



THE MANHOOD MANUAL – A COMIC ADVENTURE TO UNLEASH YOUR AWESOME PERSONALITY AND MASTER THE ART OF CHILL

Grade Levels: 3rd Grade through 7th Grade

Standards Addressed:

Reading Standards for Literature:

1. CCSS.ELA-LITERACY.RL.6.1 – Cite textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text. (In this lesson plan, students read sections from “The Manhood Manual” and use textual evidence to discuss their chosen personality traits.)
2. CCSS.ELA-LITERACY.RL.6.3 – Describe how a particular story’s or drama’s plot unfolds in a series of episodes as well as how the characters respond or change as the plot moves toward a resolution. (Students examine how Jeffrey’s character evolves through his experiences, relating the lessons he learns to their own understanding of their personality traits.)

Speaking and Listening Standards:

1. **CCSS.ELA-LITERACY.SL.6.1** - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly. (Throughout the lesson, students participate in paired and group discussions, sharing their thoughts on personality traits and mindfulness practices from the book.)
2. **CCSS.ELA-LITERACY.SL.6.4** - Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts, and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation. (Students present their group-created posters to the class, explaining their chosen personality traits and the connections they've made to the book's content.)

Social and Emotional Learning Standards:

While there are no specific Common Core standards for social and emotional learning, many states and organizations have developed their own guidelines. The following social and emotional learning competencies are addressed in this lesson plan:

1. **Self-Awareness:** Recognizing one's emotions, thoughts, and values, as well as understanding how they influence behavior. (Students explore their personality traits and how they relate to the stories in "The Manhood Manual," fostering a deeper understanding of themselves.)
2. **Self-Management:** Regulating one's emotions, thoughts, and behaviors effectively in different situations. (Students practice mindfulness techniques and discuss how they can incorporate them into their daily lives to manage stress and conflicts.)
3. **Relationship Skills:** Establishing and maintaining healthy and rewarding relationships with diverse individuals and groups. (Students engage in collaborative discussions and group activities to build connections with their peers and better understand their own personalities and those of others.)

By incorporating these standards into the lesson plan, students will have the opportunity to develop their literacy skills while also enhancing their self-awareness and relationship skills through engaging and meaningful activities.

Subject:

Social and Emotional Learning Grade: 6th Grade Duration: 90 minutes (two 45-minute sessions)

Learning Objective:

- Help students explore their unique personality traits through the lens of Jeffrey's stories in **The Manhood Manual - A Comic Adventure**.
- Teach students the art of maintaining patience and practicing mindfulness, as demonstrated in the book.
- Align the lesson with Common Core principles for literacy and social-emotional learning.

Materials:

- **The Manhood Manual - A Comic Adventure** (one copy per student or shared copies)
- Introduction "Press Release" for **The Manhood Manual** (attached)
- "Discover Your Super Traits: A Kid-Friendly Guide to Personality" personality traits handout (based on the book's lessons) (attached)
- Personality trait picture frame (attached)
- Mindfulness script "The Great Breath Adventure" (attached)
- Poster paper
- Markers
- Timer
- Chairs or cushions for mindfulness practice

Session I: Personality Traits in **The Manhood Manual (45 minutes)****I. Introduction (5 minutes)**

- Introduce **The Manhood Manual - A Comic Adventure** (attached) and explain how Jeffrey Crandle shares valuable life lessons through humorous stories.

- Discuss how the book can help students understand their personality traits and learn from Jeffrey's experiences.

2. Reading Activity (15 minutes)

- Assign a chapter or a few sections from the book that focus on different personality traits.
- Have students read the assigned sections, either individually or in small groups.

3. Identifying Personality Traits (15 minutes)

- Distribute "Discover Your Super Traits: A Kid-Friendly Guide to Personality" personality traits handout (attached) based on the book's lessons.
- Have students select one trait that they believe represents them well.
- In pairs, students will share their chosen trait and discuss why they chose it, citing examples from the book.

4. Group Activity: Personality Trait Posters (10 minutes)

- Divide the class into small groups of 3-4 students.
- Each group will create a poster representing their chosen personality traits, inspired by Jeffrey's stories in **The Manhood Manual**.
- Encourage them to be creative with their designs and include examples of how this trait affects their daily lives and relationships.

Session 2: Practicing Mindfulness and Patience with **The Manhood Manual** (45 minutes)

I. Introduction to Mindfulness and Patience (10 minutes)

- Define mindfulness and patience, and explain their importance in managing stress and conflict.
- Share examples from **The Manhood Manual** where Jeffrey demonstrates patience and mindfulness in various situations.

2. Guided Mindfulness Practice (15 minutes)

- Arrange chairs or cushions in a circle or rows.
- Play a guided mindfulness audio or read a script for students to follow (attached).
- Encourage students to focus on their breath, allowing thoughts to come and go without judgment.

3. Group Discussion (10 minutes)

- Have students share their experience with the mindfulness practice.
- Discuss any challenges or pleasant sensations they encountered, relating their experiences back to **The Manhood Manual**.

4. Mindfulness in Daily Life (10 minutes)

- Brainstorm ways students can incorporate mindfulness and patience in their daily routines, inspired by Jeffrey's stories.
- Share ideas for handling conflicts or stress mindfully, as demonstrated in the book.

Conclusion and Homework:

- Summarize the key points from both sessions, focusing on the lessons from **The Manhood Manual**.
- Assign homework: Have students write a short reflection on how they plan to practice mindfulness and patience in their daily lives, using examples from **The Manhood Manual** to support their plans.

Assessment:

- Assess students' understanding and engagement through group activities, discussions, and homework reflections. Pay attention to their ability to connect their personality traits to Jeffrey's stories and their understanding of mindfulness and patience techniques from the book.

Extensions and Adaptations:

- Have students create their own comic strips (attached) or short stories featuring their chosen personality traits and how they practice mindfulness and patience in their daily lives.
- Invite students to share their favorite lessons or stories from “The Manhood Manual” with the class, discussing how these stories resonate with their own experiences.
- Create a classroom “Chill Corner” where students can practice mindfulness techniques they’ve learned during breaks or stressful moments.

By incorporating **The Manhood Manual - A Comic Adventure** into this lesson plan, students will engage with Jeffrey’s entertaining stories while learning about their unique personality traits and the importance of mindfulness and patience in managing stress and conflict. This approach aligns with Common Core principles for literacy and social-emotional learning, making it a fun and meaningful way to explore these essential life skills.

Additional Standards Addressed with Modification:

The following Common Core State Standards can be adapted for 3rd, 4th, and 5th grades for this lesson plan:

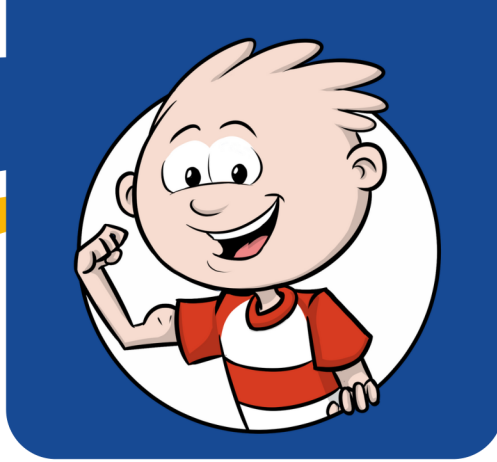
Reading Standards for Literature:

1. CCSS.ELA-LITERACY.RL.3-5.1 - Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers (Grades 3-5). (In this lesson plan, students read sections from **The Manhood Manual** and use textual evidence to discuss their chosen personality traits.)
2. CCSS.ELA-LITERACY.RL.3-5.3 - Describe characters in a story (e.g., their traits, motivations, or feelings) and explain how their actions contribute to the sequence of events (Grades 3-5). (Students examine how Jeffrey’s character evolves through his experiences, relating the lessons he learns to their own understanding of their personality traits.)

Speaking and Listening Standards:

1. CCSS.ELA-LITERACY.SL.3-5.1 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade-appropriate topics, texts, and issues, building on others' ideas and expressing their own clearly (Grades 3-5). (Throughout the lesson, students participate in paired and group discussions, sharing their thoughts on personality traits and mindfulness practices from the book.)
2. CCSS.ELA-LITERACY.SL.3-5.4 - Report on a topic or text, tell a story, or recount an experience with appropriate facts and relevant, descriptive details, speaking clearly at an understandable pace (Grades 3-5). (Students present their group-created posters to the class, explaining their chosen personality traits and the connections they've made to the book's content.)

When adapting this lesson plan for 3rd, 4th and 5th grades, it is important to consider the developmental level of the students and modify the activities accordingly. For example, you might choose simpler or shorter sections from **The Manhood Manual** to match the reading abilities of younger students. Additionally, you can tailor discussions and activities to be more age-appropriate by focusing on the most relevant personality traits and mindfulness techniques for each grade level. By making these adjustments, you can ensure that the lesson plan aligns with the Common Core State Standards for each grade while still addressing important social-emotional learning competencies.



PRESS RELEASE

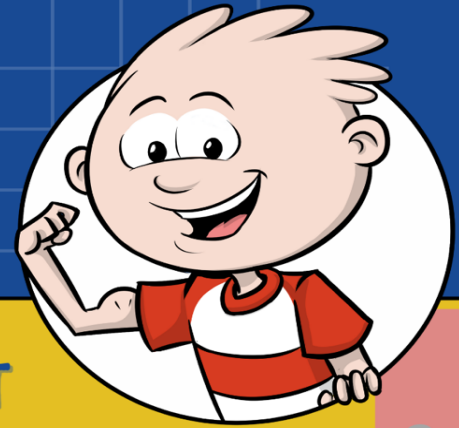
Embark on a Hilarious and Inspiring Journey to Manhood with **The Manhood Manual - A Comic Adventure**.

Discover the wisdom, the mistakes, and the life lessons hidden within this one-of-a-kind self-help book. Although crafted specifically for boys aged 7-12, this book is a delightful read for “kids” of all ages.

[Horn Hill, USA] - Prepare to embark on an insightful and downright hilarious journey into the world of **The Manhood Manual - A Comic Adventure**. As the age-old adage goes, “to truly grow, we must make as many mistakes as possible.” That’s precisely what the book’s protagonist, Jeffrey R. Crandle, does in his quest to become a “successful, well-adjusted, good-looking thirteen-year-old man.”

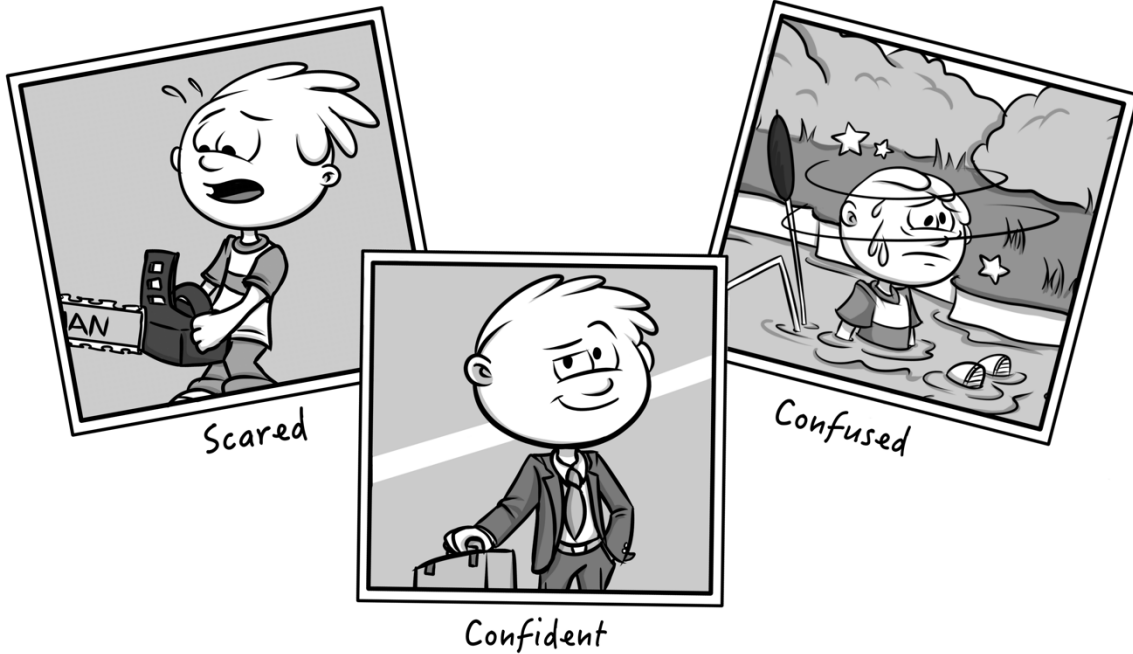
In **The Manhood Manual**, Jeffrey shares his unique and humorous perspectives on how to become a man through a series of entertaining stories. These tales are brimming with Cool Ideas for any young person, such as fishing, tinkering with gadgets, negotiating allowances, sibling coexistence strategies, finding a hobby, maintaining a sense of humor, and even outsmarting your parents. Each story is accompanied by a Big Problem and, most importantly, a Lesson Learned.

Jeffrey Crandle has now achieved his self-proclaimed manhood status! So, how can he help other young boys? Well, Jeffrey noticed that his dad reads books about getting rich, his mom reads books on cooking (and ones with shirtless, long-haired men on the cover), and even his sister Kate reads self-help books about beauty and attracting boys. However, there wasn’t a single book out there about becoming the man Jeffrey is today. Thus, **The Manhood Manual - A Comic Adventure** was born!



STUDENT WORKSHEET

DISCOVER YOUR SUPER TRAITS A Kid-Friendly Guide to Personality



Introduction:

Hey there, superstars! Have you ever wondered what makes you, well, YOU? It's all about your personality traits! These are the special qualities that make you unique and awesome. Understanding your own traits can help you learn more about yourself, grow as a person, and be the best version of you!

List of Personality Traits:

Here are some personality traits you might find in yourself or others. Remember, everyone has a mix of traits, and that's what makes us all special!

- **Adventurous:** Loves trying new things and taking risks
- **Curious:** Always asking questions and eager to learn
- **Patient:** Stays calm and cool, even when things take time
- **Responsible:** Can be trusted to do the right thing
- **Shy:** Feels nervous or quiet around new people
- **Stubborn:** Doesn't like to change their mind or try new ways
- **Creative:** Comes up with unique and imaginative ideas

Self-Reflection Questions:

Take a moment to think about your own personality traits. Grab a pencil and jot down your thoughts!

- Which traits from the list do you think describe you best? Why?
- Can you think of any other traits that describe you?
- How do these traits help you in your daily life? Give some examples.
- Are there any traits you'd like to work on or develop? How can you do that?



Mischievous



Embarrassed



Anxious

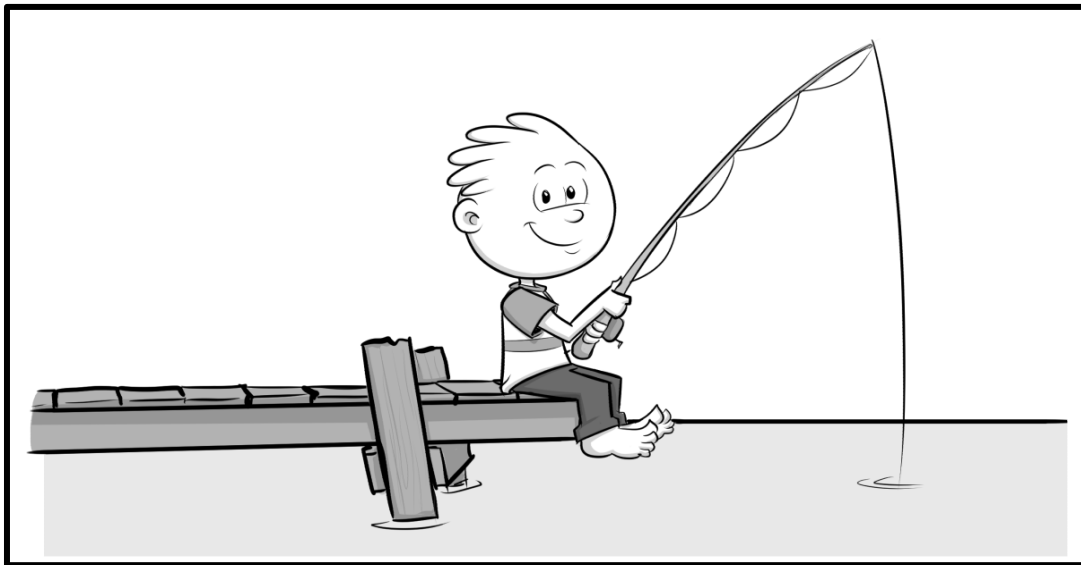


Disgusted

Tips for Personal Growth:

Now that you've explored your personality traits, here are some tips to help you grow and become even more amazing!

- **Celebrate your strengths:** Be proud of your positive traits and use them to shine!
- **Learn from challenges:** Embrace your not-so-perfect traits and work on them bit by bit.
- **Practice mindfulness:** Take time each day to breathe and focus on the present moment.
- **Be kind to yourself:** Remember, nobody's perfect, and it's okay to make mistakes. That's how we learn!



Patient

Group Activity Instructions:

Get ready for some fun! You'll be working together in groups to create a cool poster showing off your chosen personality traits. Use your imagination, and don't forget to include examples from **The Manhood Manual – A Comic Adventure** for inspiration!

- **Step 1:** Split into groups and choose one or two personality traits to focus on.
- **Step 2:** Discuss how these traits appear in **The Manhood Manual** and in your own lives.
- **Step 3:** Create a colorful and creative poster showcasing your chosen traits.
- **Step 4:** Present your poster to the class and explain how your traits connect to the book's stories.

Let's get started and remember to have fun discovering your super traits!

THE
**MANHOOD
MANUAL**
TM

Draw yourself as the amazing person you are today emphasizing your best personality trait! Write that personality trait below.

I'M _____

www.manhoodmanual.com

THE MANHOOD MANUAL™

THE GREAT BREATH ADVENTURE

Alright, kids, let's gather around in a circle or find a comfortable spot to sit on your chairs or cushions. Today, we're going on a fun and relaxing adventure called "The Great Breath Adventure." Are you ready? Let's begin!

First, sit up tall with your back straight but relaxed, like you're a superhero ready to save the day. Close your eyes gently or lower your gaze, just enough to feel at ease.

Now, take a deep breath in through your nose, as if you're smelling a delicious, freshly baked cookie. Can you feel the air filling your lungs? Great! Hold it for a moment... and now, let it out through your mouth, like you're trying to cool down a hot slice of pizza.

Let's do this a few more times together. Breathe in through your nose... and out through your mouth. Remember to keep your superhero posture and imagine you're filling up with positive energy each time you breathe in. When you breathe out, picture all your worries and stress floating away.

As we continue our adventure, it's normal for thoughts to pop into your head like little bubbles. It's okay to notice them, but don't try to pop them! Just let them float away and gently bring your focus back to your breath.

Imagine your breath is like a gentle wave on a beach. As you breathe in, the wave comes to shore, and as you breathe out, the wave returns to the sea. Feel the calming rhythm of your breath, just like the waves on a peaceful beach.

Let's take a few more deep breaths together, remembering to stay relaxed and focused on our breath. Breathe in... and breathe out.

Great job, everyone! You've just completed "The Great Breath Adventure."

www.manhoodmanual.com

THE MANHOOD MANUAL

TM

www.manhoodmanual.com

YOUR MANHOOD MANUAL COMIC STRIP

Draw a Comic Strip About YOUR Personality

Enjoy your journey by spending some time drawing a cartoon strip story about your personality. Need some ideas? Grab your copy of the book and get started. In **The Manhood Manual – A Comic Adventure**, Jeffrey shares his unique and humorous perspectives on how to become a man through a series of entertaining stories. These tales are brimming with **Cool Ideas** for any young person, such as fishing, tinkering with gadgets, negotiating allowances, sibling coexistence strategies, finding a hobby, maintaining a sense of humor, and even outsmarting your parents. Each story is accompanied by a **Big Problem** and, most importantly, a **Lesson Learned**.

Enjoy!

Jeffrey

