

RECIPE FOR A HEALTHY AND HAPPY LIFE:

1. TO KNOW I AM SPECIAL AND SO IS EVERYONE ELSE AND TO HAVE A LOVING AND HEALTHY SELF IMAGE. (Healthy Thoughts)

Story- I'm looking good and feeling fine: Bows tells buttons how she cleaned her room, hung up her clothes and even put away her roller skates and how proud mom was of her and how she said she was special. Buttons who has a very low self esteem decides he is going to do the same and when he does he tells her dad but Dad is too busy and tells him to go away because he doesn't have time. Buttons being buttons decides that he must have done something wrong and feels very bad about himself and tells his friends and together they try and figure it out. They discuss the importance of using I messages telling how you feel and why and come to the final conclusion that buttons and Dad are not bad. That if Button would have told Dad that he felt bad that he wasn't treated the same as bows and that he didn't come see all the hard work he had done. Dad may have said I don't have time now Buttons I am late for work etc. but I will look at it later. Buttons wouldn't have thought he had done something wrong and felt bad about himself all day.

2. TO HAVE THE POWER TO MAKE (Healthy Decisions) HEALTHY DECISIONS THAT ARE FRIENDLY TO MY DIGNITY.

Story- She made me do it didn't she: buttons and bows mom has left a note on the table for when they come home from school that she has made cookies but not to eat them now that they are for after dinner. One of their friends comes over and wants to eat the cookies. When buttons tells them they are not allowed myth Mary starts applying peer pressure and bows gives in and they eat the cookies. They wind up getting punished and Buttons tries to tell his other BABES friends he thinks it was Myth Mary's fault because she told them to eat the cookies. They come to realize that it was their fault because they made the decision to eat the cookies when they knew they were not supposed to and realized that they have the power to make their own decisions and say "NO" to Peer Pressure.

3. ACCEPTING THE THINGS I CAN NOT (Healthy Coping Skills) CHANGE AND CHANGING THE THINGS THAT I CAN.

Story - Accepting the things..... : Buttons and Bows Mom calls and tells Buttons and Bows that her and their Dad would be getting home from work a little late but they were not to go outside or let anyone friends inside. They are upset and don't think it's fair because they had plans to play with all their friends today. When Myth Mary shows up they tell her what their mom said and she tries to convince them that she can come in because their parents are not home. Early bird and others come over and suggest they stay outside and talk through the window and discuss how they are feeling bad and sad about the fact that they cannot go out to play. They discuss how they cannot change their moms mind but they can change their feelings. They then decide that they will play another day after learning how buttons and Bows can change their sad feelings by doing something that they both enjoy together at home and look forward to playing with their friends another day when their parents are at home. We then discuss how Buttons and Bows have used healthy Coping Skills such as Talking about their feelings and finding something else to do to have fun (they decided to sing silly songs together) instead of being upset about not being allowed to play with their friends.

4. GETTING THE RIGHT INFORMATION ABOUT ALCOHOL AND DRUGS.

All the puppets decide they want to have a party and buttons and bows discuss how they want to play games and have good food. Myth Mary suggests they have drinks real drinks like grownups do. When Donovan asks if she means alcohol. Buttons then tells how his uncle acted different and strange at a wedding when he drank a lot of alcohol. Donovan tells them how alcohol is a drug and how when people drink too much alcohol they can get sick and how alcohol can change the way people Behave. Donovan tells them how alcohol can effect your mind and body. Also discussed are good drugs that help sick people to get well (medicine) and how when people sometimes take medicine when they are not sick just to feel differently or take the medicine the wrong way, how harmful this can be. they discuss that it is illegal for people under 21 to drink alcohol and how at the age of 21 it becomes legal for adults who choose to drink it, and the effects it has on their body. Also discussed is how it is illegal for anyone to drink alcohol and drive because they can have accidents as it effects their vision and slows their reflexes. Reggie tells how it made him act differently and say mean things to people when he was addicted to alcohol and drank too much of it and explains how that effected his life and how is now feeling better and recovering from his disease of alcoholism. After the discussion the kids decide that children should not have alcohol at their party they much rather keep having fun and plan a party for another day with cupcakes , pretzels. Decorations, games , music and friends.

5. RETREAT IS NOT DEFEAT AND (Asking for Help)

FAILURE IS NOT FINAL.

Story- Retreat.... : Buttons and Bows are doing homework together when buttons tells bows that they will do their math homework really quick and then go out to play. Bows is embarrassed to tell buttons that she needs help with her math as she thinks he will make fun of her. When she goes outside to think about what she is going to do she runs into myth mary who tells her she shouldn't ask for help cause that would mean she is not smart. Then Donovan and others discuss how it is smart and Brave to ask for help. They discuss how everyone needs help with something at one time or another and how asking for help when needed and getting it done helps them to feel proud of themselves for their accomplishments. At the end bows tells buttons she needs help with Math and then Buttons tells her how he has trouble with spelling and they decide that they can help each other.

6. LET YOUR DIGNITY LIGHT SHINE!

(Rhondas Story and using our Recipe to help Rhonda)

Story: when you don't know what to do: Rhonda is a school and as she thinks about the end of the day coming soon and her mom and her uncle coming to pick her up she gets very upset and begins to cry behind a tree. Myth Mary and all the babes friends see her crying. Myth mary point out that she is crying and calls her that sad rabbit Rhonda. When Early bird reminds her to be careful not to say things that could hurt her feelings, Myth Mary tells them that Rhonda is feeling really sad and she doesn't think she can make her feel any worse. She tells them that she has seen that her mothers boyfriend (who Rhonda calls uncle jenks) touches her in places where he really should not touch her. Then Donovan asks if she means her private body and together they discuss that your private body is the parts covered by your bathing suit and how they belong only to you and how when you are really little someone who takes care of you can help take care of you private body but as you get bigger you don't need as much help unless you are sick and have to go to a doctor, and that they do not have to let others touch their private bodies if it makes them feel uncomfortable or strange. They also discuss how it is okay to tell an adult they trust if someone is touching them in a way that makes them uncomfortable or asks them to touch their private bodies. She also discusses how her mom drinks too much alcohol with the uncle and yells and hits her when she is drinking alcohol. Together they discuss with Rhonda how alcohol can change the way alcohol can make a person feel , think and behave and how her mom might have a disease called alcoholism and how she can get help too if she asks for it. Together they share what they have learned in the BABES Club with Rhonda and help her figure out that it is okay to ask for help and who in her life she might be able to ask for help. Rhonda is very happy at the end that she had some good friends that helped her to figure out that she should not be ashamed or embarrassed to ask someone she trusts for help.