

Captain Me!™

An interactive Self-Determination musical curriculum for children with diverse abilities

PRACTITIONER'S GUIDE

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Songs Performed by David Lamm



Tool from “[Self-Monitoring Strategies](https://www.applyebp.com)” | [www.ApplyEBP.com](https://www.applyebp.com) |

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Captain Me!™

- ▶ **Captain Me** is an interactive, musical Self-Determination curriculum for children with diverse abilities, to help them learn to take charge of their lives, make good decisions and find their joy!
- ▶ The 12 brief videos and corresponding research-based lesson plans feature scenes with “Cappy,” an engaging puppet who struggles with daily challenges. Cappy always emerges as a winner, as he learns to overcome obstacles.
- ▶ At the end of every lesson, Cappy becomes “**Captain Me**,” demonstrating the skills and knowledge needed to triumph over each problem he faces. Every video features a song that children can sing along with Cappy, to help them remember key parts of the lesson. The tunes are catchy and serve as a reminder for children to stay positive and engaged in their own learning! Please enjoy the sample lesson plan and song attached here! Look for the release of **Captain Me** videos in early 2021.



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Captain Me Setting Goals

UNIT 2 Setting Goals

Objective -- Child will be able to:

- Define a goal
- Identify their likes and dislikes
- Identify what is most important to them as a goal area
- List at least 3 ways to work on goal

Overview of Activities:

- Read story about Cappy the puppet whose teacher asks children to set a personal goal. (Story begins on next slide.) Cappy tells Miss Amy that he doesn't know what it means to set a goal. He is confused because his mom usually tells him what he needs to do, and he doesn't know how to pick a goal.
- When Cappy says, "What should I do?" – teacher pauses and asks children guided questions.
- Ask children, "Who can think of a way that Cappy can figure out how to set a personal goal?"
- Allow 2 -- 3 students to share ideas and think through how Cappy can take charge of his problem.
- Sing "Goal Song" together.

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The Goal Story:

One day, Cappy was in class when his teacher asked the children to set a goal. Cappy never heard of a goal before and he was confused. He told his friend, "My mom tells me what I need to do every day. I don't know how to pick a goal for myself."



The Goal Story:

"How should I pick a goal?" he said. "I don't know how to figure out which goal to pick!" Cappy said, "I know ... I'll make a goal to do whatever my friend tells me to do."



I'll do whatever my friend tells me to do.

The Goal Story:

"My friend told me I should play soccer. Is that a good goal? What should I do?"



My friend told me to play soccer. Is that a good goal?

PAUSE



What should I do?

Ask students what they think Cappy should do to set a goal.

Let's find out what happened next!



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The Goal Story:

When class was over, he told Miss Amy what happened. Miss Amy said, "Cappy, your goal is what's important to YOU! Not what's important to your friend."

Cappy, your goal is what's important to YOU!



The Goal Story:

"Think of something you really want to be able to do, something that will make you feel good and happy."

Think of something you really want to do!



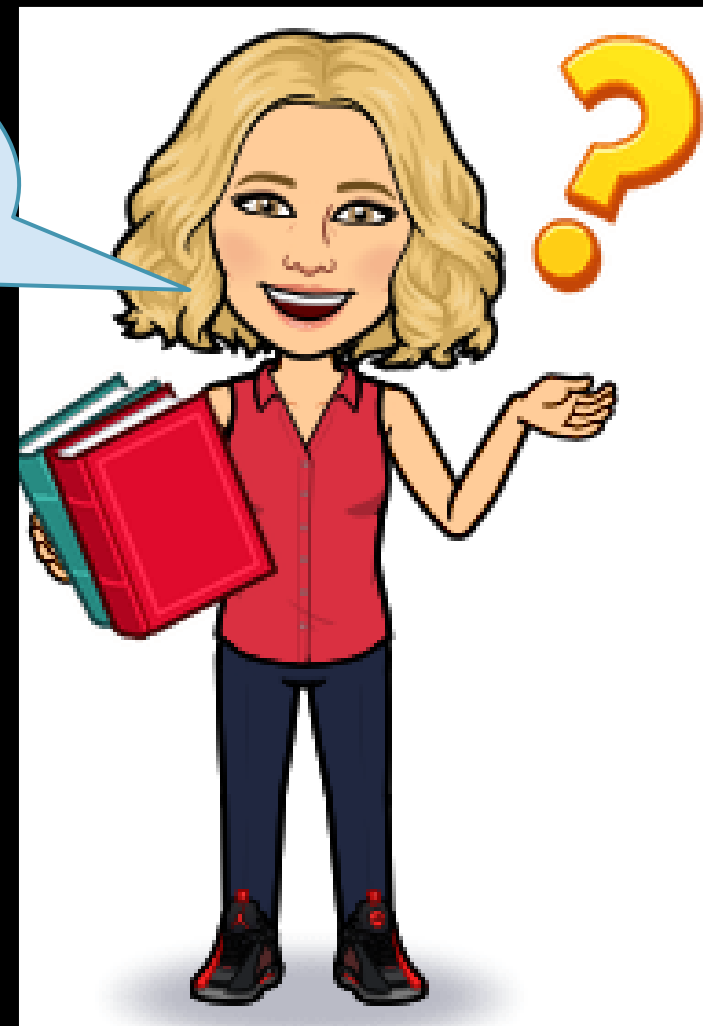
Okay, I'm thinking!

The Goal Story:

Who can tell me something that you want to be able to do, that would make you happy?

Who can tell me something that you want to be able to do?

Ask children to share their ideas of a goal they want to achieve for themselves.



Now let's sing the
Goal Song. Take it
away Mr. David!
Cappy sing it with
me!!!



My Goal

Amy Coopersmith and Andy Kenna

Piano

My goal my goal it's what I real ly want to do My goal my goal

I'm a - chiev - ing it for me X X X and not for you 1st verse How will I pick my goal hmm let's see

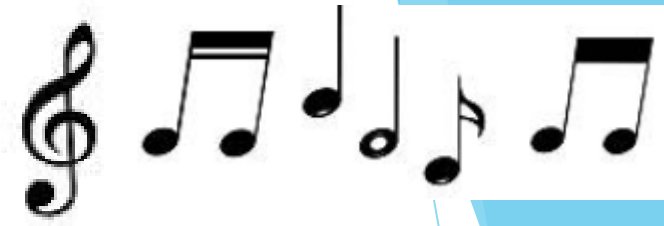
I'll think of what's most im - port - ant to me It's some - thing I love that I need to do -

oo - oo - oo Not just be - cause someone told me to My goal my goal it's what I real - ly

want to do My goal my goal I'm a - chiev - ing it for me X X X and 3 handclaps

not for you!

2nd verse:
Is it basketball, reading or soccer with a friend?
Music or art? The choices never end.
My goal is what's most important to me.
It helps me be the best I can be!



The Goal Song

My Goal, My Goal
It's what I really want to do.
My Goal, My Goal,
I'm achieving it for me and not for you.

How will I pick my goal? Hmmm. Let's see.
I'll think of what's most important to me.
It's something I love, that I need to do.
Not just because -- someone told me to.

My Goal, My Goal
It's what I really want to do.
My Goal, My Goal,
I'm achieving it for me and not for you.

Is it basketball, reading, or soccer with a friend?
Music or art? The choices never end.
My goal is what's most important to me,
It helps me be the best "Me" I can be.

To play the song, open attached MP3.

► POSE GUIDED QUESTIONS:

Ask children guided questions about setting goals.

Guided Questions:

- What is a goal?
- How can you pick a goal for yourself?
- What is important to you?
- How can you start working on a goal?
- What can Cappy do to pick a goal for himself?



► ANSWERING GUIDED QUESTIONS:

If children do not offer answers to guided questions about setting goals, give them **hints** to encourage their participation in answering.

Guided Questions:

- What is a goal? **Hint:** Something you want to do that will make your life better.
- How can you pick a goal for yourself? **Hint:** Think of something you like to do -- and want to become better at doing.
- What is important to you? **Hint:** Think of your family, friends, pets and favorite activities.
- How can you start working on a goal? **Hint:** Think of the things you will need to start working on your goal -- and make a list.
- What can Cappy do to pick a goal for himself? **Hint:** Cappy should think about what he likes to do and what would be a good activity to try.



The End:

"I know! I really like to draw and my goal will be to draw a picture!"



I want to learn to draw pictures.

Great idea, Cappy! That's a great goal!



SUMMARY

After singing GOAL SONG together:

Review the actions children can take to figure out what is important to them and to pick a personal goal. Ask each child to think of the favorite activity they would choose as a goal.

Have children sing song repeatedly over a period of several weeks to reinforce the concepts of goal setting.



Thank you for checking out Captain Me!

- ▶ We hope you've enjoyed the sample lesson plan and song attached here. Look for the release of **Captain Me** videos in early 2021.

- *With love from Miss Am,*

