders, (churches, businesses, etc.) to build partnerships that will support student success.

RESEARCH AND DEVELOPMENT

Research indicates that although educational institutions from public schools to colleges and universities are graduating more students each year; these students are deficient in ten of the skills employers identify as the most important.

CURRICULUM STRATEGIES

When implementing behavior modification it is important to remember one of the goals is to improve grades and discover latent talents. We will give participants brief scenarios to help with an approach that could benefit your unique students. Do not be afraid to try ideas and activities that are above the student's grade and/or current academic level. When students are aware of new challenges they tend to work harder to master tasks.

MATHEMATICS: Make expert groups by dividing students up according to skill and/or preference. Have them do demonstrations and drills in front of the class (ie. converting fractions to mixed numbers, and vice versa, use rapid-fire multiplication, division, subtraction and addition). Let the other students give combinations for the expert groups to solve. Give points to the groups if they solve answers or to the class if they do not. This is a subtle way to engage and motivate your whole class. When possible, add simple banking, accounting, home budgeting and even investing skills for lower grades. For upperclassmen, consider increasing the complexity of these approaches. For fun make-up, try math games that require rapid responses, solving by listening or require group challenges. Have students discuss the benefits of the activities and create some of their own.

READING: Reading is the bedrock of education. The joy of reading is sometimes difficult to instill in young minds. Frequently assign interactive and engagement reading materials for homework. Have students read aloud the next day with an emphasis on showing that they understood the content. If a child is a poor reader, encourage them to listen to the oral presentation and then give their interpretation of the story. This will gradually encourage slow readers to read aloud and participate. Give positive strokes, even for marginal efforts, when grading oral reading. Offer reading material that has a moral, abstract thinking, a need for conflict resolution or humor.

HEALTH: Incorporate dietary needs, sports, dance and free play in your approach. Physical and health education is a time to learn how diet affects weight, thinking and wellness. It is important to teach students how to appreciate and respect their individual differences. A simple example is that each and every snowflake is uniquely different. By discovering one's physical strengths and weaknesses, it will help encourage the individual to become more active. Feeling good enhances creativity. The class can take nature walks, collect leaves or rocks. The teacher can provide healthy foods (veggies/fruits/etc.) for the class to sample and explain how they help the body. Another option is to collaborate with restaurants in your community. Have reps come in, serve students, and explain their cultures' foods. Students can later discuss if the food was healthy. Make requests for fitness, football, basketball and dance experts to visit. Have students create personal love/hate food choices and encourage them to look for ways to prepare them that they may like.

MUSIC: Students often miss the opportunity to explore Music Development due to lack of resources (i.e. limited or no access to instruments and proper instruction, or cancelled school programs). Expose your class to various types of music by introducing them to different genres as they work on class assignments. Soft music often stimulates concentration and relaxation. Encourage your students to select musical compositions from home that they personally enjoy and bring them to class. Have them present and explain what genre of music they have brought and why they chose it. Be sure to listen before playing for the class to screen appropriate content. You can also have the students develop dramatic plays, add dance, vocal parts both solo and choral and perform for student body or for the class. If your school does not offer musical programs that utilize instruments, seek local bands, music retail stores or choir musicians to ask if they can partner with your institution and mentor students who show interest and/or talent in the specific areas.

Take steps to add excitement to your subject matter. If you have, school or policy restrictions review your lesson plans and look for spaces to squeeze in these ideas but maintain policy. Remember it is doable just allow yourself to think outside the box!

TESTIMONIALS

“My contribution to the Celebrate Yourself program was to serve as a case study participant to utilize and evaluate the behavior management component in my classroom. I was asked to test its effectiveness in deterring and or curbing negative behaviors. Once implemented, it became very apparent to me over a period of time, that students who had previously spent most of their time in the principal’s office during the prior school year, seldom or never went again during their tenure in my class. This intervention has allowed me to keep my student’s behaviors at a minimum over the past five years.” -Language Arts Educator, Memphis, TN

“I am a youth ministry volunteer at my church. We have a boys’ group home onsite for foster children and many of them have experienced abuse or neglect on many levels. We decided to add the anti-bullying event to our youth ministry programs in hopes that it would impart something positive in their lives. AWESOME! ENLIGHTENING AND ENTERTAINING! The entire church enjoyed the event and the boys have been looking forward to next year’s big show. It made such a huge impression on the boys that the leadership has decided to partner with Celebrate Yourself for future volunteer efforts.” -Ministry Leader, Greater Parkhill COGIC, Houston, TX



CELEBRATE YOURSELF - FINE ARTS

SOCIAL THEATER

The theatrical module was designed after observing the student always labeled “The Class Clown”. Much of his/her behavior had an air of comedy, drama and even mystery. This special talent should never have to go to waste.

Under this module, community programs will be developed to emphasize language arts skills and improve critical thinking. Stories will be read aloud and children will learn how to create scenes or skits to act out information gleaned from the stories. They will also be encouraged to incorporate scenes from their own lives that mirror events in the stories. These kinds of activities will help improve Reading Comprehension, Writing, Communication Skills, and Team Building.

A parental component has been piloted at the MacGregor Palm Community Baptist Church in Houston, Texas. Its focus is to help mothers alleviate their own personal struggles so that they can learn how to prevent low self-worth from overflowing into the lives of their children.

SONG AND DANCE

Due to a decrease in funding, many dance and choir programs have been removed from school curriculums. Over the years, we have come to see how effective these programs can be in providing and maintaining self-control and improving self-worth.

Every culture in the world uses some form of song and movement for celebration, worship and entertainment. Song and dance is a true catharsis for all people. This module exposes youth to a variety of vocal approaches from jazz to African chants. Dancing exposes every participant to an assorted group of movements from modern, to the twenties, and even praise dancing and mime. Youth learn to lead, train, and create in these areas as choreographers, composers, and directors.

Youth learn to maximize their skills and praise themselves for every achievement. These activities help them to gradually learn how to nurture the unique abilities they have rather than measure themselves by the talents of others. This is a growing industry and we will encourage those who prove exceptional to consider the pursuit of these areas as a profession.

**For more information or to schedule a demonstration and/or workshop contact us at:
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For more information - 713.738.6110

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MISSY CHOO *books*®

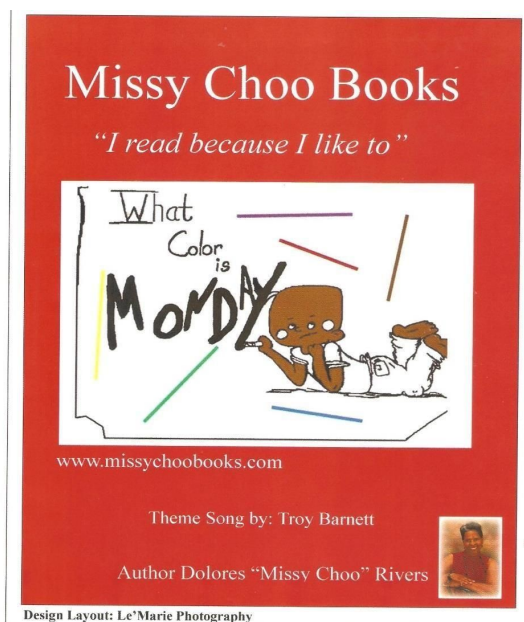
MISSY CHOO BOOKS By Dolores Rivers

Dolores Rivers, has taught elementary school students for twenty years.

The inspiration to write my book, “What Color Is Monday” came from my son David. He actually asked me the question in the car after I picked him up from preschool. As I was writing the book, I did not know what the central idea or literary theme would become. As the book came alive, I realized that the central idea is that everyone sees things differently and we all have various opinions, thoughts, ideas and feelings about the same things. This reminds me of the students in my classroom, and why it is so important for teachers to cultivate knowledge and encourage students to express their feelings and ideas in their own way.

What Color Is Monday is a sing song tale of a little boy’s quest to find the color of Monday. After inquiring each day and not getting the answers that he needs, he decides to enlist the help of some of his favorite friends. These friends just happen to be his favorite toys from his toy chest. Using his imagination and the words of wisdom from his friends he finally finds the answer to his question.

For more information, please contact us at **713-738-6110**



amazon.com®

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CELEBRATE YOURSELF - BASKETBALL CAMPS

OVERVIEW

The program entitled **CELEBRATE YOURSELF – THE MAKING OF A V.I.P.** is an untraditional basketball camp whose focus is to empower and develop healthier self-esteem for youth (k-12 grade) through the use of positive affirmations and activities. The goal is to stimulate their minds and to nurture their interest in sports through the resources of basketball, dance, and yoga. With the partnership of Tamar Entertainment Inc., we have developed a program that has helped many young girls become self-confident, self-motivators and leaders. The program is designed as a weeklong camp lasting 3 - 5 hours per day.

For more information, please visit www.xtremeheatsportsmgmt.net

GOALS

1. Exercise
2. Nutrition
3. Teamwork Building
4. Social and Leadership Skills

LEAD TRAINER & COORDINATOR BACKGROUND

LaQuita Thompson has decades of experience as a basketball player and trainer. However, her experience extends far beyond that. She was the first female high school boys' basketball coach and scouting coordinator at Hightower High School. She has been a certified fitness trainer for over ten (10) years. A native of Morton, Texas she currently resides in Houston, Texas as the CEO and Founder of Xtreme Heat Sports Management. Thompson and her team are sought-after for the skills and ability to reach youth between 1st through 12th grade motivating them to a higher level of achievement. During the past year they have hosted trainings in Pearland ISD, Friendswood ISD, League City ISD, and Amarillo, Texas.

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LEAD TRAINER & COORDINATOR BACKGROUND - CONTINUED

Our team of trainers have offered community service trainings for youth in Houston, Angleton, and for the Oak Cliff Bible Fellowship Church in Dallas, Texas as well as professional development training for school athletic department staff of CCISD (Clear Creek ISD). Thompson has a national presence, as she travels the country as the National Girls Talent Scout for the legendary former NBA player and coach, John Lucas. Internationally, Thompson has traveled to several countries to offer CELEBRATE YOURSELF camps and train basketball players in China, Australia and Switzerland. Thompson's mission is to train others to become empowerment trainers and leaders in sports and life.

IMPACT

XTREME HEAT has an accomplished record of inspiring young people to reach their full potential. Through the CELEBRATE YOURSELF program, communities from all around the globe have been impacted in positive ways. It has ignited a fire and desire to reach dreams and has become an important tool for parents and coaches to use to assist in maximizing their gifts and talents.

1. Student-athletes receiving full athletic scholarships
2. Girls' Power Camps
3. Free community skills training clinics
4. Individual & team training Nationally and Internationally
5. NCAA Women's Final Four weekend workshops, clinics, and motivational speaking
6. Church and YMCA youth camps in Dallas TX
7. GIRLS POWER UNITED group established in Switzerland
8. Professional Basketball players Intl' and Harlem Globetrotters
9. Young entrepreneurs
10. Collegiate Coaches

CELEBRATE YOURSELF Support in the Community

The Eddie and Thelma Lewis Scholarship Foundation is a 501c3 nonprofit, which sponsors a CELEBRATE YOURSELF camp to raise scholarship funds for college-bound high school graduates in Morton, TX and the surrounding Panhandle.

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Phat Barz Records and Multimedia, L.L.C. ®

CELEBRATE YOURSELF - MUSIC MENTORSHIP

PUSH MUSIC.

Students often miss the opportunity to explore Music Development due to lack of resources (i.e. limited or no access to instruments and proper instruction, or cancelled school programs). Expose your class to various types of music by introducing them to different genres as they work on class assignments. Soft music often stimulates concentration and relaxation. Encourage your students to select musical compositions from home that they personally enjoy and bring them to class. Have them present and explain what genre of music they have brought and why they chose it. Be sure to listen before playing for the class to screen appropriate content. You can also have the students develop dramatic plays, add dance, vocal parts both solo and choral and perform for student body or for the class.

If your school does not offer musical programs that utilize instruments, seek local bands, music retail stores or choir musicians to ask if they can partner with your institution and mentor students who show interest and/or talent in the specific areas. **Phat Barz Records and Multimedia L.L.C.** has partnered with the Celebrate Yourself program to provide mentorship programs to youth who may have an interest in the music business, performing arts, and graphic arts.

For more information, please visit **www.phatbarz.com**

Phat Barz Records and Multimedia L.L.C. was founded on the principle that everyone should be able to afford TOP QUALITY multimedia services- from Recording, Mixing & Mastering to Film & Television Scoring as well as Graphic and Digital Design, Website Creation and Brand Management. Our goal is to create, enhance, and advance quality musical and multimedia products and services.

We are a Houston-based business and we take great pride in our community by contributing both time and talent to various fundraisers, community organizations and other associations.

For more information - 713.738.6110

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Phat Barz Records and Multimedia, L.L.C.

MUSICAL EDUCATION

Our purpose is to promote public awareness of the importance of the Arts in our youth's educational endeavors, and to empower our youth through the fundamental tools & principles of musicianship to succeed in life--regardless of their personal career choices

MUSICAL ARTISTRY SERVICES

We welcome songwriters from beginner level to highly accomplished musicians of every age, genre and musical taste. No matter what stage you're at in the creative process, our trained and experienced professionals are here to help bring your ideas to life.

ARTISTS

Troy Barnett

Erica Vaughan

Mo3ses Black

WEBSITE

www.phatbarz.com

PHONE

713.376.3278

For more information - 713.738.6110

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“BULLY PROOF”

Created By Troy Barnett and Dolores Rivers

This initiative is designed to help children explore ways to stop bullying and avoid becoming bullied themselves. The program’s goal is to help youth seek solutions and implement them in their daily routine. Scenarios may be used to help students examine and discuss whether particular situations or incidents are truly identified as bullying. They can participate in group activities that encourage open expression about fears, anger and opinions on the impact of bullying in their own lives and society as a whole.

Dramatic skits will be created to address bullying behavior through the theatrical and music module.

Participants will share through musical performances which include the exclusive theme song, “Bully Proof” written by Troy Barnett featuring Mo3ses Black, Produced by Phat Barz Records.

We will help the participants prepare projects of their choice in observance of Bullying Awareness Month every October. We will petition schools and churches to showcase performances at their facilities for a nominal fee.

ANNUAL ANTI BULLYING RALLIES

Planning for a rally can become a yearlong project that culminates in October with a large conclave. Age, grade, or any other feature that gives each group a distinction can form groups. Start by giving assignments that will be displayed at the rally. Youth can be encouraged to write short stories, plays, poems, songs, slogans, and draw pictures that address anti-bullying efforts. Create a monthly newsletter that students can distribute to peers with positive messages and coping measures that may be useful. Start talk shows and panels for youth and have them discuss issues that pertain to all levels of bullying: verbal, physical, emotional and mental. Have them create the activities for their rally, including committees to oversee the various phases of the program. Activities should accommodate the various age groups. Other schools, churches, or community groups should be invited to participate in the total effort or even just the rally.

For more information, visit www.phatbarz.com/celebrateyourself

END

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