Creating positive change, offering hope, and answering the question: “Why Try” in life?
What is WhyTry...?

- Helps motivate and re-engage students who may be struggling with challenges at home and/or school.

- Proven effective at increasing student resilience, motivating unmotivated students, increasing GPA, reducing dropout rates, improving social emotional health, and reducing bullying and violent behavior.

- Uses visual analogies, multimedia, and interactive activities to teach social and emotional principles to youth in a way they can understand and remember.

- Often used in conjunction with RTI and PBIS.
Relationship + Relevance = Resilience

- The X Factor

RELATIONSHIPS

- The “WHY” in Education

RELEVANCE

- The Ultimate Goal

RESILIENCE
“The Reality Ride” uses a picture of a rollercoaster to demonstrate that each decision we make has a consequence. The decisions we make today directly affect the future.

“Tearing Off Your Label” teaches that negative labels can hurt your future, and positive labels can help you achieve your goals and attain better opportunities. Ultimately, the label you wear depends on you: you can change your negative labels by changing your actions and showing others your positive traits.
“Defense Mechanisms” teaches that pressure situations are best handled by maintaining control of our emotions and selecting positive defense mechanisms (those that don’t hurt yourself or others).

“Climbing Out” teaches that when you put the tools from the visual metaphors into action, and when you develop an awareness of the positive and negative ways that others can influence you, you will be prepared to avoid negative behaviors and their consequences.
“Jumping Your Hurdles” teaches that while everyone experiences setbacks, successful people “jump back up” and keep trying. They know that there are certain steps they can use to help them overcome their challenges and achieve success.

“Desire, Time, and Effort” teaches that anything worthwhile in life requires desire, time, and effort. There are no shortcuts to achieving success. You will get much further in life by working hard than simply relying on your talents or abilities.
“Lift the Weight” teaches that living by laws and rules and developing self-discipline will make you stronger, opening the doors of opportunity for the future.

“Get Plugged” teaches that getting help is not a weakness, it is a strength! Challenges become easier when you have a positive support system to help you overcome them. YOU have the power to create a support system if you don’t have one. YOU have the power to strengthen that support system if yours is weak.
“The Wall” teaches that when you have a clear vision of your future, you have hope for something better, and life’s challenges becomes nothing but temporary obstacles. On the other hand, when you have a limited perspective, it is hard to see beyond the day-to-day challenges. Each step to the top of the wall represents one of the principles taught in the WhyTry Program.

“The Motivation Formula” is the foundation of the entire WhyTry Program. It uses a picture of a river running through dams to show how you can take your challenge and channel them into positive motivation: first to better yourself, then to turn outward and help others.
TOOLKIT

10 WHYTRY UNITS

- Reality Ride
- Labels
- Defense Mechanisms
- Motivation Formula
- Climbing Out
- Lift the Weight
- Jumping Hurdles
- Desire, Time, and Effort
- Get Plugged In
- The Wall
- Bonus: First Day of Class
- Student Info Survey
- Elementary Intro Lesson

LESSON TOOLS

- Visual Analogies
- Teachers Manual
- Learning Activities
- Journals
- PowerPoint
- Video Resources
- WhyTry Music
- Suggested Playlists
- Flexible Lesson Plan
- Training Videos
- Book Lists

IMPLEMENTATION

How will you be using WhyTry?

- 9 weeks, 2x a week (Sample Scope and Sequence)
- 18 weeks, 1x a week (Sample Scope and Sequence)
- 18 weeks, 2x a week (Sample Scope and Sequence)
- 36 weeks, 1x a week (Sample Scope and Sequence)
# Reality Ride: Learning Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Type</th>
<th>Space</th>
<th>Grade</th>
<th>Time</th>
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<tbody>
<tr>
<td>A $20 Decision</td>
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<td>K-12</td>
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<tr>
<td>An Amazing Experience</td>
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<td>3-12</td>
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<td>Birthday Cards</td>
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<td>Count Your Fingers</td>
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<td>Flip the Coin</td>
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<td>The Game of Life</td>
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<td>Keep Your Eye on the Ball</td>
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<td>The Keys to Staying on Track</td>
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<td>Lincoln's Choice Challenge</td>
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<td>Most Horrible, Most Excellent</td>
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<td>Now or Later?</td>
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<td>On the Brink</td>
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<td>Past to Present</td>
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<tr>
<td>Take a Seat</td>
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<td>3-12</td>
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</tbody>
</table>

### KEY

- **Activity Type**
  - Object lesson
  - Group activity
  - Movement/group activity

- **Space Requirements**
  - Regular classroom setup, little or no space required
  - Classroom with moderate space required
  - Gym/Outdoor space required

- **Activity Type**
  - Grades K-12
  - Grades 3-12
  - Grades 5-12

- **Time Requirements**
  - 5-minute activity
  - 10-minute activity
THE REALITY RIDE VIDEO RESOURCES

TOOLS FOR DOWNLOADING VIDEO CLIPS FROM YOUTUBE AND OTHER ONLINE VIDEO SITES.

Web based: https://y2mate.com This is a website that will convert youtube videos and allow you to download them as an .mp4 file for offline use.

Application based tools: https://clipgrab.org/ this is a downloadable app that allows you to download and save youtube clips for offline use.

You can also view these resources on YouTube and Pinterest.

Emotional Rollercoaster

watch video
A hilarious little boy shows a wide range of emotions while riding his first rollercoaster. (Shown often in Level 1 Trainings)

Jimmy and Kevin Hart Ride a Rollercoaster

watch video
Jimmy challenges Kevin to overcome his fear of rollercoasters

The Marshmallow Test

watch video
Using marshmallows, young children see the benefits of the harder track

Dream Big, Princess

watch video
Disney princess encourage girls to dream big and make a difference

Live Your Dreams - Eric Thomas

watch video
Motivation speaker Eric Thomas gives a passionate and personal speech about making dreams a reality.

Dream Motivational Video - Rhonaker

watch video
Popular movie clips with a motivational monologue overlay

Why Do We Fail - Rhonaker

watch video
Popular movie clips with a motivational monologue overlay discussing failure.

The Other Side of Fear - Rhonaker

watch video
Popular movie clips with a motivational monologue overlay
REALITY RIDE: WHYTRY MUSIC

SECONDARY

REALITY RIDE: HIP HOP

- Download Music Video
  - Popular
- Download Song Only
  - Popular
- Lyrics
  - Popular
- Processing Questions
  - Popular

REALITY RIDE: SECONDARY

- Download Music Video
  - Popular
- Download Song Only
  - Popular
- Lyrics
  - Popular
- Processing Questions
  - Popular
The Flexible Lesson Plan:

The Key:

FLEXIBILITY

"It is important to be able to change your lesson plan on the fly based on the way that your group is responding."

- Dr. Cristal Mcgill, Ph.D.

Flexible lesson Elements:

Attention Getter – Music, Object lesson, Surrendering 1-up activity, Brief movie clip etc.

Visual Analogy – The core of the lesson

Music – Listen to WhyTry Music - discussion

Group (Hands-on) Experiential Activities – Gets students involved in the lesson, maintains attention and energy in the lesson.

Journal Activities – Students apply WhyTry to themselves. (homework)