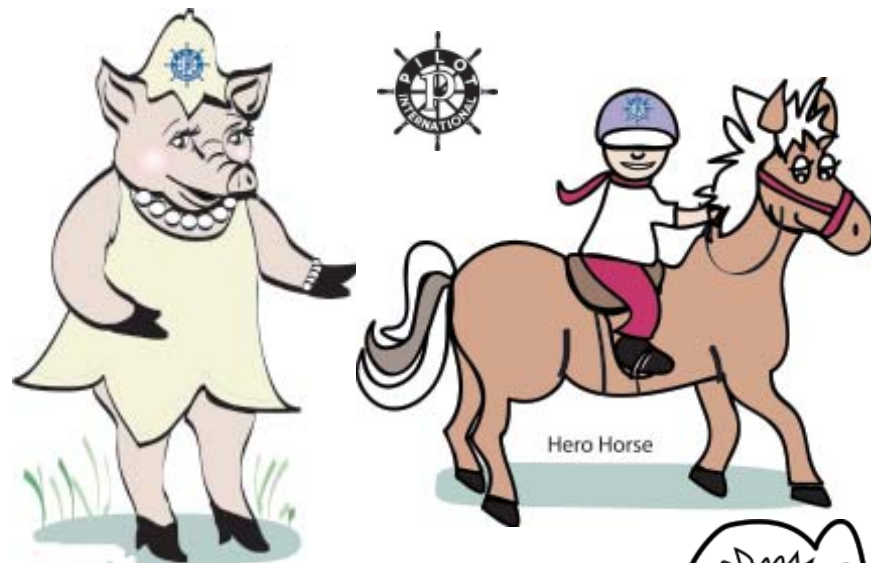


Thanks to the wonderful participation of our Pilot and Anchor Clubs around the world, this educational prevention program is touching millions of lives.

We welcome your comments and suggestions and if there are any questions please email def@pilothq.org or snail mail BrainMinders - PI Hq. P.O. Box 4844, Macon GA 31208-4844



Tootlip Pig

Hero Horse



Martin Monkey



Gerald Giraffe



Pilot International
FOUNDATION™

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Phase I & II
Children's Program

Pre-school - Third Grade

Guide for Pilot Clubs

- I. Steps for a Successful Program pages 2-6
- II. Facilitator's Guide Phase I - pages 7-12
- III. Facilitator's Guide Phase II - pages 13-16



Fiona Fox

Penny Panda

Captain Kitty

Danny Deep the Pilot Fish

Brave Bub Seagle



I. Steps for a Successful Program

1. **The President appoints a Team Leader** for the Program. This may be the PIF Representative, the Projects Coordinator, the Youth Coordinator, or any Pilot who has an interest in the Program.
2. **The club decides where** they will present the program:
 - public schools or private schools and/or
 - day care centers, kindergarten classes or libraries.
3.
 - **The Team Leader and the Club President meet** with the Superintendent of schools (principals of private schools, owners of day care centers) to educate him/her about Pilot and the BrainMinders™ Program.
 - **If you know someone** who will have a favorable influence on the Superintendent/Principals/Owners take them with you to the meeting.
 - **You may also choose to send the “invitation to participate”** flyer, to a list of educators and owners with a letter of introduction from your club. Follow-through with a telephone call to set up an appointment.

During the meeting:

- Present your information on the BrainMinders Program and your club activities in the community.
- Reach a decision on how the Program will be introduced to the principals and/or teachers.
- For Superintendents, ask for their permission and commitment to allow your Anchor members to



enjoy the puppets. Anchor club members accompany the Milton Pilots on many of these visits and are most welcome by the seniors.

Creating scripts for children

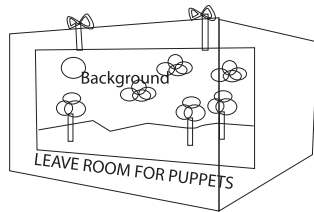
This can be particularly tricky if they are older than eight years of age. At this time in their young life they are especially critical of any material they feel is beneath their experience. Children who have been introduced to BrainMinders Phase I & II at the age appropriate time are very receptive to additional stories because they feel an ownership in the characters. Test your material on children in the appropriate age group to which you are appealing. If you cannot retain their attention it merely indicates a need to edit your material.

Stickers and other artwork -

A comprehensive supply of BrainMinder Buddies artwork is available on a CD in catalog sales. This disk also contains Pilot International logos. Most of these pieces of artwork are in three formats: JPEG, PDF, and EPS. There are a few TIF files also. This artwork may be used to create your own club stickers for children or posters for school projects. PI and PIF require that all artwork representing the Buddies should include a line with your club and/or district name to avoid confusing it with PI originated material. Any material bearing Pilot International's name or any related programs alone requires prior approval from the Pilot International Executive Committee.



Large pieces of green paper or textured fabric can serve as your grass. Simple is best for your puppet background. Elmer's glue or any white glue will work. Leave enough room at the top of your fabric to staple or glue your backdrop to a dowel or piece of wood.



Beverage wagons - Beaumont, Texas would be your source of information here. This club badgered their local Coca Cola distributor to donate an old beverage wagon which had seen better days. With the help of a garage, a body shop, and a sign painting company the old Coca Cola stand was given new life and is the pride and joy of this traveling BrainMinder Buddy show from Beaumont, Texas.

Creating other scripts - Many Pilot Clubs have creative writers and resources. The Pilot Club of Milton, Florida adapted BrainMinders' Buddies to take it into Senior Nursing Homes and Alzheimer's facilities. They consulted with the Nursing directors and experts in geriatric medicine to learn about areas that would be most useful in a presentation to these audiences. As a result, their club makes monthly visits reminding residents of safe ways to avoid most typical accidents in these facilities. They also work in several songs and entertaining stories and poems. The residents particularly



participate in the Program as a service project for your local Anchor Club(s).

Remember - your ATTITUDE is the most important thing you will take with you to the meeting.

Suggested Discussion points:

- **Our Pilot Club is excited** about making a difference in prevention education through a partnership with our schools and public facilities.
 - **Brain injury is the leading cause of death** among children and teen-agers. In our community, if the statistics for brain trauma incidents could be reduced at the playground and in car accidents alone it would be a significant break-through in what is now a true "silent epidemic" in the USA.
 - Other discussion points are inside the back cover of the activity book and listed on the invitation flyer.
4. **Send thank-you notes** to the Superintendents/ Principals/Owners you met with. Example on page 6.
 5. **The Team Leader identifies** all Pilots and Anchors who want to participate in the Program.
 6. **Hold a meeting of all team members.**
Decisions to be made prior to or during the meeting:
 - **Timetable** for implementing the program (spread it out; don't burn yourselves out by trying to reach all the schools at once)



- List of which schools/day care centers will be the first ones to receive the program,
 - A Master list of who will go where.
7. Based on the decisions made with the Superintendent/Principal/Owner, it is now time to present the program to the teachers.
 8. Each individual team member will schedule their presentations with the appropriate person at their schools. You will want to schedule the programs in the morning, if at all possible, because a child's attention span is longer in the morning.

You may find it necessary to confirm the time for each presentation with a phone call to the school 24 to 48 hours in advance.

Enjoy your time with the children!!!

Getting Ready - Phase I

You Will Need -

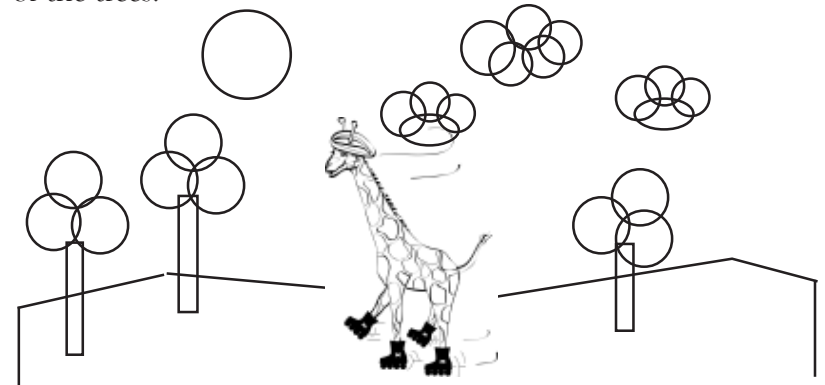
- **Story book/Activity books** (one for each child).
- **Crayons** - optional
- **Small table or easel** to support story book
- **Attach an Easel back** - these can be found at an office supply store. It will help to have one to rest the book on a table or desk while presenting.



Feeling Creative? ... Other Tips to Consider

Puppet Theatres: It may be as simple as a painted container that once held a refrigerator or black drapery hung over a frame. You will need a front panel in the frame, it must be high enough that when the presenters are crouched or sitting behind it you do not see the top of their heads. Also, if you must be behind a panel consider using dowels to hold the figures up over the panel because physically, without a dowel, it is almost impossible to hold a puppet up high enough without the top of the head showing, if the panel is four feet high or under.

Backgrounds- an illustrated background can add a lot to the presentation. However- you don't have to be an artist to have a colorful background. Colored paper cutouts will work just fine. A packet of colored construction paper, scissors, and a background of poster board or cloth is all you'll need. Here are a few ideas to get you started... if you have a piece of blue felt for the background cut out a round yellow sun and some white clouds, or cotton balls. A beverage glass will provide you with good traceable lines. Next, cut out simple trees with straight brown trunks, and trace three circles with your glass for the tops of the trees.





second line. This can be done before or after the child completes the activity book, or after the story is read to the children, if the book is to be completed at home.

BrainMinders' Phase II 7-9 years of age

The script for this program is available on the Pilot website- www.pilotinternational.org/Foundation/BrainMinders. This is probably the most fun adults can have. The costumes help those Pilots who may be a little inhibited to overcome their shyness very quickly. A basic Simplicity™ costume pattern may be adapted for all of the costumes. Several Pilot Clubs now have a complete set of costumes. The Fort Myers Beach Pilot Club in Florida is the pioneer in BrainMinder Buddy Costumes. This club extended classroom visits to parades and special events. Many clubs have created stage shows which are presented in school auditoriums. You are only limited by your imagination.

However, this does not have to be a fully costumed event. This presentation may be made with hand puppets or your club may choose to give the activity books directly to the school.

In the event your club chooses to distribute the books, we suggest purchasing a stamp or labels with your club name and a contact number. You may want to consider a line that says, "Always looking for new members to help us tell our story, contact _____." or "If you are interested in helping to improve the quality of life in our community, please contact _____."



- **Certificates**
- **Envelope for Evaluation forms** - taped inside back of chart for inserting evaluation forms in the envelope.

Preview the Location - Try to inspect the classroom set up and observe the children a few days before the presentation. This will benefit your presentation. Be alert to classroom decorum, children's personalities, and specific location for the presentation. Young children are most comfortable sitting on the floor as a group with the teacher/facilitator seated on a small chair in front of the group. NOTE: When presented as a flip chart presentation consider an audience of a maximum of 50 students. For a larger group we recommend a puppet house presentation. Refrigerator boxes make great puppet houses. This is a wonderful group project.

Reconfirming Arrangements - Call the school's contact a week ahead of time, and again the day before the presentation. Last minute changes in schedule can occur that are beyond the teachers' control.

Insuring a Perfect Presentation

Arriving Early - Arrive 15 minutes before the scheduled presentation time.



Be Creative!!! - Feel free to make the presentation as



fun and interesting as your imagination allows! If you have an owl costume, wear it!!

Send the Follow-up Form – This form may be kept in an envelope on the back of the story book. (Before you complete the form, please make a copy and place it in the envelope to be completed after the next presentation). The completed form should be given to your Pilot Club's Team Leader who will mail it to Pilot Headquarters where the comments will be considered for improvements to the **BrainMinders™** Program; your statistics will play an important role too!

Send Thank-You Notes – Please send thank-you notes to the teacher and any other school representatives who may have helped with the successful implementation of the **BrainMinders™** program. This will help pave the way for future opportunities.

EXAMPLE: A Thank-you note may be as simple as:

Dear _____,

Thank you for the opportunity to present our BrainMinder Buddies™ program in Mrs. Scott's Pre-K class. It was gratifying to see how quickly the children understood and identified with the characters and the materials. Mrs. Alice Scott was very gracious and a delightful host.

Our community is fortunate to have educators who are leading by example and willing to form educational



What do Gerald and Martin do before they dive in the water? Why do they always look?

PAGE 13

Penny bumped her head. Why should she tell her parents?

PAGE 14

Can you help Gerald find his helmet?
Why does Gerald wear his helmet?

GENERAL

Use any colors you want, and color the BrainMinder buddy who:

- ... is careful at the playground.
- ... looks both ways before crossing the street.
- ... wears a seat belt.
- ... wears a helmet.

How many BrainMinder buddies are there?

Can you name our BrainMinder buddies?

(Don't forget Wise Old Owl!)

Who is your favorite BrainMinder Buddy?

3. CERTIFICATE

An Official *BrainMinder Buddies™* certificate should be completed by the facilitator and given to each child to take home. If you are going to a specific classroom, ask for the attendance roll before going and fill in the certificates to take with you. The child's name is entered on the first line, the second line below is for the child to sign his/her name and the presenters fill in their names on the two bottom lines. If there is only one presenter, fill in the president's name on the



PAGE 5 Your brain is just like a what? Color the computer and draw a picture on the screen.

PAGE 6

Put your finger on Gerald Giraffe’s helmet. Make a circle around the bicycle.

Color the skate.

**Make an “X” on the scooter.*

**How many things on this page have wheels?*

**Can you read the sentences?*



PAGE 7

Can you see Penny Panda riding in the car wearing a ?

Color Penny Panda with as many colors as you want.

**Can you read the sentences?*

PAGE 8

Where is Martin Monkey playing?

PAGE 9

Where do you see Martin playing in this picture?

Let’s count how many friends are in the picture.

PAGE 10

Find Fiona Fox’s ball. Does anyone know hat does Fiona does if her ball rolls into the street?

PAGE 11

What does Fiona do to protect her brain?

PAGE 12



partnerships with community service organizations. Your concern and commitment is truly appreciated by the Pilot International Foundation and the Pilot Club of (your hometown),

Sincerely,

As many signatures as possible is a nice touch.

II. Facilitator’s Guide

The BrainMinders™ children’s program, Level 1, is designed to convey the importance of practicing safe behaviors in order to protect the brain.

Level I is suitable for children preschool through first grade, and has **four components**:

1. “Wise Old Owl And His Funny, Fuzzy, Smart and Sunny BrainMinder Buddies” -

This is a read-aloud story with pictures that may include suggested discussion points. The story is facilitated by the teacher or Pilot volunteer and is designed to be used with groups of children, 4 to 6 years old - preschool to first grade.

2. An individual children’s activity book is presented to each child after reading the story. The activity book reinforces the concepts presented in the story, and can be utilized in a variety of ways:

- With teacher/volunteer instructions



- Independently by the child in the classroom
- At home, independently, with a parent or care giver.

3. A BrainMinders Buddies™ certificate is given to each child at the completion of the program.

4. A Follow-up Form is to be completed by the sponsoring Pilot Club and returned to Pilot International headquarters.

In-room Instructions

1. THE STORY.

“Wise Old Owl and His Fuzzy, Funny, Smart And Sunny BrainMinder™ Buddies”

- **Read the story.** The flip-chart story book can be placed on an easel or table next to the facilitator.

NOTE: Text for each page is printed on the back of each previous illustration. The BrainMinder Buddies and Play Safe • Play Smart logos throughout the story pages are designed to create an awareness of the message, “BrainMinder Buddies Play Safe and Play Smart. This may be referred to throughout the presentation.

- **Before and/or after reading the story,** the following optional questions may be asked, this helps determine how much of the material the children actually retained:

“Who can tell me where your brain is?”

“Can you tell us some things that your brain does?”

“Who are some of our new BrainMinder buddies?”

“Why does Gerald Giraffe wear a helmet?”

“Who can show us the safe way to wear a helmet?”



“When do you wear a helmet?”

“Do you remember our BrainMinder buddy Penny Panda?”

“What did she do to protect her brain? Do you do the same thing? When?”

“Who do you know that sits in a car seat?”

“What do you like to do best at the playground?”

“Can you tell us some things to remember when we play at the playground?”

“Remember Fiona Fox? What did she do to keep her brain safe?”

“Our BrainMinder buddies showed us lots of things to help us protect our brains. Can you think of other ways you can protect your brain?”

2. ACTIVITY BOOK -

Distribute a book to each child. If time permits, use the following suggested instructions. [Note: Items with a * may be more suitable for children who have a basic reading vocabulary and can count].

PAGE 3

Find “Wise Old Owl”. Color him your favorite color.

PAGE 4

Where is your brain? (Inside your head).

Find the picture of the brain. Color it a different color.

What other things can your brain help you do?

*Read the word above each balloon.

*Can you read the sentences?