

## MANADOOB MOMENTS

Following are a few brief descriptions of what The Manadoob Program for Self-Esteem has done for children who are currently taking the class or have completed the course. These are factual descriptions by Manadoob Educators of transformative moments from their actual classes.

*Before the very first class of one of our Educators, two of the mothers separately confided in her what their girls thought about each other. One mother said her daughter thought the other girl was “annoying”. The other mother said that her daughter found the other girl “difficult”. The two girls had known each other for years but were not friends. But by the second class, the two girls were laughing together about how they say “Moob-It” to each other at school. At the third class, one of them invited the other over for dinner. They have connected in ways they never could have in another environment—through sharing their thoughts, feelings, worries, and experiences. They are now fast friends, heads together, shoulder-to-shoulder, at every class.*

*After assigning the students to spend the day looking at people in the eye, smiling and being the first to say “hello”, one girl talked about her experience doing this at school and said, “It didn’t feel like a regular day. It felt different. I felt lighter. I felt like something I didn’t know was there was lifted.*

*When discussing Wella's fear of the dark. One girls' thought on this was, “In the dark, everyone can be the same. You can't tell their skin color or anything else, but their perspective doesn't change.”*

*When discussing fear, the seven-year old in our group said, “Fear can be good or bad. It can change your life if it gets too big. But fear can help you. If you just do what you're afraid of, you can get over it.”*

*An Educator explained that one of her students had been bullied at school. When asked at the end of the program what his thoughts were he said – “ Coming into this program I was very shy and through this program, and Wella’s story and how she lost her dog, she was also very shy-through the Manadoob she actually become a lot more confident and same with me and this is definitely a life lesson that taught me very well”*

*One Educator writes : I was amazed with how one six year old girl, when asked what she was afraid of wrote in her workbook, "death." And that became a forty-five minute conversation about death – and it was fascinating to hear the other children discuss who they had lost in their life and how it felt. And to hear them supporting one another and explaining their feelings.*

*One nine year old boy – when we got to the assignment about bullies – who attends a school that thinks it is "bully free" has his lunch money taken out of his hand every day. Because of this program he felt safe enough to express his sadness over this to the other kids of his Manadoob class, and then to his parents, and then they were able to contact the school and work to end this situation.*

*A ten-year-old girl said "I understand how Zack feels about adoption, because I am adopted" – and a boy in the group said, "you are, I never knew that!!!" and she responded, "Yes, did you notice (she said nicely) I am Chinese and my parents are not?" and the young boy said, "No, I never noticed but you seem like everyone else here to me."*

*A boy of only seven said, "I feel bad because we don't have a lot of money and I am fat," and the other children said, "you don't need money to be happy, but it is wise to be healthy. It's ok if you are a little fat if you want to be, but we'd like you to run and play with us."*

*One of our Educator's tells us that a first grade teacher in her area has taken an interest in the program because one of her Manadoob girls is in the teacher's first grade reading group. According to the teacher, she has seen changes in Amanda since she started Manadoob. She said, "Wanted you to know that I have seen a wonderful change in Ann. She began the year very uptight and short with all of us in the group. Slowly she began to talk things out little by little. Her patience with us stretched further. Ann laughed more often, shared and teamed easier, and finally found her happy place as she grinned...from ear to ear! Her self-confidence and her ability to wait for others really bloomed!"*