a literacy-based anti-bullying program

Grades 1–8

Sample Lessons Online
www.chickensoup.com/hallwayheroes

SOLE SOURCE
Available exclusively through
Chicken Soup for the Soul representatives

With Support From:

Boniuk Foundation

Be the Best You Can Be
Inspiring True Stories about Goals & Values for Kids & Preteens

Create Your Best Future
Inspiring Stories for Teens and Young Adults about Making the Right Decisions
Hallway Heroes is available for grades 1-8. Each grade level has only 12 lessons. Each lesson is only 30-50 minutes. That means each grade level can be completed in only 6–12 hours!

You could use the program in the following ways:

**Literacy/Language Arts:**
- Hallway Heroes is designed to be used during the reading/language arts block.
- Instead of using other literacy materials to supplement the core/basal materials, using Hallway Heroes can accomplish the same goals AND bullying prevention through social and emotional learning!
- Each lesson includes: pre-reading activities, reading, comprehension, listening, speaking, and writing skills.

**Counselor/Advisory Periods:**
- There are various counselor packages available for use during classroom visits and advisory periods.
- With lessons as short as 30 minutes, this can be a great way for counselors to reach students with a program that not only accomplishes bullying prevention and social and emotional learning, but works on literacy skills as well!

**After-School Programs:**
- Set up an after-school club or other organization to turn students into Hallway Heroes in your school.

**Other Periods:**
- Use Hallway Heroes during homeroom, health class, or other interdisciplinary periods.
- Hallway Heroes is designed to be used easily with minimal preparation.

**How to Pay for Hallway Heroes**
Want Hallway Heroes and need to figure out funding? Check out our website for some ideas:
http://www.chickensoup.com/hallwayheroes/about/suggested-funding-sources
Welcome to our Chicken Soup for the Soul Hallway Heroes program for grades 1–8! We are passionate about this literacy-based proactive anti-bullying program. There’s nothing else like it.

Chicken Soup for the Soul stories have been used informally in classrooms for 20 years. That makes sense because storytelling is a highly effective way to reach students—they absorb the material better while improving literacy and enjoying the process!

Now we have developed a rigorous, research-based curriculum to go along with carefully selected Chicken Soup for the Soul stories to:

• fight bullying
• promote values such as tolerance, compassion, respect, and kindness
• improve literacy

We’re pleased that the entire program is supported by the non-profit Boniuk Foundation, making it affordable as well.

This brochure explains the methodology that we used to design this SEL curriculum and describes all the component parts that make it highly effective as well as something that teachers and kids actually enjoy making part of their days. Review the brochure, talk to our representatives, and ask for a sampler to see a complete lesson plan for each grade. And please read the white papers and teacher testimonials on our website!

We are very proud of this program and excited about working with you to create young heroes in our schools, on our playgrounds, online, and in our communities.

Publisher and Editor-in-Chief
Program Overview

- **Literacy-based lessons** proactively combat bullying behaviors by using real-life stories to teach new skills and develop tolerance, acceptance, respect, kindness, and compassion.

- **Developed using current research** in bullying prevention, social and emotional learning, and literacy.

- **Two white papers**—visit the website to read about the research and methodology we used in the elementary and middle school programs.

- **Developed with experts**, including Resources for Learning, a leading education-consulting firm with more than 25 years experience.

- **Consulted with an advisory board** consisting of SEL, literacy, and anti-bullying experts.

- **Each lesson is aligned to all state and national literacy and SEL standards, as well as other cross-curricular standards**, such as Social Studies and Health.

- **Uses a modification of the highly successful 5E learning cycle and instructional model**: 5E instructional elements—engage, explore, explain, elaborate, and evaluate—are enhanced with two elements—elicit and extend—to create 7E model. In addition, created two elaborate sections in the middle school program: cyberbullying and project-based learning.

- **Companion television show**—*Chicken Soup for the Soul’s Hidden Heroes*—airs weekend mornings as part of the CBS “Dream Team, It’s Epic” Educational and Informational block, and reinforces messages of this program.

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**How to incorporate into the school day:**

**Elementary School Program**
- Literacy/language arts blocks
- School counselor advisory periods
- Other interdisciplinary periods

**Middle School Program**
- Literacy/language arts blocks
- School counselor advisory periods
- Homeroom
- Health class
- After school programs
- Other interdisciplinary periods

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Sample student journal pages
Sample teacher guide & lesson plan pages

www.chickensoup.com/hallwayheroes
Each classroom package contains:

**26 Copies of Chicken Soup for the Soul: Be the Best You Can Be**
(One for the educator and 25 for the students)
- Book includes inspiring real-life stories about goals and values for kids and preteens used at core of each lesson
- Educators and families can also use book for additional assignments, independent reading, or reading at home

**25 Student Journals**
- Provides opportunities for students to react to the Chicken Soup for the Soul stories and lesson activities through open writing/drawing activities and personal narratives

**1 Teacher Guide & Lesson Plans Book**
- Spiral-bound teacher guide (which includes lesson plans) guides educators through 12 entertaining and varied lesson plans, providing numerous ways to engage students and use real-life true stories for social and emotional learning

**1 Storyboard Book (48 charts total)**
- Storyboard book is intended to aid in group reading and discussion of the real-life stories from Chicken Soup for the Soul: Be the Best You Can Be
- The storyboard book contains quotes and illustrations from each of the 12 stories featured in the module
- 4 storyboards per lesson: beginning, middle, end, and summary

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Please note: additional 10% for shipping; minimum shipping charge of $20
Each classroom package contains:

26 Copies of *Chicken Soup for the Soul: Be the Best You Can Be* (one for educator and 25 for students)
- Book includes inspiring real-life stories about goals and values for kids and preteens used at the core of each lesson
- Educators and families can also use book for additional assignments, independent reading, or reading at home

25 Student Journals
- Provides opportunities for students to react to the *Chicken Soup for the Soul* stories and lesson activities through open writing/drawing activities and personal narratives

1 Teacher Guide & Lesson Plans Book
- Lessons cover cyberbullying and social media in each module
- Spiral-bound teacher guide (which includes lesson plans) guides educators through 12 entertaining and varied lesson plans, providing numerous ways to engage students and use real-life true stories for social and emotional learning

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Each classroom package contains:

26 Copies of *Chicken Soup for Soul: Create Your Best Future*  
(one for educator and 25 for students)  
- Book includes inspiring real-life stories about making right decisions for teens and young adults used at the core of each lesson  
- Educators and families can also use book for additional assignments, independent reading, or reading at home

25 Student Journals  
- Provides opportunities for students to react to the *Chicken Soup for the Soul* stories and lesson activities through open writing/drawing activities and personal narratives

1 Teacher Guide & Lesson Plans Book  
- Each lesson includes a specific section on cyberbullying/social media and project-based learning  
- Spiral-bound teacher guide (which includes lesson plans) guides educators through 12 entertaining and varied lesson plans, providing numerous ways to engage students and use real-life true stories for social and emotional learning

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Administer Implementation Guide

- Each school/district receives an implementation guide to assist administrators in effecting a smooth implementation of the curriculum in their schools.

Subsidized Subscription to Online Story Library

- Teachers, students and their families receive a code that provides subsidized access at a reduced price to Chicken Soup for the Soul's Online story library containing over 21,000 real-life stories.

Additional Online Resources

- Students, parents, teachers, and administrators have access to a variety of online resources. These include:
  - Educator Portal
  - Basic orientation video
  - Electronic versions of handouts
  - Listings of scopes and sequences
  - Alignments to each state's literacy and social and emotional learning standards
  - White paper research documents
  - Social media links
  - Additional materials
  - Submission form for possible inclusion on TV or social media
  - Gallery of videos
  - Family Portal: Parent training and resources
  - Student Portal: Supplementary student resources
The personal journals are an integral part of the literacy-based lesson plans. They provide an opportunity for students to react to the *Chicken Soup for the Soul* stories and lesson activities through open writing/drawing activities and personal narratives.

- Journals used as a safe, personal place to record student’s thoughts, reflections, etc.
- Students record their thoughts, feelings, and reactions to the stories.
- Students write about how they will apply what they are learning to their own lives.
- Different versions of student journals for each of grades 1 through 8.
- Journal prompts designed to elicit in-depth answers from students by asking open-ended, meditative questions.

Each lesson includes:

- Story summary page: students describe characters, lessons learned from story, and applications of lessons to their own lives.
- Blank page: provides space for educators to include additional activities or prompts, or students to write or draw additional reflections.
- In Middle School: cyberbullying/social media scenarios for students to apply lessons they are learning in class to real-world situations.

At the end of each lesson plan in the Teacher Guide, the corresponding journal prompts and activities are listed for educator reference. These prompts and activities are printed sequentially in the student journal.
LESSON 3 • GRADE 5

Proactive literacy-based lesson plans follow a similar outline:
- Pre-reading activity/discussion
- Students read short story:
  - Elementary School Program: *Chicken Soup for the Soul: Be the Best You Can Be* (teachers read the stories and use the storyboards to discuss in grades 1 and 2)
  - Middle School Program: *Chicken Soup for the Soul: Create Your Best Future*
- Story addresses bullying or related situations
- Discussions after reading
- Students answer questions in student journals about short story and how story pertains to their experiences
- Students have writing assignments in student journals

How is the Middle School program different from the Elementary program?
- Includes two new sections in EACH lesson:
  - Specific cyberbullying/social media issues and responsibilities
  - Project-based learning: each grade works on a project throughout the module
- Instead of teacher-directed, more teacher-facilitated and student-directed

In summary, students will be reading, comprehending, listening, discussing and writing in every lesson.
- 12 lessons per grade level: with a recommendation of 30–50 minutes per week over 12 weeks
- Lessons designed so the teacher can teach them during literacy block of time, advisory period, or any other class time
- Different version of teacher guide and lesson plans for each of grades 1 through 8
- Each lesson aligned to all state and national literacy and social and emotional learning standards, as well as other cross-curricular standards

Two versions of Grade 6—Elementary and Middle School
- Elementary School version matches Elementary School program and uses *Chicken Soup for the Soul: Be the Best You Can Be*
- Middle School version matches Middle School program and uses *Chicken Soup for the Soul: Create Your Best Future*
Chicken Soup for the Soul Hallway Heroes is available in Spanish for the following grades:

Grades 1 – 6 (Elementary):
- Entire book Chicken Soup for the Soul: Be the Best You Can Be
- Parent letters
- Parent workshop/training

Grades 1 – 3:
- Teacher Guide pages:
  - All student handouts
  - Pre- and post-assessments
- Student Journals
- Grades 1 & 2 Storyboards

Grades 6 (Middle) – 8
- Parent letters
- Parent workshop/training

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Chicken Soup for the Soul Hallway Heroes is available in special packages for school counselors. Designed for multi-grade level instruction by school counselors, each package includes*:

**Counselor Package A (grades 1 – 5)** includes:
- 1 Teacher Guide for each of grades 1–5
- 1 Storyboard Book for each of grades 1–2
- 25 Student Journals for each of grades 1–5
- 26 *Chicken Soup for the Soul: Be the Best You Can Be* books

**Counselor Package B (grades 1 – 6 (Elementary))** includes:
- 1 Teacher Guide for each of grades 1–6 (Elementary)
- 1 Storyboard Book for each of grades 1–2
- 25 Student Journals for each of grades 1–6 (Elementary)
- 26 *Chicken Soup for the Soul: Be the Best You Can Be* books

**Counselor Package C (grades 6 (Middle) – 8)** includes:
- 1 Teacher Guide for each of grades 6 (Middle) – 8
- 25 Student Journals for each of grades 6 (Middle) – 8
- 26 *Chicken Soup for the Soul: Create Your Best Future* books

*Additional sets of journals available in sets of 25. Additional sets of books and journals available in sets of 5.

**Available with coordinating Spanish components.**

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“As a classroom teacher for the past 43 years, I am rarely this enthusiastic about a program… Not only does Hallway Heroes support my students’ skills and knowledge level of the State Standards, but it has been instrumental in promoting tolerance, respect, compassion, and kindness in our classroom while developing social and emotional skills. I love how preventative this program has been—helping to reduce bullying behaviors before they even begin… I have taught many programs over the years that address bullying. This is the first one that I truly believe in, where I see the results, and in which the children are completely engaged.”

—Catherine Kopp, Teacher, Denver, Colorado

“The best part of hallway heroes is you get to learn about all the different types of stories people have about bullying problems. Another reason that Hallway Heroes has been a good program is that it teaches you how to stand up for yourself and be an upstander for others… It also has a lot of lessons that teach you how to be a better person… It’s been a great experience.”

—S, Grade 5

“It can tell kids that don’t let someone take away your power. Don’t let someone take away your innocent. Don’t give up because it’s challenging. All of these lessons and many more are great for kids to know so that kids don’t grow up as indecent human beings.”

—A, Grade 5

“The best part of using Chicken Soup for the Soul is the fact that it helps people—men, women and child—prevent and stop bullying… These stories INSPIRED me to be nice, friendly, generous and respectful… I think another great thing about Chicken Soup for the Soul is that these stories make you think about the bully and victim situation… people don’t always think about the bully… maybe the BULLY got BULLIED before. Who knows? The bully may have been a victim once. In my opinion I DON’T LIKE it when people don’t think about the bully, how people judge the bully by its cover.”

—G, Grade 5