

# THE MOODERATORS

Teacher & Caregiver Guide:

# THE COMPARISON SONG



GoNoodle

For more information and learning resources, visit [TheKidsMentalHealthFoundation.org](https://TheKidsMentalHealthFoundation.org).

### Welcome to the Teacher Guide for The Mooderators.

This series is in partnership with The Kids Mental Health Foundation, created by the experts at Nationwide Children's Hospital.

The Kids Mental Health Foundation and GoNoodle are working together to bring elementary schools fun, engaging episodes on social and emotional wellness. We hope these guides can give you more insight into children's mental health and activities you can bring into the classroom.



### Overview

We want our Mooderators episodes and guides to help you navigate mental and emotional concerns that young children face every day.

Each episode features a song from The Mooderators, Skylar and Clara. These songs promote four social-emotional goals: energize, focus, calm and support.

*In this guide, we've included:*

- **Insights** on the how and why behind each topic
- **In-class activities** to further engage students
- **Caregiver pages** that explain each topic and offer activity adaptations for home
- **Links** to further reading on **KidsMentalHealthFoundation.org**.

### What We'll Focus On

"The Comparison Song" teaches children that they have unique strengths that make them special, and they don't need to compare themselves to others.

*In this guide, we will:*

- List ways children compare themselves to others and feelings that can result.
- Explain strengths and differences that children can own as uniquely theirs.
- Identify how a positive sense of self can counteract comparison with others.

# Comparison Can Hurt



“ We don’t need expensive things  
Just a good song to sing  
No matter what we wear outside  
It’s all about what is inside ”

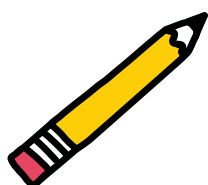
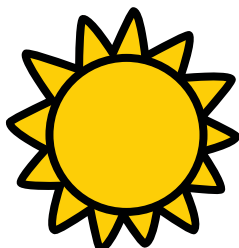


Kids often want what they don’t have. Another child might have better toys, more friends, or seem to succeed at school so easily. Nowadays, phones and social media have made this comparison game worse... and impossible to escape.

Comparison can lead to feelings of inadequacy: never feeling like what you have is good enough. Those hurt feelings foster low self-esteem and sometimes even more serious issues, like anxiety and depression.

## NEXT STEPS IN THE CLASSROOM

- Share that it's natural to compare yourself with other people. Name some things that kids may notice others have that they want, such as specific toys, vacations, recognition at school/sports or even physical appearance.
- Ask students how they feel when comparing themselves to others. Are they sad or maybe even angry? We'll talk about ways to make ourselves feel better about our differences in the next section.



# Let's Celebrate Our Differences



“ You don’t gotta be  
Like anybody else  
All you gotta do is be yourself  
No need to compete  
With everybody else  
We all have things that make us special ”



It’s important to remind kids that everyone has unique gifts and strengths. While one child may be good at sports, another might succeed at playing an instrument. The adults in a child’s life can help them find where their talents, passions, and strengths lie.

In addition to celebrating our unique gifts, children need to know that no one is perfect. Everyone makes mistakes: even those who seem to do everything “right.” No one has it all, whether in material things or talents.

Your classroom is a diverse collection of individuals with different talents and needs. As their teacher, you can highlight those strengths by finding roles and activities that cater to specific talents.

## NEXT STEPS IN THE CLASSROOM

- **Brainstorm with children what they like about themselves.** Where do they excel? What are they working hard on accomplishing? What are some of their positive character traits? Invite students to share their talents and personal strengths.
  - You may ask students to write down (or draw) these strengths and talents. They can turn to this paper when feeling down about how they measure up to others.
  - Some students may have trouble coming up with something they like about themselves. They need your support to come up with some options.

- Potential options: “I’m helpful with my siblings,” “I’m kind to other kids,” “I make my friends laugh.”

- **Pair students with a diverse array of talents for group work.** Whenever you have group projects in class, assign students different roles for the project so students do what they excel at and aren’t overburdened with all the work.
  - Strong reader? Have that student lead the research and information finding.
  - Artistic student? Consider assigning the design for the presentation.
  - Good writer? Have that student organize notes for the presentation.
  - Confident on stage? Encourage that student to present the project to the class.



# Student Activities



“We Have Many Gifts” and “Awesome Awards” emphasize the talents of others, as well as the stand-out actions of classmates.

## WE HAVE MANY GIFTS

**Materials:** “We Have Many Gifts” handout and poster, pens, pencils, markers, and crayons

**Objectives:** We hope to:

- Encourage students to realize their own strengths and talents.
- Help students see the diversity of talents in their classroom.

### DIRECTIONS

1. Pass out the “We Have Many Gifts” handouts and brainstorm students’ strengths. Let students know what you’re good at too!
2. Have students write down one of their strengths. Encourage them to share their answers.
3. Ask students to cut out the image and tape it onto a wall in your classroom.

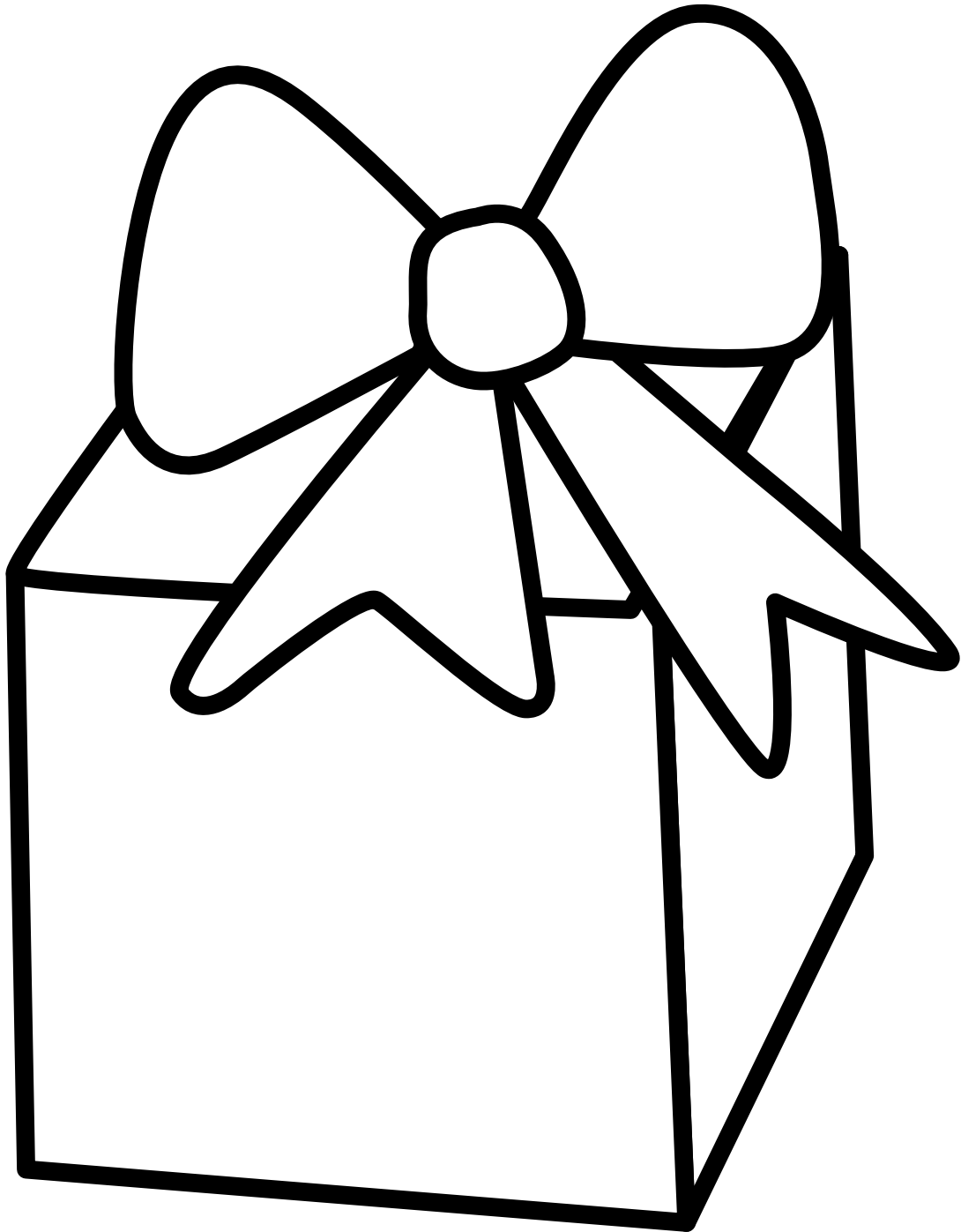
## LINKS TO MORE:

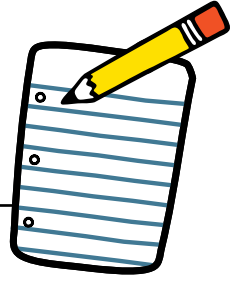
Interested in learning more about helping your student see their strengths? Check out these links at [KidsMentalHealthFoundation.org](https://www.kidsmentalhealthfoundation.org).

Search “Confidence” at KidsMentalHealthFoundation.org or [click here](#).

Search “Encourage a Child” at KidsMentalHealthFoundation.org or [click here](#).

WE HAVE MANY  
**GIFTS**





# Student Activities

## AWESOME AWARDS

**Materials:** “Awesome Awards” worksheet, pens, pencils, markers, and crayons

**Objectives:** We hope to:

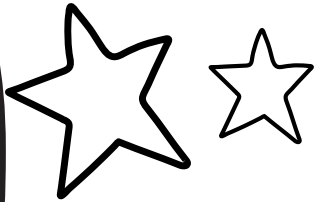
- Encourage students to look for stand-out actions in others and find inspiration from them.
- Help recipients see the contributions they make and appreciate others' contributions.

### DIRECTIONS

1. Give each student the name of another student. Tell everyone to look out for the positive actions or amazing feats that person does that week.
  - Examples: Student scores winning goal in gym, student picks up another's belongings when dropped, student answers difficult question in class.
  - Remind students throughout the week and encourage them to write the action down so they don't forget. Tell them they can turn to you for help.
2. At the end of the week, hand out the “Awesome Award” worksheets.
  - Have kids color the sheets.
  - Then have them write down what amazing thing their classmate did that week.
3. Have students present their Awesome Awards to each other. Encourage some to share the awards with everyone. If they don't feel comfortable presenting these publicly, that's OK too!



# Awesome



## AWARDS

\_\_\_\_\_ IS AWESOME BECAUSE,

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\_\_\_\_\_

\_\_\_\_\_

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**Welcome to the Caregiver Guide for The Mooderators.** This series is in partnership with The Kids Mental Health Foundation, created by the experts at Nationwide Children's Hospital.

The Kids Mental Health Foundation and GoNoodle are working together to bring caregivers fun, engaging episodes that cover various mental health topics. We hope these guides can give you more insight into children's mental health and activities you can try at home.

### Objectives

"The Comparison Song" teaches children that they have unique strengths that make them special, and they don't need to compare themselves to others. We'll focus on self-esteem as a way to counteract these feelings.

*In this guide, we will:*

- List ways children compare themselves to others and feelings that can result.
- Explain strengths and differences that children can own as uniquely theirs.
- Identify how a positive sense of self can counteract comparison with others.

### Comparison Can Hurt

It probably comes as no surprise that kids compare what they have with others. From the clothes they wear to what they're good at, kids want what they don't have.

#### Why do they do this?

Comparing ourselves to others is natural and can be a good thing, especially when it pushes us to reflect and grow. However, it can cause problems when it gets out of balance.

#### How can you help?

Remind your child that everyone has unique skills, talents and strengths. No person is exactly like the other. And that's what makes the world interesting!

### NEXT STEPS IN THE HOME

- **Highlight their uniqueness.** Talk about what your child excels at. These can be actual skills (athletic, academic, technological, etc.) or character traits (kindness, honesty, determination, etc.). Discuss what talents friends and family members have. Emphasize that we are not in competition with each other but can all work together.
- **Talk about how families are all different.** It can be hard for kids to see others have what they don't. Remind your child that just as every person is different, so is every family.
  - Express gratitude for all the things your family does have. It can be as simple as a comfortable bed, a favorite park or store nearby or a memory of a fun activity you did together recently.
- **Watch your own words.** Avoid comparing your child to others. Children follow our lead, and when you compare them (or yourself) to others, they might copy.
  - When you compare them (or yourself) to others, they may start to develop a pattern of constant self-comparison. This can lead them to feel bad about themselves and negatively impact their mental health.



# At-Home Activities

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## OUR FAMILY IS TALENTED

- Have your child complete the “We Have Many Gifts” handout. Brainstorm where they excel and feel comfortable.
- Encourage other family members to create their own and share them with everyone.
- This activity helps children see their family in a positive light, full of many talents.

## AWESOME AWARDS

- Carefully observe your child for the week. Look for positive actions or amazing feats they’ve demonstrated.
- Fill out and decorate the “Awesome Awards” worksheet (attached to this guide).
- Talk your child through the award and why you presented it to them. This can be a great confidence booster.
- You can also help your child recognize the good actions of others by having them fill

## LINKS TO MORE:

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