



# Sooper Puppy (Self-Esteem)

## Theme

Feeling the power of self-esteem

## Background

The most important ingredient of self-esteem is liking yourself. Being your own "very best friend" allows you to feel special and helps you say No to things that would make you feel bad about yourself. Many, if not most, children need help in building their self-esteem and self-confidence. In this videotape, Baxter (also known as Sooper Puppy) explores the importance of liking yourself as well as the power of self-esteem. When he gets into trouble, Grandpaw helps him sort things out, remind himself of his good qualities, and have the courage to say No.

## Outcomes

Viewers will

- acknowledge the strengths they have that help them feel good about themselves
- recognize the value of liking themselves
- learn the importance of trusting their feelings
- understand how self-trust helps them say No to things that would make them feel bad or unhappy
- realize that they can learn and grow from their mistakes

## Before Viewing

Invite children to discuss how they feel when someone scolds them or they do something they know they shouldn't. Use questions such as the following to get started:

1. Do you usually know when you are doing something that you shouldn't be doing? What tells you? How do you feel when someone else tells you that it's wrong? How do you feel about yourself? Why?
2. If someone scolds you, how do you feel? What do you do? How do you talk to the next person you meet? Why?
3. Do you think you are the best you that you can be right after someone scolds you? What helps you feel that you are your own best person?
4. What is a best friend? Do you think you can be your own best friend? How?

## After Viewing

Encourage discussion of the videotape, perhaps by using questions like these:

1. Why do you think Baxter lets Grizzle and Stoops into his master's garage? Was Baxter feeling good about himself? What did Grizzle and Stoops promise Baxter?
2. Did Baxter have fun raiding the garbage can? Why or why not?
3. Why did Baxter decide to run away? How was he feeling about himself? Did he really want to leave his home?
4. What lesson did the little flea teach Sooper Puppy? What made the little flea "walk tall"?
5. Do you agree with the flea that everyone is special? What makes you special?
6. After Grandpaw told Baxter the story of Sooper Puppy, Baxter had a chance to put the lesson he learned to good use. What did Grizzle and Stoops try to make him do? Did he do it? Why or why not?
7. How was Baxter rewarded for his good behavior? Do you think he deserves to be called Sooper Puppy? Why or why not?

## School Activities

- Ask children what they think they might need to do to become Sooper Puppies like Baxter. If possible, provide inexpensive cloth or crepe paper and help children make Sooper Puppy capes for themselves to wear when they're feeling "sooper." Encourage children to identify those times.
- Let teams of children make up new adventures of Baxter. Encourage them to act out the adventures for the rest of the class. You might have a Sooper Puppy cape available for the child who is playing him to wear while acting.

## Home Activities

Give each child a copy of Home Activities 1 and 2 to take home. Encourage families to carry out the activities with their children. It is not necessary to have children return the worksheets; they should not feel pressured if their families choose not to participate.

# Sooper Puppy (Self-Esteem)

Home Activity

1

To the Family from Your Child's Teacher:

We have seen a videotape called "Sooper Puppy (Self-Esteem)." It has helped us understand how important it is for everyone to have self-esteem, or confidence in themselves. We learned that we need to have self-esteem in order to be able to say "no" to things that make us feel bad. Below is part of the story that your child will probably remember. In it, a puppy named Baxter struggles with self-esteem. He talks to Grandpaw, who helps him understand that he is really a Sooper Puppy who is able to make his own decisions about behaving well. Read this part of the story aloud with your child. Encourage your child to tell you more about the videotape. Then go on to the activity on the following page.

After Baxter's master scolded him, Baxter felt unhappy and dumb. He was certain that he would never do anything right again. Then he met Grizzle and Stoops, who invited him to be a member of their Garbage Can Club. Baxter was pleased. Before he knew it, he was not only eating garbage, he was smoking cigarettes and drinking beer!

Of course Baxter's master found them, and this time, Baxter was really in trouble! He decided the only thing to do was to run away.

On his way, Baxter met Grandpaw and told him what had happened. Grandpaw asked him why he did that. Baxter said, "I'm not sure—because everyone was doing it, I guess. I was just stupid again."

Grandpaw answered, "I have a feeling that calling yourself names is just how you got into this mess. When you don't like yourself, you don't take as good care of yourself. You tend to make bad choices."

Grandpaw told Baxter a story about "Sooper Puppy," who discovered how important it is to like yourself and be able to say "no" to things that don't feel right. Grandpaw also explained that Sooper Puppy had to learn not to take everything quite so seriously. Finally, Grandpaw admitted that he was Sooper Puppy.

So Baxter decided not to run away. He frightened Grizzle and Stoops away from his yard. His master praised him. But best of all, Grandpaw gave him his old Sooper Puppy cape. Now Baxter was Sooper Puppy!

# Sooper Puppy (Self-Esteem)

Discuss the story with your child. You may want to talk about self-esteem and how necessary it is to be able to say “no” to others who want you to do things you know you shouldn’t do. Then help your child carry out the activity on this page.

Pretend that you, too, are a Sooper Puppy. Draw one of your Sooper Puppy adventures in the comic strip panels below. Be sure to show how you look when you feel good about yourself and know how to say “no” to people you meet who are like Grizzle and Stoops.

<p>My Sooper Puppy Story by</p> <hr/>	
---	--

--	--