



Jumping Rubber Bands: There's Always a Way Out!

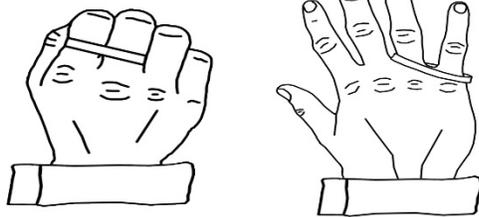
Supplies Needed: Two rubber bands, the character education message and the magical secret move. 😊

Magical Effect: The magician gives a rubber band to a volunteer. The magician also has a rubber band. The magician says, "Do as I do." The magician gives the following directions, "Place the rubber band on the index and middle fingers, pull back the rubber band, make a fist, sprinkle "Woofle Dust," and then open your fist." The magician's rubber band miraculously appears to jump to the ring and pinky fingers.

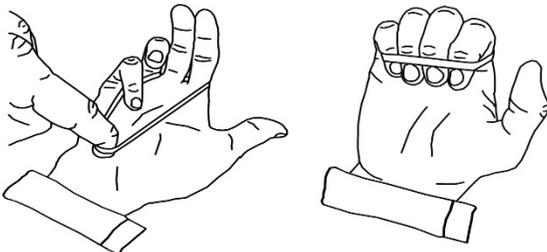
Extra Option: Twist and weave a second rubber band on the top parts of your fingers to serve as a "finger cuff" to appear to "lock" the jumping rubber band from jumping.

Setup/Secret: The setup is done right in front of the spectator's eyes (See Magical Effect). However, when you pull the rubber band back, secretly place all four fingers inside the rubber band loop. If done correctly, when you open your fist, the rubber band will jump to the other two fingers (See Illustrations).

Audience View



Magician's View



Presentation: Give a volunteer a rubber band and ask the volunteer to follow your directions (see Magical Effect). Note: If you only have one rubber band or do not wish to follow the, "Do as I do," method, it is ok. You do not necessarily need to give the volunteer a rubber band for the trick to be impressive. After your rubber band magically jumps to the other side, review the character education message: **There's always a way out.** Say to the volunteer, "Even when something appears to be impossible, there is always a way out. Say to the volunteer, "If your rubber band didn't jump, that is ok. It may appear that it can't jump, but it can. Mine jumped over to the other side which reminds me that there is always a way to get to the other side—a more positive side and a more positive situation."

Character Education Message: There's Always a Way Out!

Many times in life it may appear there is no way out of a situation. It is important to understand that there is always a way out. The best way to increase the odds of finding the path out is to make good choices-- even if the path looks impossible. Sometimes the path out doesn't happen right away and sometimes the way out may look different than how you expect it to appear, but there is always a way out to a more positive situation. Even when faced with an extremely challenging situation, it is important to have a positive mindset. This positive mindset will be the key to your way out. It is important to understand that we have a choice to be "Bitter" or "Better" even when we are treated unfairly. When we become "Bitter" (upset or mad), it only increases the negative mindset and makes the situation more negative. It is ok to be mad, sad or upset for a short while, but it is important that we don't let those feelings take over and control us. We need to say, **"I have a choice to be "Bitter" or "Better" and I choose to be "Better."** Say to yourself, "I will find a way to learn a positive life lesson from every unpleasant situation and do my best to make a positive change and help others make a positive change as well. When I feel there is no way out, I will remember that I can find a way out."

Here are some examples of challenging situations:

- **Making bad grades:** —A way out might be to learn a new studying or learning strategy and/or spend more time studying.
- **Not having friends:** — A way out might be to give a compliment to someone or do an act of kindness. Give a smile of kindness and be willing to be a friend.
- **Experiencing unkindness from others:** —If someone is intentionally being unkind or harming you, it is important to tell someone in authority that can help. Talk to a caring teacher, a parent or a police officer.
- **Experiencing fear:** — A way out might be to talk about your fear with a trustworthy person and try to understand why you are afraid. Learn from others who have overcome similar fears.
- **Making wrong choices:** — A way out might be to reflect on why you made wrong choices and reflect on ways to make better choices in the future. Learn from others who have made good choices and do what they do. Ask for help from a trustworthy person to help you with your choices.
- **Having feelings of self-doubt:** — A way out might be to say, "I believe in myself. I know I can do it!" Remind yourself that there is always a way out. Remind yourself to focus on what you can do well and tell yourself not to let the "self-doubt" feelings control you. Focus on the positive, not the negative.



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DrDan@MagicDove.com
Magic4Teachers.com
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