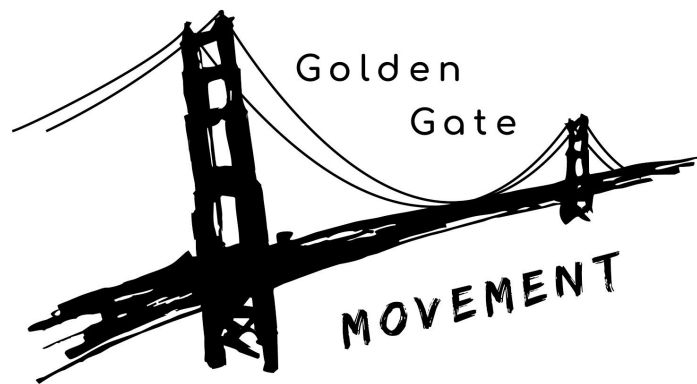


Golden Gate Movement

Pledge #1:

“I Will Smile at
Others!”



Contents at website Include:

Pledge Poster (12x18" laminated for classrooms available for purchase)

4 - weekly Golden Moments (for bellringers, announcements, short activities)

4 - weekly Leadership Training Development Lessons

4 - Soft Skill Training Lessons

4 - Social / Service Activities

Sample Curricula includes 1 lesson or activity from each week

THE GOLDEN GATE MOVEMENT PLEDGE

1. I WILL SMILE AT OTHERS. I will make eye contact and greet them where possible.
2. I WILL INCLUDE. I will contribute to building a positive community by inviting and encouraging others to attend activities.
3. I WILL SHARE MY KNOWLEDGE. I will use my academic strengths and talents to help other students. I will be honest and do my best as I complete my school work.
4. I WILL BE A TRUE FRIEND. I will offer companionship, a listening ear, support, and will BE a positive influence.
5. I WILL BE AWARE OF STUDENTS who seem lonely. I will make an effort to be a friend. I will invite those who are sitting alone to my lunch table.
6. I WILL TREAT OTHERS AND MYSELF WITH KINDNESS AND RESPECT. I will not bully, cyberbully, or exclude others. I will not believe or spread rumors and gossip. I will listen to differing points of view and will be KIND to everyone regardless of their differences.
7. I WILL RESOLVE CONFLICTS APPROPRIATELY. Conflicts will be resolved openly, honestly and with kindness. I will also strive to be slow to anger or take offense.
8. I WILL TAKE RESPONSIBILITY FOR MY OWN HAPPINESS. I will not rely on or wait for others to make me happy.
9. I WILL BE MY BEST SELF. I will take care of my physical, spiritual, and emotional health. I will also accept help from others.
10. I WILL STRIVE TO MAKE SOMEONE'S DAY EVERY DAY!



stay
kind!

SMILE



A smile is really worth a thousand words. Its power is not only contagious, but it has an almost unstoppable ripple effect. Try to be upset while smiling; it's very hard to do.

The Golden Gate Club was born out of a need for smiles. The name was founded on an incident where one smile could have saved a life.

A smile is a bridge between you and everything in life, one built by people for people. We are all bridge builders in one form or another. I like to think of myself as one who helps others over life's obstacles, one who helps others connect. We become bridge builders when we reach out to others, create a golden moment for someone, make a new friend, or simply and sincerely smile at one another. A smile says I see you, I know you're there, you matter. A smile is free. What is the cost of not smiling? What is the cost of a poison pen, keyboard, or phone compared to a plate of cookies? We can choose to lift others.

Did You Know

Forcing a smile can trick the brain into thinking you're happy!

“Psychological Scientists Tara Kraft and Sarah Pressman conducted experiments to find the link between stress and smiling. They found that when people smiled while completing mundane tasks, they had lower heart rates and stress levels than those who wore a neutral expression throughout their tasks. This effect was especially pronounced for participants who produced a big ear-to-ear smile, known as a Duchenne smile. The

experiment led the researchers to conclude that when faced with stressful situations, it may be a good idea to put a smile on your face, if only for a moment, as this lowers stress. Smiling also tricks our brains into believing we are happy, and one way it does this is by making us think of happier memories, which boost our moods". - <https://www.pickthebrain.com/blog/the-science-behind-smiling/>

Research also shows that smiling can boost our immune system and even prolong our lives.

<https://www.nbcnews.com/better/health/smiling-can-trick-your-brain-happiness-boost-your-health-ncna822591>

Mother Teresa said, *"Let us always meet each other with a smile, for the smile is the beginning of love. Peace begins with a smile. We shall never know all the good that a simple smile can do. Be faithful in small things because it is in them that your strength lays. Loneliness and the feeling of being unwanted is the most terrible poverty".*

A man in the 1970's knew that "terrible poverty" when he desperately asked for a smile on a note that was left behind in his bare apartment before setting out on his last mortal journey to the iconic Golden Gate Bridge. Most of us know the Great Golden Gate Bridge, it doesn't really need an introduction, it speaks for itself. It also speaks for the ones it has silenced, the lonely, the sad, the invisible, and the friendless. It stands as a watery gravestone for the devalued, unloved, and disenfranchised despite the fact it was built for the purpose of connecting two isolated communities, that of Marin County to San Francisco.

CHALLENGE:

Smile for one minute everyday

GOLDEN MOMENTS

(4 weekly quick connection activities / **sample includes 1 lesson**)

The Science Behind a Smile

The Effect of a Smile on ME

Lesson Rationale: Students will recognize the physiological benefits of smiling	Learning Skills: Just Smile
Materials Needed: <ul style="list-style-type: none">Copies of the article or electronic devices where the article can be read online.	Estimated Time: 10 minutes Overview:
Teacher Prep:	
Details/Activity: <ul style="list-style-type: none">Have students read the following article about the science of a smile. https://www.britishcouncil.org/voices-magazine/famelab-whats-science-behind-smileAfter the discussion:Challenge students to smile at one person in the hallway between each class and one person in each class. Encourage students to smile at themselves in the mirror.	
Discussion Prompts: <ul style="list-style-type: none">The basis of the smile is that when we smile, we release endorphins in our brain that stimulate our internal reward system, which leads to us being happier, which leads to smiles, etc...Ask students to share experiences where they forced a smile even though they didn't feel like smiling and how that affected their day.Help students to realize that we each have days we don't feel like smiling. Pushing through that feeling and smiling anyway will release positive endorphins in the body.	
Classroom modifications: <ul style="list-style-type: none">Have students journal their experiences smiling at themselves and others and its effect.	
Credits: Cynthia Cox <ul style="list-style-type: none">British Council	

LEADERSHIP TRAINING DEVELOPMENT

(4 weekly Leadership Training Lessons / **sample includes 1 lesson**)

Student Implementation of Golden Gate

Learning Targets: <ul style="list-style-type: none">Students will develop their leadership style as they practice implementing strategies in building Golden Gate	Learning Skills: Leadership Development
Materials Needed: Access to Golden Gate Website	Estimated Time: 30-40 minutes Overview:

Teacher Prep:
Details/Activity: <ul style="list-style-type: none">This is a teacher initiated/ student led discussion
Discussion Prompts: <ul style="list-style-type: none">The purpose of Golden Gate is to teach students pro-social behaviours that will improve their ability to connect with their world. One of the behaviors students in the leadership class have the opportunity to build is leadership.Golden Gate will be more effective in reaching students if it is led by students.Show students the flow chart that aligns with how your organization is implementing Golden GateWalk the students through the website showing them how the different components on the website fit into the flow chart for their school.Depending on YOUR leadership style, you may advise students how they will take part in implementing Golden Gate. Ideas could include but are not limited to:<ul style="list-style-type: none">Students create announcements with weekly golden momentsStudents put up posters weekly around school and in classrooms with weekly challengesStudents run member soft skill meetings and activitiesStudents locate lonely students in school and reach out to them and bring them to lunch tablesStudents create social media postsStudents create other activities that they find meaningful in their school
Classroom Adaptations: This is meant to be a classroom activity
Credits: Cynthia Cox

SOFT SKILL TRAINING

(4 weekly Soft Skill Training Lessons / **sample includes 1 lesson**)

The Importance of Learning Names

Lesson Rationale: Learning and using someone's name is one of the first steps to making a connection. When a person knows you care enough to use their name, they are drawn towards you. Use of a name and a smile is golden in creating a connection.	Learning Skills: Attention to people.
Materials Needed:	Estimated Time: Overview:

Teacher Prep:
<p>Details/Activity: This could be used as an in-class discussion or an after school activity.</p> <ul style="list-style-type: none">● Key points from the article:<ul style="list-style-type: none">○ "A person's name is to him or her the sweetest and most important sound in any language." – Dale Carnegie.○ Learning a person's name helps them feel like a welcome part of the community.○ It establishes a successful social atmosphere.○ It helps people be more accountable.○ It increases positive behavior○ It improves empathy○ It improves the opportunity for communication○ Bottom line, people feel like you care when you use their name.
<p>Discussion Prompts:</p> <ul style="list-style-type: none">● Have you ever had a teacher who did not learn your name all semester? How did you feel?● Have you ever had a teacher who learned your name right off the bat and used it regularly? Did you work harder for this teacher than for the one who never learned your name?● Which teacher would you be more willing to perform better for?● Either have students read the article or summarize it for them. https://kidsvillage.com/the-importance-of-learning-names/● Do you agree or disagree with the article?● Why?● Are there any reasons we could add to the list of reasons we should know and use peoples names?

- What are some good ways to remember names?
- This article has some good tips for remembering names
<http://wittcom.com/how-to-remember-names/>
- The Golden Gate Activity at the end of the month will focus on learning peoples names. Encourage students to learn the names of the other students sitting around them in each of their classes. When they are paired up with students in classes, encourage them to learn each other's names.

Classroom Adaptations: This is designed to be either a classroom discussion or an after school member meeting discussion.

Credits: Cynthia Cox
Despain, M The Importance of Learning Names, Kid Village
Witt, C How to Remember Names, Witt Communications

SOCIAL / SERVICE ACTIVITIES

(4 weekly Social / Service Activities / **sample includes 1 activity**)

Name Game

Lesson Rationale: We learned that using a person's name is something that is valued by the recipient. Practice using people's names.	Learning Skills: Recalling and using names
Materials Needed: 3x5 cards for each student Markers Say Hello mentos for rewards	Estimated Time: 30-45 minutes Overview: Students will learn the names of others in Golden Gate or their class

Teacher Prep: none
Details/Activity: <ul style="list-style-type: none">● Review the soft skill activity: Importance of learning names● Pass out a 3x5 cards and ask each student to write their name on the card and an adjective that describes them. (A variation to this might be to ask students to choose an adjective that begins with the same letter as their name). Allow them to use their phones to look up adjectives if they need to● Go around the group and have students give their name and explain why they chose this adjective.● Stop and review frequently.● After you get through your entire group, offer mentos rolls to students willing to go back and name each person in attendance.● Encourage students to use the sayings/emojis on the mentos to get to know others.● A variation to this activity might be to light the students up speed dating style and have them introduce themselves to each other using their adjectives and names.
Discussion Prompts:
Classroom Adaptations: This is meant to be a classroom activity, lunch table activity or after-school member activity.
Credits: Cynthia Cox adapted from an activity received from Jentry Johnson