Prepare for the Journey

Are you ready? Let’s get started! In this guidebook, you will meet your guides, Respa and Inrock. They will help you prepare to embark on your exciting journey to who you really are.

**THE TALE OF HOPE:**

- Begin by reading the Yalwuna section in *The Tale of Hope: Embark on the Journey* and listen to *Who I Really Am* and *Cowra Lullaby*. Consider playing *Cowra Lullaby* when it is read in the story. If you have younger children, consider retelling the story in your own words. If you have older children, you could invite them to read the section on their own and discuss it at dinner.

- Proceed to the section on Respa to discover what we can learn from the crocodile.
Respa

(RESP-puh)

Relax, Evaluate, Strategize, be Patient, and Act

Respa (The Crocodile)

Relax: Take a breath; relaxing will enhance creativity and restore energy.
Evaluate: Evaluate the moment; determine current reality.
Strategize: Lay out an action plan.
Patience: Be patient; wait for the right moment; re-evaluate; adjust if necessary.
Act: Simply do it; move with focused action.

• Crocodiles are one of the greatest survivors known to mankind. During prehistoric times, they roamed the earth side by side with their cousins the dinosaurs. They shared the same hunting grounds and experienced the same changing environment. Today crocodiles are alive and thriving; but, when was the last time you saw a dinosaur? Respa embodies the principles of self-mastery and the ability to adapt in any given situation. In a world of unprecedented and unpredictable changes, the *Who I Really Am* program brings people, of all ages, the principles they need to stay cool, calm, and creative, no matter the pressure!

• RESPA is the personal mastery system for developing self-discipline and maintaining composure and personal control in one’s life. It’s the backbone upon which enlightenment, integrity, and personal control are developed and maintained.

• The immediate fruit of RESPA is more Self-Awareness and Positive Attitude (SAPA). Over time, RESPA and SAPA will help an individual become who they really are.

• What do your core books (*cultural books, religious texts and resources, personal journals, family history, and any other tools you use to teach values or truth*) teach about self-mastery? Find stories in your core books about someone who was placed in a difficult situation. Did they show the steps of RESPA? Are there pictures, videos, or other resources you could use to share these stories with your family?

HOW TO USE RESPA

• Begin each morning with RESPA
• Use RESPA at the start of projects
• Develop this response as a habit for all areas of life

RESULTS FROM APPLYING RESPA

• Greatly increases awareness, enlightenment, and personal stability
• Enhances creativity
• Opens the door to personal power and potential
• The fruit of RESPA is Self-Awareness and Positive Attitude (SAPA)
Learn Together

DAY 1: THE TALE OF HOPE 📖

Read together the Respa section (pp.__) in The Tale of Hope: Embark on the Journey. If you have younger children, consider retelling the story in your own words. If you have older children, you could invite them to read the section on their own and discuss it at dinner.

- Respa told Raja to sell his business in order to set sail on his journey. Are there things in your life that you need to get rid of or set in order so you can embark on your own journey of transformation?

DAY 2: ANIMAL FACTS AND SONG

- **Crocodile Facts:** ➤ Tell your family that today they will get to learn more about Respa the crocodile and what he teaches. Ask your family what they know about crocodiles. Share the animal facts and pictures on page__ or find and watch a short video clip about crocodiles.

- **Song:** 🎵 Play either The Crocodile’s Mission or Respa the Crocodile, or listen to both. Invite your family to share thoughts and impressions about the songs.

DAY 3: REVIEW – DISCUSS – INVITE

- **Review:** 🎓 Ask your family what facts they remember about the crocodile. Help them remember the facts. Listen to the songs.

- **Discussion Questions:** 🌟
  1. Help your family understand what the letters RESPA stand for by sharing what they mean to you and examples you have seen. Then ask your family: How do you see the crocodile showing self-mastery by Relaxing, Evaluating, Strategizing, being Patient, and Acting in the right moment (show the pictures on page__)?
  2. Crocodiles have been able to stand the test of time. How can the principles of RESPA help you withstand changes that come into your life?
  3. The crocodile does not hunt well on land, so he patiently waits underwater for his prey. What does it mean to be patient?
  4. Show a picture of the crocodile on page __. Does he look frustrated or relaxed? How do you feel when you are frustrated? How do you feel when you are relaxed? Which way shows self-mastery?
  5. Your own discussion question.

- **Invite:** 🌟 Invite your family to choose one aspect of RESPA to work on while learning about Respa (Relaxing, Evaluating, Strategizing, being Patience, and Acting in the right moment). Write these goals on goal cards (Appendix page __) and display where you will see them frequently.
DAY 4-5: LEARN MORE TOGETHER

If you desire to continue to focus on the animal/principle, fill these days with listening to the songs, reviewing the animal facts, sharing stories from your core books (cultural books, religious resources, personal journals, family history, or other literature you use to teach values and truth), or choosing activities from the additional resources. Spend as many days as you want learning about Respa.

**Teaching Tip**

*Under most circumstances, the age of the child indicates the amount of minutes that they can reasonably be expected to listen without doing an activity, such as coloring, singing, physical movement, change in position/environment, etc.*

- Consider giving your family the animal coloring pages to color while listening to the songs or while you read The Tale of Hope.
- Look through the song activities in the appendix for additional ideas to do while listening to the songs.
Crocodile Facts

1. The first crocodiles date back to the days of the dinosaurs.

2. A crocodile is not well equipped to chase his prey on land and therefore waits patiently underwater for his prey to come to him. Crocodiles can stay underwater for up to 2 hours.

3. Crocodiles don't shed their skin, they grow into it. The skin on the back of a crocodile is covered in bones and can deflect arrows, spears, and even bullets.

4. A large crocodile can go a whole year without food!
Additional Resources

Discussion Questions

1. What is one fact you remember about the crocodile and how does it remind you of Respa (Relax, Evaluate, Strategize, be Patient, and Act)?

2. Have you read or seen any examples of self-mastery or RESPA?

3. What song do you like the most? Why? How do these songs make you feel? What are your favorite phrases?

Song Extensions

- **COLOR:** Invite your family to color the Respa coloring page as they listen to the song.

- **WORD PUZZLES:** Do the word search, crossword, or coloring page while you listen to songs you have already learned (Appendix pg.).

- **PROJECT:** Make a music video. Put pictures to the words of the song, or record videos to illustrate phrases in the song.

- **ACTIVITY:** Give your children some play dough and invite them to make a crocodile as they listen to the songs.

- **ACTIVITY:** Invite your family to pretend they are a crocodile hunting as they listen to Respa the Crocodile.

- **ACTIVITY:** Together, brainstorm actions to go with the words, Relax, Evaluate, Strategize, Patience, and Act. Some ideas might include: taking a breath for Relax, placing a hand above your eyes as you scan the room for Evaluate, placing your pointer finger at your temples as though you are thinking for Strategize, etc. Listen to the songs and perform the actions at the appropriate time.

Activities

- **ATTENTION ACTIVITY TO INTRODUCE RESPA:** Play a little game to see how much your family remembers from The Tale of Hope. You can give a little treat for each question they get right.

  1. What two animals did Raja meet first? *(Eagle and Crocodile)*
  2. Do you remember their names? *(Inrock and Respa)*
  3. What land do Respa and Inrock call home and is the same place Raja is trying to reach? *(The Land of Cowra)*
  4. What land will Raja leave? *(Yalwuna)*
  5. Who is Raja’s business partner? *(Assad)*
• **ART:** Draw your favorite part in *The Tale of Hope: Embark on the Journey* and then share the pictures with each other.

• **ACT:** Act out different parts from *The Tale of Hope: Embark on the Journey*. Don’t forget to record it!

• **ROLE PLAY:** Role-play situations using the principles of RESPA.
  - Example: Your sister keeps taking your clothes without asking. You are tired of always telling her not to do it. How can RESPA help you?
  - Example: You have a difficult question on a test. How can RESPA help you?

• **ROLE PLAY:** Invite your children to watch you and decide which way shows self-mastery (RESPA). Act as though you just lost your keys to the car and you have to go now! Act frantic, out of control, and frustrated with everyone. Then show RESPA: Relax, take a breath, Evaluate, Strategize, have Patience, and Act. Break up your family into groups and have them come up with their own skit to perform for the family that shows RESPA. Record them and enjoy watching it together.

• **PRACTICE RESPA:** Gather several smaller sized balls (soft ones are best or even socks made into a balls). Explain that each ball represents one of the responsibilities or tasks you have. Ask for a volunteer to catch as many of the balls as he can. Throw all the balls at once (many will drop). Tell him that you will throw the balls again, but this time you will walk through the steps in RESPA with him and hopefully he can catch more balls. 1) Relax 2) Evaluate, what do they need to do? 3) Strategize, come up with a plan to catch more balls. 4) Patience – be patient. 5) Act – Catch the balls. Throw the balls again according to this new strategy.

  - Discuss the following questions:
    - Did you catch more balls when you practiced RESPA?
    - How can using the principles of RESPA help you?
    - What could the balls represent? Explain how learning to relax, evaluating the situation, strategizing (making a plan), having patience, then acting, allows individuals to accomplish their responsibilities.


• **PRACTICE EVALUATING:** Find several photos of people in different situations (*i.e. kids fighting over a toy, people yelling at each other, child left out of a game, a family playing together, business meeting, etc. Try and find pictures that show a lot of emotion*). Show the pictures to your family and have them evaluate what is going on. Have them identify feelings that others may be experiencing in the various photos. If applicable, share how they would handle the situation.

  1. Was it easy for you to understand what was occurring in the pictures? Why? (You were relaxed and could see clearly.)
2. Discuss how it is important to relax before evaluating projects, situations, and conflicts. Sometimes our emotions keep us from seeing things clearly. What benefits come when you relax and evaluate what is going on at that moment?

- **QUOTE**: Choose a quote from your core books or the appendix (page __). Make enough copies to display in several areas around your home; spend time memorizing it and discussing the meaning. When it is memorized, give a small reward.

**Books/Stories**

- **Stories included in the Guidebook**:

  1. *The Little Hero of Holland* Adapted by Etta Austin Blaisdell and Mary Frances Blaisdell page __

  2. *The Battle of Gaugamela* by Ellen Taylor page __

- **The Lost Prince** by Frances Hodgson Burnett (Age: 10 and up). Marco is trained from a young boy to serve his country and help restore the rightful king to the throne. With the help of his friend, he is sent on a secret mission that will make it possible for the true king to return.

- **The Tortoise and the Hare** by Aesop (Age: 3 and up). Tortoise wins the race through patience and diligence to the end, despite being the slower competitor.

- Story from your core books.

**Movies**

- **Beauty and the Beast** Walt Disney 1991. Belle, a beautiful young maiden, finds herself in a magical castle where she is held as prisoner in exchange for her father’s freedom. She soon discovers that she must reside in the same place with an angry Beast. Over time, Belle learns to love the Beast and he learns self-control.

  1. When and how did Belle practice RESPA?
  2. Who else was she able to help by using RESPA?
  3. Which characters didn't relax, evaluate, strategize, have patience, and act at the right moment? Were they happy? How did their choices affect others?

- **Parent Trap** Walt Disney 1961. Susan and Sharon are twins separated at birth, having never known of each other's existence. Fate brings them together during a summer camp where they make and carry out a scheme to switch places. But their plans become more complicated as they work to get their parents back together and heal their family.

  1. How did Susan and Sharon use RESPA to get their parents back together? Would it have worked if they didn't Relax? Evaluate? Strategize? Have patience? Act?
2. Susan and Sharon weren't kind to each other at times during camp, nor later to their dad's fiancée. Though they were applying most of the RESPA steps as they made plans and waited for the right time to act, which part or parts of RESPA did they forget? (Relax. When they were angry with each other, or fearful that their dad would marry the other woman, they weren’t relaxed.)

3. Did any other characters display RESPA? What positive effects did it have?

• **Emma Miramax Films** 1996. This movie is based on the novel by Jane Austen. Emma tries to play matchmaker after being warned by her father and dear friend not to. Through trial and error, she finally learns to master herself

1. Which characters demonstrated RESPA best?
2. Give an example of a time when Emma didn't evaluate, strategize, or act with wisdom. How did it affect others?
3. Who did Emma respect more than anyone else? Why?
4. Think of a time when Emma applied the principles of RESPA. How did she feel after acting upon those principles?
5. When Emma was matchmaking, did she practice the RESPA principles? How can the same principles be used inappropriately? In what ways did Emma learn to follow each step of RESPA more wisely?
6. Does it take humility to Relax, Evaluate, Strategize, have Patience, and Act at the right moment? Explain.

• **The Fellowship of the Ring WingNut Films** 2001. The future of civilization rests in the fate of the One Ring, which has been lost for centuries. Powerful forces are unrelenting in their search for it; but fate has placed it in the hands of a young Hobbit named Frodo. Frodo and his eight companions set out on a journey to destroy the One Ring and the Dark Lord Sauron. On their journey, they face great evil and perilous dangers. In order to succeed, they must be calm, courageous, and work together to overcome Sauron and save the world.

1. Could the Fellowship be successful in destroying the ring without using each of the RESPA principles? Give some examples of how each principle was necessary to accomplish their goal.
2. What was the mood of the council when they were sitting in the fellowship circle? Could they have made successful plans if they were in a state of panic?
3. Which group of people (dwarves, hobbits, elves, men) display RESPA most naturally in their culture? Which are furthest in nature and culture from these principles? Which culture do you want to model in your life?
Here is the true story of a brave heart, one willing to hold on as long as it took to get the job done.

Holland is a country where much of the land lies below sea level. Only great walls, called dikes, keep the North Sea from rushing in and flooding the land. For centuries, the people of Holland have worked to keep the walls strong so that their country will be safe and dry. Even the little children know the dikes must be watched every moment, and that a hole no larger than your finger can be a very dangerous thing.

Many years ago there lived in Holland a boy named Peter. Peter's father was one of the men who tended the gates in the dikes, called sluices. He opened and closed the sluices so that ships could pass out of Holland's canals into the great sea.

One afternoon in the early fall, when Peter was eight years old, his mother called him from his play. "Come, Peter," she said. "I want you to go across the dike and take these cakes to your friend, the blind man. If you go quickly, and do not stop to play, you will be home again before dark."

The little boy was glad to go on such an errand, and started off with a light heart. He stayed with the poor blind man a little while to tell him about his walk along the dike and about the sun and the flowers and the ships far out at sea. Then he remembered his mother's wish that he should return before dark and, bidding his friend goodbye, he set out for home.

As he walked beside the canal, he noticed how the rains had swollen the waters, and how they beat against the side of the dike, and he thought of his father's gates.

"I am glad they are so strong," he said to himself. "If they gave way, what would become of us? These pretty fields would be covered with water. Father always calls them the ‘angry waters.’ I suppose he thinks they are angry at him for keeping them out so long."

As he walked along, Peter sometimes stopped to pick the pretty blue flowers that grew beside the road, or to listen to the rabbits' soft tread as they rustled through the grass. But oftener he smiled as he thought of his visit to the poor blind man who had so few pleasures and was always so glad to see him.

Suddenly, he noticed that the sun was setting, and that it was growing dark. "Mother will be watching for me," he thought, and he began to run toward home.

Just then he heard a noise. It was the sound of trickling water! He stopped and looked down. There, in the dike, was a small hole, through which a tiny stream was flowing.

Any child in Holland is frightened at the thought of a leak in the dike.

Peter understood the danger at once. If the water ran through a little hole, it would soon make a larger one; and the whole country would be flooded. In a moment, he saw what he must do.
Throwing away his flowers, Peter scurried down the side of the dike and thrust his finger into the tiny hole.

The flowing of the water was stopped!

"Oho!" he said to himself. "The angry waters must stay back now. I can keep them back with my finger. Holland shall not be drowned while I am here."

This was all very well at first, but soon it grew dark and cold. The little fellow shouted and screamed. "Come here; come here," he called. But no one heard him; no one came to help him. It grew still colder, and his arm ached and began to grow stiff and numb. He shouted again. "Will no one come? Mother! Mother!"

But his mother had looked anxiously along the dike road many times since sunset for her little boy, and now she had closed and locked the cottage door, thinking that Peter was spending the night with his blind friend, and that she would scold him in the morning for staying away from home without permission.

Peter tried to whistle, but his teeth chattered with the cold. He thought of his brother and sister in their warm beds, and of his dear father and mother. "I must not let them be drowned," he thought. "I must stay here until someone comes, if I have to stay all night."

The moon and stars looked down on the child crouching on a stone on the side of the dike. His head was bent, and his eyes were closed, but he was not asleep, for every now and then he rubbed the hand that was holding back the angry sea.

"I'll stand it somehow," he thought. So he stayed there all night keeping the sea out.

Early the next morning, as he walked along the top of the dike on his way to work, a man thought he heard a groan. Looking over the edge, he saw a child clinging to the side of the great wall.

"What's the matter?" he called. "Are you hurt?"
"I'm keeping the water back!" Peter yelled. "Tell them to come quickly!"

The alarm was spread. People came running with shovels and the hole was soon mended. They carried Peter home to his parents; and before long, the whole town knew how he had saved their lives that night. To this day, they have never forgotten the brave little hero of Holland.

Discussion Questions

1. Identify the steps of Respa in the story. When did Peter Relax, Evaluate, Strategize, and how did he show Patience and Act?

2. Peter used the steps of Respa to save his town from a flood. Have members in your family used Respa in difficult situations? How did their actions help your family?
The Battle of Gaugamela

by Ellen Taylor

Alexander slept great the night before the battle of Gaugamela. It was one of his military strategies. A well-rested and well-fed army is better than the opposite; and today he was about to put them to the test. This battle would decide who would be made king over all of Persia. Alexander’s generals suggested that he launch his attack during the night so as to take King Darius off guard; but Alexander did not want to steal a victory.

Darius, on the other hand, did not sleep well at all, worried that Alexander was indeed going to attack that night. He had lost to Alexander before and he did not want a repeat. For this battle, Darius had gathered a huge army from all over his empire. The Persian army was an impressive one; stronger by far than the force he had met Alexander with before. Hundreds of thousands of men, hundreds of chariots, and even mercenaries made up his legion. Darius assumed this would be his last battle with Alexander, and that he would be able to keep his empire. He was correct...on one account.

Alexander did not have near the impressive number of troops, nor did he have anything like chariots. He only had his men—men who would follow him into every battle, men whom he could trust.

In the wee hours of the morning, the Greeks faced the formidable Persian army. As the battle commenced, Alexander and his generals set in motion many things that they had planned in advance. They knew their enemy far outnumbered them, so Alexander had his soldiers begin their attack at an angle. This, as Alexander had hoped, drew Darius’ army a little to the left. As the battle continued, Alexander’s forces skillfully continued to lure the Persians into unclear terrain.

As his men fought, Alexander patiently held back. He was waiting for the perfect time to unfurl his secret weapon. There was no way he could pin down and say exactly when this would happen. Instead, he had to first wait and see if his foes took the bait, and then he could act—and show the Persians why he was one of the best military generals in the entire world.

Finally, it happened.

As the two forces drew more to the left, there began to be a gap in the large army. As soon as Alexander saw that weakness, he wedged his men against the opening and began a charge toward the surprised and surrounded Persians. Darius quickly realized that the size of his army would not matter in the least to Alexander. What did matter was Alexander’s ability to strategize and wait for the perfect timing to act on his plan. He gained his knowledge over years of fighting wars with a good number of men he could trust.

Soon, Darius found himself on the losing side of the battlefield and fled. When his men saw their king run away, they quickly gave up the fight. That is how Alexander the Great, with the help of his army, became King of Persia.
Discussion Questions

1. How did Alexander the Great exemplify the principles of Respa? Can you identify the steps he followed to obtain victory? (relax, evaluate, strategize, patience, act)

2. What principles do you think were most important to Alexander’s success? What do you think he would say were the most important?
Inrock
(IN-rahk)

Integrity is the Rock, a Sure Foundation

- Webster’s 1828 definition of integrity: wholeness; entireness; unbroken state. The entire, unimpaired state of anything, particularly of the mind. Moral soundness or purity; incorruptness; uprightness; honesty.

- What do your core books teach about integrity? Pick one of the bullet points in the “How to use Inrock” below and find examples of these things in your core books. Are there videos, pictures, or other resources you could use to share these stories with your family?

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**Learn Together**

**DAY 1: THE TALE OF HOPE**

Read together the Inrock section (pp.__) in The Tale of Hope: Embark on the Journey. Are there other stories you have read when a person or group of people had to leave a place? Why did they leave? How did this journey change their character?

**DAY 2: ANIMAL FACTS AND SONG**

- **Song:** Tell your family that today they will learn about Inrock who will teach them about integrity. Play Inrock the Eagle. Invite older children to listen for words that describe integrity. After listening to the song ask: What do you think integrity is?

- **Eagle Facts:** Ask your family what they know about eagles. Share the animal facts and pictures on page__ or find and show a short video clip about eagles.

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**HOW TO USE INROCK**

- Be honest about self to myself and to others
- Remove facades
- Follow through on commitments
- Accept who I was, love who I am, be excited about who I am becoming

**RESULTS FROM APPLYING INROCK**

- Assists in developing a sense of personal freedom
- Encourages others to be honest with me
- Builds trust and respect
- Develops Self-Awareness and Positive Attitude (SAPA) and grows assertiveness skills
- Creates unity, wholeness, and moral soundness
DAY 3: REVIEW – DISCUSS – INVITE

• **Review:** ✉️ Ask your family what facts they remember about the eagle. Help them remember the facts. Listen to the songs and review what integrity is.

• **Discussion Questions:** 🌱
  1. How does the eagle represent integrity?
  2. The eagle rarely flaps its wings. Instead, it soars. How can living in *truth* help you *soar* in life?
  3. The eagle mates for life. How can being *honest* and maintaining *integrity* strengthen your family relationships?
  4. The eagle is the only bird that will not seek shelter in a storm. Instead, the eagle will continue on to its destination. Can you think of a time in your own life when you were in a ‘storm’ or difficult situation and chose to do what was right? Can you think of an example from someone else’s life?
  5. Eagles soar freely through the sky. What does it feel like to be free? How does honesty with self and others help you to be free?
  6. Your own discussion question.

• **Invite:** ⚪️ Share with your family why developing personal integrity is important to you. Share a personal experience.
  - What can you do to increase your integrity? Review *Inrock the Eagle* or share ideas from the “How to Use Inrock” section.

DAY 4-5: LEARN MORE TOGETHER

If you desire to continue to focus on the animal/principle, fill these days with listening to the songs, reviewing the animal facts, sharing stories from your core books, or choosing activities from the additional resources.

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**Teaching Tip**

*If you find yourself overwhelmed, busy, and with little time, go back to the basics and just read The Tale of Hope and listen to the songs. Doing these two things is the core of Who I Really Am and your family will learn the truths this curriculum has to offer.*
Eagle Facts

1. The eagle is the only bird that will not seek shelter in a storm. Instead, the eagle will continue on to its destination!

2. When flying, the bald eagle very rarely flaps its wings; instead, it soars.

3. During breeding season, the male and female work together to build a nest of sticks, usually located at the top of a tree. The nests can weigh up to a ton and measure 8 feet across.

4. After mating, the pair remains together until death separates them.
Additional Resources

Discussion Questions

1. What is one fact you remember about the eagle and how does it remind you of integrity?

2. Do you have any integrity moments you would like to share? Have you seen or read any examples of integrity that you would like to share?

3. Listen to the song and spend time defining completeness, oneness, and wholeness. How do these words relate to integrity?

Song Extensions

- **COLOR:** Color Inrock while listening to the song.

- **WORD PUZZLES:** Do the word search, crossword, or coloring page while you listen to songs you have already learned.

- **PROJECT:** Make a music video. Put pictures to the words of the song, or take videos to illustrate phrases in the song.

- **ART:** Invite each member of the family to choose a different phrase in the song and draw a picture to illustrate the principle. Display your artwork around the house to remind each other of living with integrity.

- **ACTIVITY:** Invite your children to fly like an eagle while they listen to the song.

- **DISCOVER:** Listen to Inrock the Eagle. Identify words used to define integrity. If you wish, make a copy of the lyrics (Appendix page __) and highlight these words. How would you define integrity to someone?

Activities

- **QUOTE ACTIVITY AND ART PROJECT:** Choose a quote from the appendix (page__) above and invite your family to create a poster to illustrate it. Display your posters around your house. Spend time memorizing the quote. You can write the words on strips of paper and have your family put the words in order. Invite your family to recite the quote, and then remove a word or two and recite it again. Continue to remove words after each time you recite the quote until all the words are gone.
• **LESSON:** INTEGRITY HOUSE. Invite family members to build a house out of blankets, Popsicle sticks, sticks from the yard, Legos, Lincoln Logs, or items laying around the house.

- Share the following analogy from *Little Britches* by Ralph Moody: “A man’s character is like his house. If he tears boards off his house and burns them to keep himself warm and comfortable, his house soon becomes a ruin. If he tells lies to be able to do the things he shouldn’t do but wants to, his character will soon become a ruin. A man with a ruined character is a shame on the face of the earth.”

- Remove parts of the house and discuss how it changes the home.
  1. If we only tell part of the truth, or are honest only half of the time, how does it affect our character?
  2. Inrock teaches us through her song that there is “freedom in honesty, freedom in integrity. Freedom in oneness, anchored in truth.” How does integrity affect personal freedom?

- Share how being honest has blessed your life.

• **ART/CRAFT:** INTEGRITY ROCK. Find a large rock to set before the family and discuss the following statement: The “rock” in Inrock means: Receivers Of Correct Knowledge rather than receivers of falseness appearing real. Building our life on a rock will ensure a strong foundation.

  - Discussion Questions:
    1. How does receiving correct knowledge help us understand who we really are? Where can we receive information that is false but appears real? Where can we turn to receive correct knowledge? Make a list of sources of correct knowledge and sources of incorrect knowledge.
    2. How does receiving correct knowledge increase integrity? (*For additional insights refer to the 1828 definition of integrity found in the Enligh section.*) Sample Answer: The more correct knowledge we have, the more we will know how to live in truth and that will increase our personal integrity.

  - Art project: Have each family member write on the top of a piece of paper “ROCK” (Receivers Of Correct Knowledge). Have them list or draw pictures of sources where they can receive correct knowledge about themselves and the world around them.

  - Craft: Gather enough rocks for each family and, with a marker or paint, write “Inrock” as a reminder of the principles Inrock teaches us.

• **INTEGRITY QUESTIONS:** Write age appropriate situations on pieces of paper that would test a person’s integrity. Have each family member pick a situation and discuss what they would do.

  - Example: For months you have worked to save money for a new game/toy and all you need is $1! Your mother asks you to clean out under all the couch cushions.
Today must be your lucky day because in the process of obeying your mother’s directions, you discover $1! It’s pay day! What are you going to do?

• **STORY:** Write the word “Inrock” on a piece of paper for all to see.
  - Explain: Integrity is the Rock, a sure foundation for our personal and family life. It means being receivers of correct knowledge, rather than receivers of falseness appearing real (point to each letter in Rock as you say: receivers of correct knowledge).
  - Explain in your own words what this means to you.
  - Tell your family you are going to read a story about an eagle that could not live up to his full potential because he did not have correct knowledge about his identity. Read *The Parable of the Eagle* (page__) and discuss the questions following the story.

**Books/Stories**

- **Stories included in the Guidebook:**
  1. *The Parable of the Eagle* based on a story by James Aggrey
  2. *The Red Shirt Warriors* adapted by Beth Southwick

- **The Honest Woodman** adapted by Emilie Poulsson (1853-1939), see Children’s Book of Virtues, 101-105 (Ages: 4-8). An Aesop fable depicting a woodcutter who loses his axe in the river and gains both a gold and a silver axe because of his honesty to the fairy of the river.

- **Sam, Bangs and Moonshine** by Evaline Ness (Ages: 8 and up). After near disaster, repentant Sam, a fisherman’s daughter, decides reality is better than lies termed “Moonshine or dreams.”

- **Why Mosquitoes Buzz in People’s Ears** by Verna Aardena, Ill. by Leo and Diane Dillon (Ages: 6 and up). A mosquito tells a lie and panicks the whole jungle.

- **The Prince and the Pauper** by Mark Twain (Ages: 10 and up). Tom Canty, a poor boy, and Prince Edward decide to switch places after their unusual meeting. Discover how each boy grows in his unique experience.

- **Little Britches** by Ralph Moody (Ages: 10 and up). An autobiography about Ralph Moody’s growing up years and the valuable lessons he learns from his father.

- Story from your core books.
**Movies**

- **Charlie and the Chocolate Factory** *Paramount Pictures* 1971. Willy Wonka, a famous candy maker, announces he has placed 5 golden tickets among chocolate bars throughout the world. The lucky winners will have a chance to win a lifetime of chocolate as well as a tour of his elusive candy factory. A poor young boy named Charlie wants to win more than anything and, after finding some money in a gutter, buys a chocolate bar containing a golden ticket. The integrity of all of the winners are tested when Wonka's biggest competitor, Mr. Slugworth, offers them large amounts of money if they will deliver Mr. Wonka's secret new candy recipe to him. Will Charlie betray Wonka's secret so he can lift his family out of poverty? Or will he be true to his word no matter the consequences?

  1. Why did Willie Wonka choose Charlie over all the other children?
  2. What character traits did the other children have that made it difficult for them to keep their agreements? Which child did you feel you were most like and why?
  3. What life experiences did Charlie have that helped him gain integrity?
  4. Why did Willie Wonka feel that integrity was the most important trait for his successor to have?
  5. Due to Charlie's poverty, do you think it was harder for him than the other children to return the everlasting gobstopper? What would you have done if you were in Charlie's position?
  6. After the tour of the chocolate factory. Grandpa Joe was so angry at Willie Wonka he said to Charlie that they would sell the gobstopper to Mr. Slugworth. How did you feel about Grandpa Joe when he said that? How did you feel about Charlie when he returned the gobstopper?

- **Jane Eyre** *Masterpiece Theater* 2006. Jane Eyre remains true to values and principles she knows is right even in the most difficult circumstances.

  1. It would have been easy for Jane to stay with Rochester and move away where no one would know the truth of their situation. Why didn't she? Did she make the right decision?
  2. Could they have been happy in the long term if they had given in to adultery? Would she have been able to respect him? Herself?
  3. Why doesn't Rochester prefer the beautiful Blanche Ingram over the plain Jane Eyre?
  4. When Jane made choices using integrity she was sometimes miserable. Should a person live with integrity if they don't feel happy? Why or why not?
  5. In what ways did Rochester show integrity? When did he fail to have integrity? Did you respect him for any of his actions? How was he showing integrity in those actions?
  6. What would you have done in Jane's situation?
Forever Strong Go Films 2008. In this movie, Rick’s integrity is challenged a number of times. He transforms from a disobedient youth into an individual who is anchored in truth. With the help of his rugby coach, Rick comes to understand his true identity.

1. Give examples of those who exemplified integrity in the movie.

2. How did Rick feel about himself when he wasn't living with integrity? What kinds of friends did he attract?

3. What did the Highland coach do to teach integrity? When did he show the team he really meant it? When someone chose not to live with integrity, how did it affect the team?

4. Can a person be extremely selfish and have integrity at the same time? In what ways did Rick become less selfish as he gained more integrity?

5. Rick was accused of drinking and doing drugs even when he was keeping his commitments. Does this happen in real life? Why is it important to choose friends who have integrity?
The Parable of the Eagle

Based on a story by James Aggrey

Once upon a time, a man was walking through the forest when he came upon a young eagle fluttering helplessly near the edge of the path. Not seeing the bird's parents anywhere about, the man tucked the eagle under his jacket and took it home and cared for it. When the eagle was strong enough, the man placed it among his chickens. He fed it like a chicken and housed it like a chicken.

Five years later, a naturalist came to visit the man. When he passed through the man's garden he saw the eagle pecking at the ground like the rest of the flock. He turned in surprise to the man and said, “That bird is an eagle, not a chicken.”

“True,” said the man. “But I have trained it to be a chicken.”

“It measures fifteen feet from the tip of one wing to the tip of the other,” exclaimed the naturalist.

“And yet, it is now a chicken,” insisted the man.

“I disagree,” said the naturalist. “This bird was created to be an eagle. I am sure I can make it soar into the heavens as it was designed to do.”

“No,” said the owner. “It is a chicken now and it will never fly.”

The man and the naturalist agreed to put the eagle to a test. The naturalist picked up the eagle, and said with great intensity, “Eagle, you are an eagle; your created design is to be an eagle. You belong to the sky and not to this earth. Stretch forth your wings and fly.”

The eagle turned his head this way and that. When he looked down and saw the chickens pecking the dust, he hopped down to join them.

“Hah!” the man said. “I told you it is a chicken.”

“I cannot believe that,” said the naturalist. “Let us give the eagle another chance tomorrow.”

The next day, the naturalist took the eagle to the top of the house, and said, “Eagle, you are an eagle; your created design is to be an eagle. Stretch forth your wings and fly.”

But again, the eagle saw the chickens feeding down in the dust and jumped down to feed with them.

The owner said, “I told you it is a chicken.”

“I still cannot believe that,” said the naturalist. “It is an eagle, and it still has the heart of an eagle. Let's give it one more chance.”

The next morning, the naturalist rose early and took the eagle far away from the city, far from the garden and far from the chickens, to the foot of a high mountain. The sun was just rising. The top of the mountain was edged with gold, and every cliff and crag seemed to sing for joy on that beautiful morning.
The naturalist picked up the eagle, and said, “Eagle, you are an eagle; you belong to the sky and not to this earth. Stretch forth your wings and fly!”

The eagle looked around and trembled as if new life were coming to it; but it did not fly. The naturalist turned the bird until it was looking straight at the sun.

Suddenly, the eagle stretched out its wings and, with a mighty screech, mounted higher and higher into the sky, never to return.

The eagle proved itself to be an eagle, even though it had been kept as a tame chicken!

**Discussion Questions**

1. What does this parable have to do with the following statement: **Integrity is the Rock,** a sure foundation for your personal and family life? It means being receivers of correct knowledge, rather than receivers of falseness appearing real.

2. How did receiving correct knowledge increase the eagle’s integrity? (Refer to the 1828 definition.)

3. How did the sun help the eagle remember who it was?

4. In the song, *Inrock the Eagle,* it says, “remove the false facades.” What are facades and what does it have to do with the *Parable of the Eagle*?

5. Where can you turn for correct knowledge of who you are?
The Red Shirt Warriors
by Beth Southwick

The sun beat down mercilessly upon Hotah as he ran. His mouth was parched and his stomach grumbled loudly, while his legs and lungs burned from exertion. He had been running for nearly two days. He could hear the river before him, and he welcomed the respite he would soon find from the heat and thirst he suffered. Still, he felt blessed. He had been chosen for this quest and he was determined to succeed.

Hotah was a Lakota Sioux. His Native American tribe lived in the northern plains of North America. Within his tribe, there was an elite society of warriors known as Ogle Lute Wicapi, or Red Shirt Warriors. Once, every four years, the society extended an invitation for two men whom they felt would be worthy to join them. The initiation required that each candidate pass a rigorous test of endurance. Before leaving, they were given the instruction to run to a certain cliff a great distance from their village. There they were to obtain a red sash that would be tied to a rock and bring it back, all within four days. The only thing they were allowed to take with them was a knife. Any food or water would have to be procured along the way.

Hotah was the second to run. Takoda had returned with his sash two nights back, exhausted, hungry, thirsty, and barely able to stand up. Without stopping, Takoda immediately entered the teepee where the Ogle Lute Wicapi were assembled. Hotah waited without, barely breathing. Would Takoda pass? Would he be admitted into the society? Hotah knew that obtaining the red sash was only half the battle. The second half was this test. What that test was, Hotah could only guess. The decision as to whether a warrior was admitted or not into this elite society was up to the Red Shirt Warriors. If a candidate didn’t pass, the Warriors never explained why.

Finally, Takoda, “Friend to everyone,” came out with a huge smile on his face. He had passed the test.

Now, two days later, Hotah approached the roaring river and collapsed into the cool water. He drank deeply and allowed the water to cleanse the sweat off his sticky skin. This was the hottest time of the year and the run exhausted his strength. Still, he wasn’t finished, and he had no time to lose. The cliff loomed above him. The sun had already dipped behind it, throwing him into shadow. He should leave now to make it back down before nightfall. Hotah wiped the water from his eyes and looked up to survey his path. He would need to run up a considerable hill before he would reach the outcrop forming the cliff. About halfway up the summit, a lone tree grew impossibly out of the shale rock. He would make that tree his next stopping point.

With that decided, Hotah sloshed across the river and began to run again.

The sun was ruthless! He was so tired, so hungry. He willed his legs to continue the steep climb. *Just to the tree, he thought. Then I can rest for a few minutes.*

Overhead, a great eagle called his greeting. Hotah looked up to see the majestic white-head soaring high above him. He found strength and ran harder. Finally, Hotah reached the tree and fell down at its trunk. Lying on his back, he looked up to see if he could catch a glimpse of the bird, when he saw something red tied to a low branch. *A sash? What is it doing here?*
Pulling himself to his feet, Hotah inspected the cloth. It was the sash of the Ogle Lute Wicapi. The same sash Takoda had brought in. Did Takoda put this here for him so he wouldn’t have to finish the climb? He was not called “Friend to everyone” for nothing. Hotah hesitated. Perhaps I misunderstood the instruction. Maybe this sash is the one I was meant to get. Is there a sash at the top still? What if I get all the way up there and find out that this is it? I am already running out of time and that climb looks awfully long. As he considered what to do, he heard again the cry high above him. The eagle is strong. Hotah means “strong.” He felt a surge of determination. I must finish. I will go to the top, regardless if this is the sash or not. If there isn’t one there, I can retrieve this one on my way back.

Hotah again willed his legs to move as he climbed the last, steep incline. Step after step tested every part of his endurance. His lungs burned, his legs felt like lead, his head felt light, and his great thirst had returned. The rock under his feet soaked up the heat like an oven; even with his moccasins, Hotah felt scorched from top and bottom. Still, he pushed himself forward.

When he finally reached the top, Hotah used his hands to pull him up over the ledge of the cliff. A hot gust of wind blew his long, black hair behind him as he struggled to his feet.

And there it was, tied to a rock; a long, red sash waved its welcome. Hotah “whooped” with joy, despite his exhaustion. He quickly untied the sash from the rock and held it high in triumph. From this vantage, Hotah could see forever. Curls of smoke rose far away to the east. His village. To the west, the yellow orb of the sun began its last descent, leaving a streak of brilliant orange and red. Hotah took it all in for a moment and knew, whatever the final decision of the Ogle Lute Wicapi, he had done his best. After a deep breath of satisfaction, Hotah rolled the sash into a tight bundle and tucked it into his breechcloth. Then he headed home.

Two days later, at sunset, Hotah nearly stumbled as he entered the village. The smell of roasting buffalo greeted him, and his stomach growled longingly. Still he wasn’t finished. He didn’t stop running until he found his way to the teepee where the Warriors were gathered, waiting.

Hotah entered silently and stood as straight as he could, facing the men. They looked on without expression. Hotah held his breath.

Finally, the eldest Warrior spoke.“Hotah, take the sash from your breechcloth, hold it high above your head, and let it unfurl.”

Hotah obeyed and watched the long red sash unroll and touch the ground at his feet. He stood erect, still as a statue, awaiting the final word.


The Red Shirt Warriors taught their new brothers the secret of their initiation. True, the endurance was a huge part of it, but the real test came in the sash they brought back. If Hotah had taken the sash from the tree, it would have been too short and not fallen to the ground when he unfurled it. Only the sash at the top proved to the Warriors that their chosen candidate had indeed finished the whole course honestly.

Note: Based on a story found in The Lakota Way, [a collection of stories passed down orally on the Rosebud Sioux Reservation], by Joseph Marshall III.
Discussion Questions

1. How did Hotah show true integrity?

2. What does the test tell you about the Red Shirt Warriors?
Appendix

Table of Contents

Preparing for the Journey

*Who I Really Am (WIRA) Lyrics* .................................................................

*Cowra Lullaby Lyrics* ..............................................................................

Coloring page ...............................................................................................

Respa

*The Crocodile’s Mission Lyrics* .................................................................

*Respa the Crocodile Lyrics* ......................................................................

Coloring Page ............................................................................................... 

Quotes ...........................................................................................................

Word Puzzles ............................................................................................... 

Goal Cards ....................................................................................................

Inrock

*Inrock the Eagle Lyrics* .............................................................................

Coloring Page ..............................................................................................

Quotes .......................................................................................................... 

Word Puzzles ............................................................................................... 

Goal Cards ....................................................................................................

Crossword Bank ...........................................................................................
I become who I think I am, what I hold in my heart and mind.

I desire to discover, then to uncover, who, who, who I really am.

Who I really am!

I become who I think I am; I am designed to succeed.

How important is the knowing, then all the growing, to my true identity.

I am a child of divinity. Creator of my destiny, I exist in all eternity.

Who, who, who, I really am, who I really am!

I become who I think I am, what I hold in my heart and mind.

This leads me to seeing what I am capable of being, and how I will become,

Who, who, who I really am. Who I really am!

Who I Really Am!
Cowra Lullaby

Far across the Sea of Vario, there's a wonderful place.
Where all who dwell are true and kind, and wear a smile on their face.

In Cowra the Land of Integrity,
In Cowra where my heart's longing to be.
Someday maybe we'll all be in Cowra.

Seven isles will lead you safely there, guide you to your destiny.
Dare to roam to your real home. It's calling across the sea.

In Cowra a land of pure unity,
In Cowra where my heart's longing to be.
One day soon I know I'll be in Cowra.

So, child, your heart is good and true. Set your sights courageously.
An adventure rare is waiting there, beckoning across the sea.

In Cowra the Land of Integrity,
In Cowra where my heart's longing to be.
Someday maybe we'll all be in Cowra.
Someday soon I know I'll be in Cowra.
Ship Coloring Page
The Crocodile's Mission

Respa, since the dawn of time, but one remains the crocodile line.
Respa, the light of life will shine. I flow in peace and joy by adding mine.

There is power every hour in self-mastery.
Combined with faith and hope, I'll face whatever comes to me.
In integrity, I am free to be.
I am free in life! Let it flow effortlessly. Respa through your life!
Let it flow effortlessly.

Respa, relax and take a breath. Evaluate this moment on your path.
Respa, then strategize your steps. Have patience for the right moment then act!

There is power every hour in self-mastery.
Combined with faith and hope, I'll face whatever comes to me.
In integrity, I am free to be.

I am free in life, let it flow effortlessly.
Respa thru your life, let it flow effortlessly.
Respa.
Respa the Crocodile

(Relax, Evaluate, Strategize, be Patient, Act)

Here he comes strollin’. His life is flowin’ with peace and power in every hour. The secret he knows is letting it flow. See him smile, this crocodile.

Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
I'm saying life! Let it flow effortlessly! I'm saying life! Let it flow effortlessly!

This system of mastery creates a good life story, with peace and power in every hour. Enlightened and in control, no matter what punches roll. On the rock of integrity,
I am free to be.

Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
I'm sayin’ life! Let it flow effortlessly! I'm sayin’ life! Let it flow effortlessly!

I'm sayin’ life! Let it flow effortlessly!
I'm sayin’ life! Let it flow effortlessly!
"Self-mastery is doing those things we should do and not doing those things we should not do. It requires strength, willpower, and honesty."

~ James E. Faust
“Respa is the personal mastery system for developing self-discipline, maintaining composure, and personal control in one’s life. It’s the backbone upon which enlightenment, integrity, and personal control are developed and maintained.”

~ Roger Anthony
RESPA CROSSWORD

Across
1. Let it ______ effortlessly.
2. Relax, Evaluate, ________, have Patience, Act
3. Have ________ for the right moment then act.
4. Combined with _____ and hope I'll face whatever comes to me.
5. ________, Evaluate, Strategize, have Patience, Act

Down
1. In Integrity I am ______ to be.
2. The name of the crocodile.
3. Relax, _____, Strategize, have Patience, Act
4. Relax Evaluate Strategize, have Patience, ______

*Hint: The answers can be found in the song and animal facts. If you need additional help refer to the word bank at the end of the Appendix.
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Integrity: the master principle of completeness, oneness, anchored in truth.

To thine own self be true. Remove the false facades.

In reliability, you will find harmony.

Freedom in honesty, and freedom through integrity,

Freedom in oneness, anchored in truth.

Freedom through purity, and freedom through integrity,

Freedom in wholeness. I am free to be.

Integrity: the master principle of stability, unity, anchored in truth.

I'm accepting who I was, loving who I am, excited for who I am becoming.

I am free to be.

Fly high Inrock. Fly high Inrock.

Freedom in honesty and freedom through integrity,

Freedom in oneness, anchored in truth.

Freedom through purity, and freedom through Integrity.

Freedom in wholeness.

I am free to be. I am free to be. I am free to be.
“I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.”

~ Frederick Douglass
“Integrity is the Rock, a sure foundation for your personal and family life. It means being receivers of correct knowledge, rather than receivers of falseness appearing real.”

~ Roger Anthony
INROCK WORD SEARCH

ANCHORED
INROCK
EAGLE

INTEGRITY
FLY
LOVING

FREE
STORM
TRUTH
INROCK CROSSWORD

Across
4. What is the Eagle's name?
5. Freedom in wholeness. I am _____ to be.
7. ________, the master principle of completeness, oneness, anchored in truth.

Down
1. I'm accepting who I was, _____ who I am. Excited for who I am becoming.
2. In reliability you will find ________.
3. Freedom in ________ and freedom in integrity.
6. Freedom in oneness, anchored in ________.

*Hint: The answers can be found in the song and animal facts. If you need additional help refer to the word bank at the end of the Appendix.
<table>
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<th>INROCK CROSSWORD</th>
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