



Keep Moving
Movement

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Empowering
Students
with Attitudes
to **Excel**

KMM **SESSION 1** 2018

NO **BREAKING POINT**



1. Surprise

 3 minutes

2. Think about any award.

 3 minutes

3. When does Social Change Happen?

- i. If enough people do not care about an issue, it will never get solved.
- ii. The process of social change always involves the **ELITE** to fight for the weak **ONE**. We are the ELITES. It is an opportunity for us to lead **SOCIAL CHANGE**.
- iii. When we are GROWING, we cannot carry FEAR.



4. LIZZIE VELASQUEZ

THE WORLD'S UGLIEST WOMAN



Take a photo of this lady and ask students :

a. Do you know this woman?

 **3 minutes**

She has a disease by which her body cannot store any fat. Only two people in the world have this disease. She needs to eat every 30 minutes otherwise she will die. She weighs about 23.5 kgs and 5 ft 2 in tall. She went blind in one eye at the age of 4



Some people told her - **'Please kill yourself'**. She was **bullied**. She was called a **'Monster'**

b. She says, "**I do not want a cure for this disease.**

This disease has made me who I am". There are benefits to this condition.

i. I can eat what I want.

ii. I cannot see on my right side. People who are rude, I just make them stand on my right.



1 minute

c. I have a difficult life but thats ok, **For I have my family.**

I was bullied a lot but thats ok, **For I have my family.**

I am a fun kid and thats what makes me say **'Its ok'**.

When no one wanted to be friends with me, I went home and asked my parents, "I have done no wrong to them. Why are they rude? Why don't they talk with me? My parents made me sit down and said, 'You have a physical condition that makes you smaller than them. But **that is NOT** going to define **WHO YOU ARE**. Go to school, Smile at everyone. Soon they will **SEE** you for who you are.



I had an amazing set of parents who never gave me sympathy, never make me feel unwanted...who always made me believe, my looks **CANNOT** define me.

 **5 minutes**

- d. She says, "It has taken me a long time to decide what defines me. First I thought, it is my outer appearance. I thought I was ugly, I was disgusting. I hated looking at myself when I would look at the mirror to braid my hair or clean my face.

Every morning when I woke up I prayed I should look different today.

In school someone put an 8 second video of her on YouTube with the title '**The world's ugliest woman**'. No music, no sound, it has over 4 million views with 1000s of comments. People have written, 'Lizzie, please do this world a favour. Put a gun to your head and kill yourself'.



Of course I cried a lot. But something inside me also told me, **"Your life is in your hands. I can choose to cry about what is wrong or I can be grateful for what is right."**

"Am I going to let people who call me a monster define me?"
I am going to let my goals, my success & my achievements define me.

 **5 minutes**

- e.** I am going to work my butts off to make myself better.
- **Throw bricks at me, I am going to catch them and create a wall for my home.**
 - **Throw sticks at me, I am going to catch them and create a ladder for me.**
 - **You throw fire at me, I am going to catch that fire and light my fire to keep me going.**
 - **Call me what you want, It will help me to focus and become better.**
 - **I used their negativity to keep going.**



Use that negativity that you have in your life to make yourself better. I guarantee you that YOU WILL WIN.

Interaction

Think hard - what is hard in your life today? - Use that to make yourself better

 **5 minutes**

5. She is a motivational speaker today and she asks her audience this question "What defines you? Who are YOU?"

- Is it where you come from?
- Is it your education?
- Is it your money?
- Intelligence?
- Looks?

 **5 minutes**

Her life was put into her hands...just like your life is put into yours. You are the driver of your car. You will decide which path you are going to take.



She has written two books

1. **Be beautiful. Be YOU.**
2. **Lizzie Beautiful**

Her YouTube video 'How do you define yourself' has over **6.8 million views** (as of Date 24th June 2018)

<https://www.youtube.com/watch?v=QzPbY9ufnQY>

6. Lizzie's life shows me two things.
One, an insight.
Another, a question.

 **5 minutes**

6(a). Insight - The most important quality in life is courage.

- It requires courage to accept what cannot be changed. (Her medical condition, no one liking her, interaction here. **Personal example...two sharings in the class. Reward both of them with Chocolates**)



- It requires courage to change our thinking and move forward. ("Am I going to let people who call me a monster define me?" I am going to let my goals, my success & my achievements define me.)
- It requires courage to be happy inspite of everything.
- It requires courage to value what we have and celebrate it. (Parents, Can eat what I want)

6(b). The question is "What is going to define YOU?"

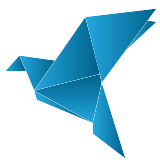
 **5 minutes**

INTERACTION

————— **END** —————



Brain Tattoos



Keep Moving Movement

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