



Dear Teachers,

As a fellow educator with over 40 years of experience, I am so grateful to be able to bring to you CJ and the "Voices of CJ" program. This is a culmination of my life's work and personal journey. As a child and young adult I was bullied and made to feel like I was not enough. In my search 30 years ago for the reason behind my emotional instability, I discovered that my childhood and the voices I heard had skewed my internal belief system. This affected my life in so many ways. With this realization, I felt the need to bring awareness to parents and teachers of the need to change the voices children hear.

My love for children and their innocence led me to initiate an entrepreneurial endeavor. This would enable me to share the voices that children needed to hear in order to survive and thrive emotionally without all the turmoil, chaos and pain that I had endured. I chose a character who I call CJ (Creator of Joy) to be my voice in teaching them the skills and behaviors that would stimulate a more stable internal environment even if they didn't live in one. I wrote a children's program, a storybook, a song and visualization over 30 years ago and it all has evolved to where it is today. What has remained constant is my continued passion and desire to be committed to the emotional well-being of children.

I was a little before my time. Research is now abundant in the need for education to change and incorporate the important life skills of Emotional Intelligence (EI) or Emotional Quotient (EQ). We now know that 80% of our success in life both personal and academic is dependent upon the acquiring of these skills which are not innate. The importance of play and the inherent place it holds in developing creativity, critical thinking, problem-solving and relatedness is remarkable. We have removed one of the most essential activities from our classrooms because of the lack of understanding of its critical role in the development of children's right brain (emotional brain). Education has overlooked necessary developmental milestones and instead pursued what could be documented and measured.

I have spent many years in classrooms, my own and those of my colleagues. I have seen little change. Standardized testing has dictated what and how children learn. So much has been lost and our children are suffering from its effects. Please take time to incorporate EQ skills into all your lessons and help your students to become relational in a kind and generous fashion. Bullying will slowly dissipate and anxieties will diminish and you and your students will feel the extraordinary results in every outcome both academically and socially. Let's put play back into every classroom. Be creative...let them help and they will not be able to wait to get to your classroom each and every day!

The Ancient Greek philosopher Aristotle said, "Educating the mind without educating the heart, is not educating at all". The time is now and I am calling you to action. We can do this!

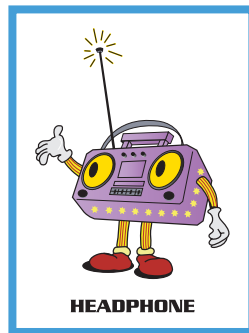
Your Teacher's Materials Package Includes:

- *Theme Posters * Character Posters * Stick Puppets * Voices of CJ Poster *
- * Daily Activities Chart * Buddy Wheel * Helper Wheel *
- * Affirmations and Affirmation Chart * CJ Children's Book and CD *
- * Color Me CJ Poster Book * CJ Stickers * Parent Guide * and Plush "CJ" *

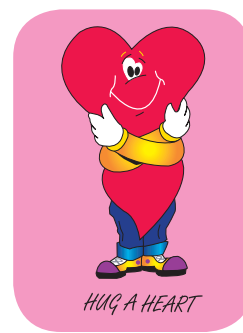
7 Theme Posters



7 Character Posters



7 Stick Puppets



Voices of CJ Poster

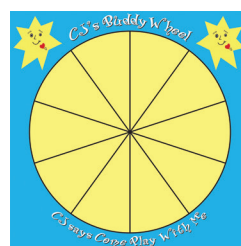


Daily Activities Chart

CJ's Daily Activities
Each child has a new **buddy** and a new **affirmation** for each week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ART OF LOVE DAY Have them draw their buddies. Then they give their buddies some gifts of love.	HAPPY THOUGHTS DAY Sit in a circle. Have them draw a picture of their "Happy Thought". Then CJ says "I like you" and they give their buddies a gift of love.	CIRCLE OF FRIENDS DAY Sit in a circle. Have them draw a picture of their "Friend". Then CJ says "I like you" and they give their buddies a gift of love.	AFFIRMATIONS DAY Have them draw their affirmation in the circle. Then CJ says "I like you" and they give their buddies a gift of love.	CREATE A YOUR DAY Have them draw their affirmation in the circle. Then CJ says "I like you" and they give their buddies a gift of love.
Receive affirmation in the week. "You are wonderful!" "You are amazing!" "You are great!" "You are awesome!" "You are the best!"	Give your buddies a gift of love. "I like you!" "You are wonderful!" "You are amazing!" "You are great!" "You are awesome!" "You are the best!"	Each child writes their affirmation in the circle. "I like you!" "You are wonderful!" "You are amazing!" "You are great!" "You are awesome!" "You are the best!"	Each child draws a picture of their affirmation in the circle. "I like you!" "You are wonderful!" "You are amazing!" "You are great!" "You are awesome!" "You are the best!"	Each child tells about how they were their affirmation in the week. "I like you!" "You are wonderful!" "You are amazing!" "You are great!" "You are awesome!" "You are the best!"
End of the week.	End of the week.	End of the week.	End of the week.	End of the week.

Buddy Wheel



Helper Wheel



11 Affirmations

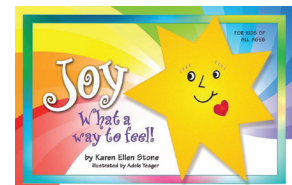


Affirmations Chart

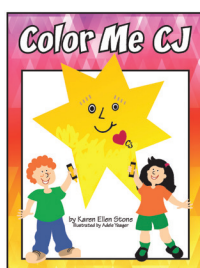
Affirmation Chart Sample

Name of Child	I Am Smart	I Am Kind	I am Lovable

CJ's Childrens Book & CD



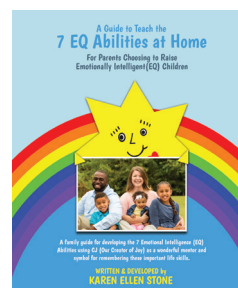
Color Me CJ Poster Book



CJ Stickers



Parent Guide



CJ Plush Toy



HOW TO USE THIS GUIDE

The “Voices of CJ Program” is taught in four 7-week cycles. Each of the 7 EQ Abilities have themes and activities. Each theme of the program is taught in the first 7-week cycle. The themes and activities are then reintroduced in the remaining 3 cycles to help with reinforcement and integration of these important skills.

Your “Voices of CJ” Poster along with your theme and character poster are displayed in your “EQ corner”. Please refer to your posters as the children are learning their new CJ voices.

The Daily Activities Chart is also displayed in your EQ corner so the children are aware of the daily practice of using CJ and his buddies’ voices. The Daily Activities begins on Week #2 of the program. These are Circle Time activities!

The Buddy Wheel is also displayed in your EQ corner. It is introduced immediately with each child receiving their new buddy on Day 1.

The Helper Wheel is introduced in Week # 3. Please follow the instruction in the guide for implementing it.

Affirmations are introduced on Week #4 . Each child’s name is placed on the Affirmation Chart as they receive their new affirmation for the week with the date.

The CJ Children’s Book, “Joy, What a Way to Feel!”, is read as the weeks go along. Listen, sing and dance to the CJ song. The children’s meditation is wonderful for nap time or to calm excited little beings.

The Color Me CJ poster book has the themes that can be reproduced and colored by the children.

Please be creative and integrate this program into planning your weekly and monthly schedules.

Most of all ... Play Your Way To Being A Creator of Joy!