

**Richard Paul's**



## Elementary School Programs

### **I Feel Good Building Character & Self-Esteem**

**RESPECT + KINDNESS = SUCCESS**

*450,000 students, parents and teachers agree that "I Feel Good" is 40 minutes of educational FUN!*

#### **Program Synopsis:**

The program begins with Master Peking Duck discussing the importance of **positive self-talk**. He always gets up in the morning and says to the mirror, "Hey I'm one good looking duck!" Students and teachers are asked to pretend their hand is a mirror and to look at it and say that they are one good-looking duck.

Then they are asked to look at the person next to them and also say: "Hey your one good looking duck!" Peking Duck explains that when one respects themselves they **respect** others too. When you are happy with yourself you can be happy for others too. The idea is to promote **positive inner communication**, which in turn will **improve social skills** and peaceful, tolerant behavior.



Next, by solving his tail-biting problem, "Tackle the Pterodactyl," teaches the students how to **listen** to those around them, they learn that by listening they display good manners and demonstrate **consideration of others** and showing them that they care. They also are instructed to listen to their positive self-talk. By doing this the students begin to understand how to be **self-disciplined** and a **good neighbor** both at school and in their communities.



and faculty help Skippy the lovable mutt, learn how to m on when he is feeling sad while at the same time s of **helping others** in need.



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from the clothes you wear but rather respect for yourself and others. Richard shares a true story with him of when he was younger and how kids made fun of him because of his birth-defect (his right arm short missing three fingers). He explains how mean and disrespectful they were toward him and his abilities. He tells of how that by his own **determination, self-control** and **respect** for himself he was able to peacefully over come adversity.

Finally one lucky audience member is selected to help Richard and his former circus flea perform some eye-popping hilarious tricks while at the same time teaching that size doesn't necessarily measure greatness.