



# Lessons from Scout Elf School: **Polar Pep Talk**





## Note to Teacher

In the stories of Scout Elf School, Scout Elves practice social and emotional learning skills by recognizing their own feelings and practicing positive actions that build confidence. In this activity, students can use a pep talk chart to create positive phrases for themselves and others.

## Curriculum Standards

### CASEL Competencies

(Collaborative for Academic Social and Emotional Learning):

'Social Awareness''

'Relationship Skills''

'Self-awareness''

'Self-management'

### Core Curriculum Standards

CCSSCCRA.W.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

CCSSW.1.5

With guidance and support from adults, focus on a topic, respond to questions and suggestions from peers, and add details to strengthen writing as needed.

CCSSCCRA.W.5

Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.

CCSSCCRA.L.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

CCSSCCRA.L.2

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

## Introductory Activity

- Two versions of the Polar Pep Talk worksheet have been provided. Choose the most appropriate version for your class level.



- Ask students how positive encouragement makes them feel.
- Make a chart of feelings students might experience when someone encourages them (proud, happy, shy, silly, confident, excited, etc.).
- Tell students they can create their own Polar Pep Talk just like the Scout Elves use to encourage each other at Scout Elf School.
- Select a volunteer to give you four numbers between 1-15 or 1-30 (depending on the version you printed).
- Create a sentence from each column in order using the numbers the student gave you. (For example, if your student chose 4, 8, 17, and 23, you would read 4A, 8B, 17C, and 23D).
- Read the student's Polar Pep Talk phrase out loud.
- Continue providing a few more examples before allowing students to participate in the activity using the instructions below.

#### Beginning Learners:

- Provide students with copies of the 15-row Polar Pep Talk chart and a blank piece of paper.
- Place students into pairs and have them choose a phrase from each column to create a Polar Pep Talk phrase for their partner.
- Have students copy the phrase onto their paper and decorate it using markers or crayons.

#### Progressing Learners:

- Provide students with copies of the 30-row Polar Pep Talk chart and a blank piece of paper.
- Emphasize that there are over 810,000 possible combinations of phrases!
- Students may use a randomizer online or draw numbers out of a hat to choose phrases from each column. Have students write 5 possible phrases on their sheet of paper.
- Have each student pick a classmate's name from a hat. Have students write down a phrase for their classmate using their favorite phrases (one in each column) from the chart.
- As a full class activity, students will read their phrase out loud to the student whose name they picked.

#### Advanced Learners:

- Provide students with copies of the 30-row Polar Pep Talk chart and a blank piece of paper.
- Emphasize that there are over 810,000 possible combinations of phrases!
- Students may use a randomizer online or draw numbers out of a hat to choose phrases from each column. Students will write 10 possible phrases on their sheet of paper.
- Students will share their favorite phrases in groups.
- Students will return to their tables and create a 5-row, 4-column table on a blank sheet of paper.



- Students will create their own pep talk chart with 5 options in each column.
  - Column A contains greetings or informal nicknames/positive titles (friend, champ, buddy, etc.)
  - Column B contains positive adjectives plus nouns that are generic personal attributes (your excellent cooking, your silly dancing, the way you dunk the ball, etc.)
  - Column C contains a verb plus a descriptive word or phrase (is electrifying, makes my heart jump for joy, is better than popcorn, etc.)
  - Column D contains an exclamation/closing thought. (Shazam!, Hooray!, Hot-diggety-dog!, etc)
  - Students will share their pep talk charts with each other and revise as needed.



Your students can explore the arctic and get their game on with a virtual visit to Santa's North Pole. Discover games that challenge your students visual thinking, STEM skills and focus, along with lots of clever silliness thrown in along the way by the Scout Elves. Visit **[SantasNorthPole.com](https://SantasNorthPole.com)**!





# Polar Pep Talk

Choose one phrase from rows 1-15 in EACH column. Put the phrases together for some elftastic good cheer!

	A	B	C	D
1	<input type="radio"/> Santa says:	<input type="radio"/> Your smile	<input type="radio"/> makes me merry.	<input type="radio"/> Take a bow!
2	<input type="radio"/> Hooray!	<input type="radio"/> Your cheer	<input type="radio"/> dazzles like a string of lights.	<input type="radio"/> You are a star!
3	<input type="radio"/> Ho ho ho!	<input type="radio"/> Your dancing	<input type="radio"/> is snow much fun.	<input type="radio"/> Yo-ho-ho!
4	<input type="radio"/> Hello!	<input type="radio"/> Your joy	<input type="radio"/> puts you on the nice list.	<input type="radio"/> Way to go!
5	<input type="radio"/> Wow!	<input type="radio"/> Your vibe	<input type="radio"/> is a gift!	<input type="radio"/> Let it show!
6	<input type="radio"/> Yay!	<input type="radio"/> Your glow	<input type="radio"/> rocks the roof.	<input type="radio"/> Woohoo!
7	<input type="radio"/> Fa la la!	<input type="radio"/> Your singing	<input type="radio"/> shines like stars.	<input type="radio"/> You are cool!
8	<input type="radio"/> Hi!	<input type="radio"/> Your laugh	<input type="radio"/> is happy.	<input type="radio"/> Go, you!
9	<input type="radio"/> Oh yes!	<input type="radio"/> Your mood	<input type="radio"/> fills my heart.	<input type="radio"/> You are the best!
10	<input type="radio"/> Yahoo!	<input type="radio"/> Your work	<input type="radio"/> is better than candy canes.	<input type="radio"/> I like it a lot!
11	<input type="radio"/> Well, well, well!	<input type="radio"/> Your friendship	<input type="radio"/> makes us smile.	<input type="radio"/> Nice work!
12	<input type="radio"/> Good news!	<input type="radio"/> Your skill	<input type="radio"/> is a song of joy.	<input type="radio"/> You rock!
13	<input type="radio"/> Hey, look!	<input type="radio"/> Your kindness	<input type="radio"/> makes an elf jump for joy.	<input type="radio"/> First rate!
14	<input type="radio"/> Oh, what fun!	<input type="radio"/> The way you are	<input type="radio"/> puts a grin on my face.	<input type="radio"/> You are a boss!
15	<input type="radio"/> North Pole News Flash:	<input type="radio"/> Your brain	<input type="radio"/> makes the world jolly.	<input type="radio"/> Good job!



# Polar Pep Talk

Choose one phrase from each column • 810,000 possible combinations!

A	B	C	D
1 <input type="radio"/> Merrio, mate!	<input type="radio"/> Your smile	<input type="radio"/> totally sleighs.	<input type="radio"/> Yo-ho-ho!
2 <input type="radio"/> Santa says,	<input type="radio"/> The way you dance	<input type="radio"/> puts you on the nice list...TWICE!	<input type="radio"/> Way to go!
3 <input type="radio"/> Oh, what fun it is!	<input type="radio"/> Your brainpower	<input type="radio"/> lights up the tree.	<input type="radio"/> You've got this!
4 <input type="radio"/> Let your heart be light!	<input type="radio"/> Your Christmas spirit	<input type="radio"/> shines merry and bright.	<input type="radio"/> Let's get ready to jingle!
5 <input type="radio"/> Glad tidings!	<input type="radio"/> Just the way you are	<input type="radio"/> fills the room with delight.	<input type="radio"/> All year long.
6 <input type="radio"/> All is bright, because	<input type="radio"/> Your mood	<input type="radio"/> makes everyone smile.	<input type="radio"/> You're the boss!
7 <input type="radio"/> It's beginning to look a lot like	<input type="radio"/> Your holly jolly hope	<input type="radio"/> spreads light everywhere.	<input type="radio"/> Yeah, baby.
8 <input type="radio"/> Deck the halls, yo!	<input type="radio"/> Your encouragement	<input type="radio"/> inspires glad tidings.	<input type="radio"/> Let it show, let it show, let it show!
9 <input type="radio"/> Santa knows	<input type="radio"/> Your jolly jubilation	<input type="radio"/> makes the elves applaud.	<input type="radio"/> Shine time!
10 <input type="radio"/> Hear ye, hear ye	<input type="radio"/> That song you sing	<input type="radio"/> multiplies the merry.	<input type="radio"/> Take a bow!
11 <input type="radio"/> Yes, indeedy!	<input type="radio"/> Your hard work	<input type="radio"/> makes the whole world sing.	<input type="radio"/> Show 'em what you've got!
12 <input type="radio"/> North Pole News Alert:	<input type="radio"/> That way you laugh	<input type="radio"/> fills the North Pole with happiness.	<input type="radio"/> You're a shining star!
13 <input type="radio"/> Hey, good buddy	<input type="radio"/> Your confidence	<input type="radio"/> is happy like Christmas morning.	<input type="radio"/> Ready, set, GLOW!
14 <input type="radio"/> In Santa's opinion	<input type="radio"/> Your style	<input type="radio"/> puts the merry in our hearts.	<input type="radio"/> Give me a beat!
15 <input type="radio"/> Santa double-checked, and	<input type="radio"/> Everything you do	<input type="radio"/> is a present with a bow on top.	<input type="radio"/> Applaud yourself!
16 <input type="radio"/> This proclamation declares that	<input type="radio"/> Your shimmy and shake	<input type="radio"/> is sweeter than hot cocoa.	<input type="radio"/> That's how you do it!
17 <input type="radio"/> Let it be known	<input type="radio"/> Every move you make	<input type="radio"/> is extravaganza-loriorous.	<input type="radio"/> Oh, yeah!
18 <input type="radio"/> Good golly jolly!	<input type="radio"/> Your great good joy	<input type="radio"/> is better than any present under the tree.	<input type="radio"/> Woot woot!
19 <input type="radio"/> Pass out the candy canes!	<input type="radio"/> That twinkle in your eye	<input type="radio"/> sings a song of joy.	<input type="radio"/> Twinkle time!
20 <input type="radio"/> Sleigh bells ring!	<input type="radio"/> Your sense of humor	<input type="radio"/> is elftastic.	<input type="radio"/> Giddy up and go!
21 <input type="radio"/> By the decree of merry magic,	<input type="radio"/> Your groovy vibe	<input type="radio"/> is snow much fun.	<input type="radio"/> Rock star!
22 <input type="radio"/> Crack open the kettle corn,	<input type="radio"/> Your holiday swagger	<input type="radio"/> is a celebration.	<input type="radio"/> You're cool, kiddo!
23 <input type="radio"/> Great glorious gingersnaps!	<input type="radio"/> Your jolly good cheer	<input type="radio"/> rocks the rooftops.	<input type="radio"/> Goals.
24 <input type="radio"/> Greetings, merry-maker!	<input type="radio"/> Your creativity	<input type="radio"/> shines like the stars.	<input type="radio"/> 100%.
25 <input type="radio"/> Spread the news!	<input type="radio"/> Your talent	<input type="radio"/> makes us kick up our heels.	<input type="radio"/> Swoosh.
26 <input type="radio"/> Kris Kringle declares	<input type="radio"/> Your positivity	<input type="radio"/> is a most delightful display.	<input type="radio"/> Crank it up!
27 <input type="radio"/> Hey, glowmaker,	<input type="radio"/> Your bright future	<input type="radio"/> soars like a comet.	<input type="radio"/> Game on!
28 <input type="radio"/> Shout out:	<input type="radio"/> Your mad skill	<input type="radio"/> is a wonder to behold.	<input type="radio"/> Mic drop.
29 <input type="radio"/> Fa la la la la!	<input type="radio"/> Your imagination	<input type="radio"/> is an avalanche of awesome.	<input type="radio"/> High Five!
30 <input type="radio"/> Ho-ho-hooray!	<input type="radio"/> Your loyalty	<input type="radio"/> glows like the northern lights.	<input type="radio"/> Role model.