

EPIC ABILITY

DISCUSSION

For use in classrooms as soon as possible after the assembly program.

Allow 15-20 minutes to discuss the following questions:

1. What do you think was best in the assembly program? Why?
2. List some things that are out of your control (Intelligence, Looks, Talent, where you were born, etc.)
3. List some areas of your life which are mostly under your control.
4. Which do you believe is more important, when it comes to the possibility of an epic life-- things that are out of your control, or areas of your life that are more under your control? Who are what in the program supports or contradicts your position?
5. If we have the ability to choose to be happy, as Lizzie said she did, does that mean we don't need to worry about whether anyone else is happy? (Since they can also choose to be happy, no matter what happens to them.)
Why won't that approach work? (1. Because we are humans 2. Because brain chemistry simply does not always work well for everyone at all times)
7. Why does the idea that alcohol and other drugs are simply a choice that we all should make for ourselves not work in real life? (1. No one knows when they will lose their ability to make rational choices while "experimenting". 2. When we are under the influence, our actions can be just as dangerous to others as to ourselves.)
8. Not for discussion, (1) think of *who you might reach out to for help* if you are ever distressed, and (2) *who you can reach out to if they need help* now or just to let them know you are there for them. (3) Think about what abilities you can develop more fully, and start working on a plan to go with each one.

Continued...

Epic “Take-away”:

*Happiness is not the absence of sorrow.
Pleasure is not the absence of pain.
Success is not the absence of failure.*

The greatest happiness, pleasures and successes are experienced when we overcome sorrow, pain and failure.

(Write this on the board and have students write it somewhere as a reminder.)

Websites you may want to check out:

www.burritoboyz.org

www.shanekoyczan.com

www.tothisdayproject.com This is the full version of Shane’s poem (7:37 minutes)

www.aboutlizzie.com

www.lindseystirling.com

Songs and artists you may want to download:

Muse	“The Second Law-Unsustainable”
Green Day	“Pop Rocks and Coke”
“Weird Al” Yankovic	“First World Problems”
Audioslave	“Give”
Me First and the Gimme Gimmes	“Beautiful”
Pharrell Williams	“Happy”
Ingrid Michaelson	“Breakable”
The Cranberries	“Salvation”
The Black Keys	“Fever”
Lindsey Stirling	“Crystallize”
Yellowcard	“Life of a Salesman”
Dan P. and the Bricks	“Sweat for It!”

Warm-up Videos (You may or may not have seen these before the program):

Capitol Cities	“One Minute More”
Paramore	“Ain’t it Fun”