

WHY

WE

RUN

Sharing the Story of the
Oklahoma City National Memorial & Museum



JANUARY

Why We Run

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Printed in the United States of America

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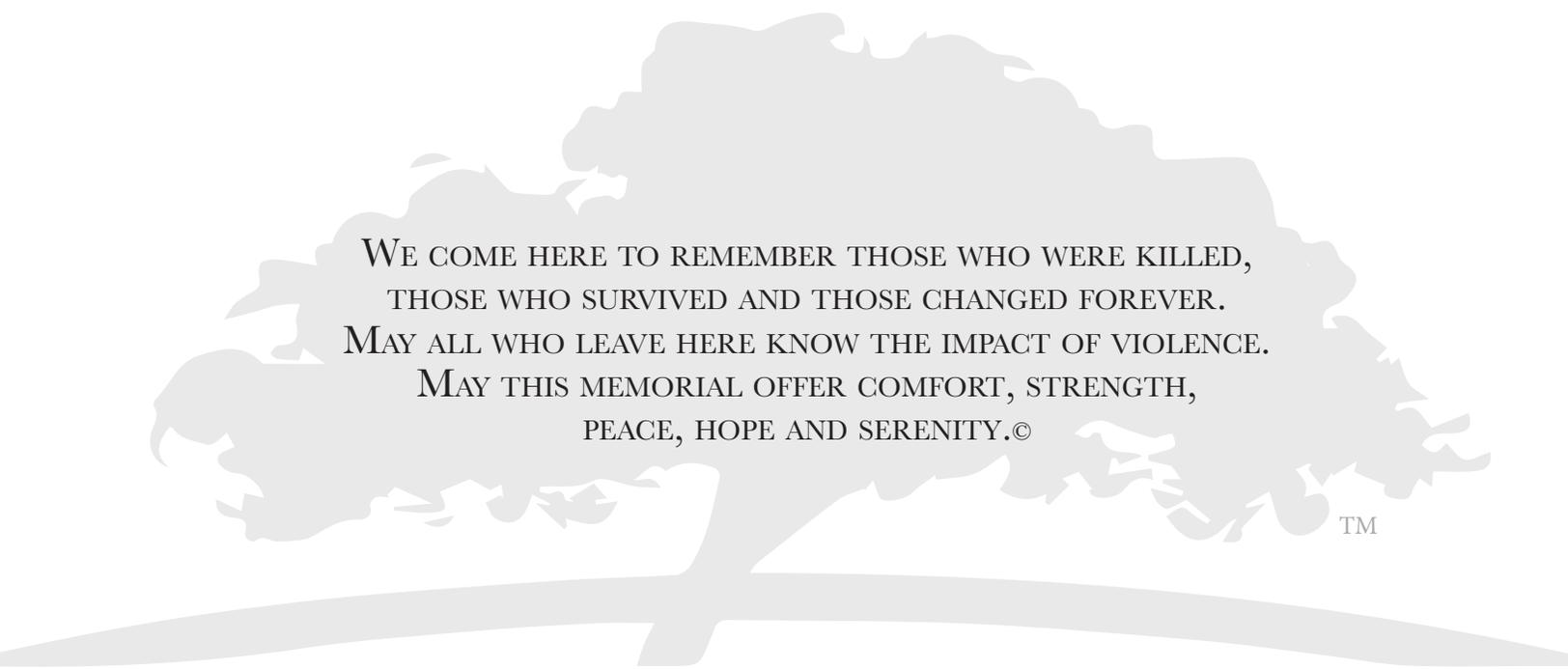
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WE COME HERE TO REMEMBER THOSE WHO WERE KILLED,
THOSE WHO SURVIVED AND THOSE CHANGED FOREVER.
MAY ALL WHO LEAVE HERE KNOW THE IMPACT OF VIOLENCE.
MAY THIS MEMORIAL OFFER COMFORT, STRENGTH,
PEACE, HOPE AND SERENITY.©

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OKLAHOMA CITY
MEMORIAL KIDS MARATHON
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APRIL 24, 2016

OKLAHOMA CITY
MEMORIAL
KIDS MARATHON
RUN TO REMEMBER
APRIL 24, 2016

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OKLAHOMA CITY NATIONAL MEMORIAL & MUSEUM

MUSEUM &
MEMORIAL STORE



INTRODUCTION

On April 19, 1995, lives were forever changed. Not just people in Oklahoma City, but everyone in our nation learned what it meant to be vulnerable.

A young man, angry with our government, drove a truck packed with explosives through the downtown area—past businesses, apartments and buildings—and parked it in front of the Alfred P. Murrah Federal Building. Then he got out and ran away. Moments later the bomb exploded, the building was destroyed, and many families were torn apart. Pieces of flying debris rained down on people trying to get to safety—damaging buildings and destroying cars. That evening, 168 chairs sat empty at dinner tables.

Oklahomans, and Americans, were shocked—they grieved, and then came together to support one another and to defeat hate by demonstrating love.

It is out of this devastating tragedy that an idea grew. Strong and unrelenting in effort, hundreds of dedicated souls began the process of healing through remembrance. They came together and created a Memorial and Museum, dedicated to the victims, survivors and those changed forever in the terrible tragedy, to affirm life—that darkness and hate don't win and that love triumphs over all.

Once the construction of the Memorial and Museum was complete, the community didn't stop there. Local businessmen created a living remembrance every year through the running of a marathon, a race symbolic of the determination and resilience of the people of Oklahoma.

Faced with the prospect that the youngest generations now participating in the Marathon were not yet born, they knew that they must share the story, linking the accounts of what happened with the Marathon. And, through this effort grow the character of our children—resilience to withstand tragedy, courage to face an uncertain future, kindness and respect for others, and wisdom to face life's challenges and grow from the experience.



This curriculum is designed to make the story accessible, the Marathon meaningful, physical fitness attainable, and character development central to becoming a better person.

It is a solemn responsibility to share the story with our youngest Oklahomans and other children in our nation and from around the world. It is our collective hope and desire that you and your students grow from reading this curriculum.

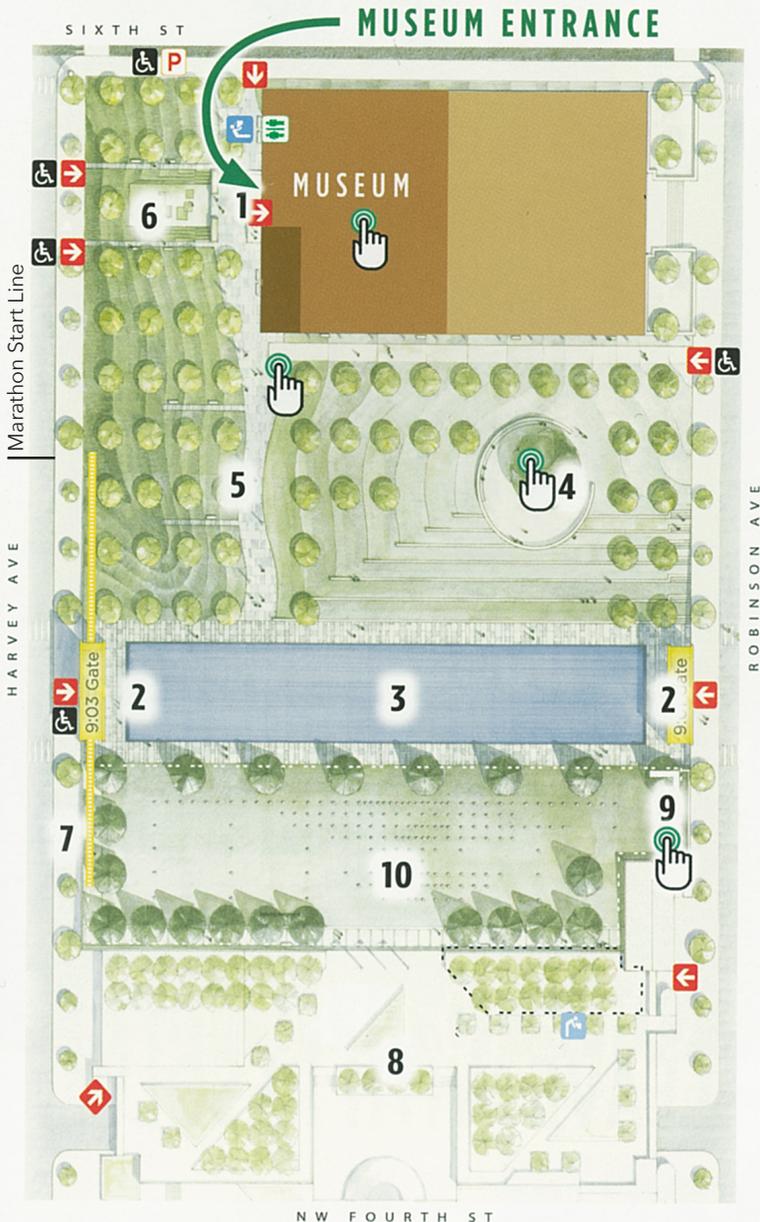




We are a nonprofit owned and operated by the OKC National Memorial Foundation. Funding is raised through Museum admission, Memorial Store sales, private fundraising, endowments and the annual OKC Memorial Marathon. Thank you for your support!

The Outdoor Memorial

This remarkable national monument occupies the now-sacred soil where 168 Americans were killed. It is a place of comfort, strength, peace, hope and serenity.



1 | MUSEUM ENTRANCE & MEMORIAL STORE

Tour the Museum, chapter by chapter, with 35 interactive exhibits. Visit the Memorial Store for special gifts and keepsakes. The Donor Gallery honors builders and sustainers of this national tribute.

2 | THE GATES OF TIME

Framing the moment of destruction – 9:02 AM – the 9:01 East Gate depicts the innocence before the attack. The 9:03 West Gate marks when healing began.

3 | REFLECTING POOL

What was once NW Fifth Street now cradles gently flowing waters that help soothe and inspire calm.

4 | THE SURVIVOR TREE

Encircled by the Promontory Wall with a message of resolve, this near-century-old American Elm stands at the highest point of the Memorial as a symbol of strength and resilience.

5 | RESCUERS' ORCHARD

Like the people who rushed in to help, this army of trees stands guard over the Survivor Tree.

6 | CHILDREN'S PLAZA

A wall of hand-painted tiles from children around the world illustrates the caring and impact. A chalkboard terrace invites visitors to share their feelings – an important part of healing.

7 | THE FENCE

Installed to enclose the crime scene, it quickly found a higher purpose. People express their sorrow by leaving tokens of love and hope. Many are preserved in the Museum Archives for education.

8 | MURRAH PLAZA OVERLOOK

This surviving original area offers a breathtaking view of the Memorial and Museum grounds.

9 | SURVIVOR WALL

The Murrah Building's only remaining walls, with more than 600 names of those who survived the blast.

10 | FIELD OF EMPTY CHAIRS

Arranged in nine rows that reflect the floor where victims were working or visiting, 168 chairs are each etched with the name of a person killed. The 19 smaller chairs represent the children. The field matches the footprint of the Murrah Building.



3 OUTDOOR INTERACTIVES are located at the East Gate, the Survivor Tree and the SW corner of the building. Touchscreens explain symbolic elements and introduce the Museum.





HOW TO USE THIS CURRICULUM

This curriculum is designed in 16 independent units. Each unit has three instructional parts:

The Story, followed by discussion starters

Get Fit, followed by discussion starters

Got Character, followed by discussion starters

Each of these three instructional parts is presented two ways—in language appropriate for students **through grade 3**, and in language appropriate for **grades 4-6**. Sections are color coded.

Each module is accompanied by “Reflections.” This section can be copied and handed out to students to take home, posted on the website, or copied/pasted into emails sent to the parent/guardian.

This curriculum contains a total of 16 units, divided into four sections. Based on the time you have available, you may wish to cover all sections of each lesson, divide the sections among different classes, or focus on certain areas.



The Story

This section tells the story of the bombing, the creation of the Memorial and Museum and the efforts to maintain the Museum and Memorial grounds.

Get Fit

This section explains what a marathon is, makes suggestions on how to prepare for the Kids Marathon, and encourages children to build a healthy lifestyle.

Got Character?

This section introduces different character concepts and focuses on developing good character in daily life. Teach these words and their meanings and recognize each student using specific language, when they demonstrate good character. By consistent recognition of good character, each student will grow in character.

Discussion Starters

Each of the three instructional sections is accompanied by suggested discussion starters. These can be done as a class, in groups, or one-on-one. From the suggested starters, pick the ones you wish to explore or create your own.

Reflections

Information is provided that can be shared with the parent or guardian that encourages reinforcement of good character at home, at school, and in daily decision-making.



When using the curriculum, bear in mind that this was created for you, your students, their parents or guardians, and to facilitate communication of the message of the Memorial Marathon in a way that is accessible and understandable. Please feel free to adapt as necessary and choose those parts of the curriculum that fit best into your schedule and that meet the needs of your classroom. Some have found it helpful to take a “team approach” to this curriculum and share the material with the students’ other teachers. An example of this might be to cover the “Get Fit” material in physical education, “The Story” and “Got Character?” in the homeroom classroom.

Thank you for sharing the story of the Memorial and Museum and why the Marathon is a *Run to Remember*. Our mission is to celebrate life, reach for the future, honor the memories of those who were killed, and unite the world in hope.



1

WHY WE RUN

Through grade 3 *Goal: to share the story of what happened and how the Oklahoma City National Memorial & Museum came into existence, explain what a marathon is, and introduce the character quality of **commitment**.*

The Story

(10 minutes)

Before you were even born, a terrible thing happened. On April 19, 1995, a young man who was very angry at our government put a bomb in a truck and blew up the Alfred P. Murrah Federal Building in downtown Oklahoma City. There were a lot of people in the building who were hurt and killed. There were even children in the building. Many families were changed forever because he **chose** an act of hate.

But, **hate doesn't win**. A group of people decided that we need to remember what happened so that we can stop it from happening again. They worked together and built a museum. Outside the Museum they made a beautiful Memorial with chairs that honor the people who died in the explosion.

This group of people is still working today. They make sure to keep the Museum open and the Memorial beautiful. They wrote a **mission statement**—some words that tell why this is important. Part of these words say:

“We come here to remember those who were killed, those who survived and those changed forever. May all who leave here know the impact of violence. May this memorial offer comfort, strength, peace, hope and serenity.”

Even though this terrible thing happened, we don't have to be scared. We believe in peace, we are strong, and we have **hope** that the future is good. We know that the world holds far more good than bad.



1. How did learning about the bombing make you feel? Sad? Angry? Scared?
2. When you feel sad, angry, or scared, who can you talk to so that you feel better?
3. How does talking about something help you feel better?
4. When someone does something mean, what can you learn from it? Why is it important to be kind to people rather than mean?
5. How can working together be better than trying to do something all by yourself?
6. How can having hope help you to be happy? How can having hope help you not be scared?

Discussion Starters

Do you like to run? Many people like to run in races. There are running races that are very long. These are called **marathons**. There are marathons all over the United States—and all over the world. Some of these marathons are in big cities like Boston and New York City. Did you know that Oklahoma City has a marathon? Lots of people from all over the world come to run the Oklahoma City Memorial Marathon.

Get Fit

(10 minutes)

When people run in our marathon they get a t-shirt, a medal, and some put a sticker in the back window of their car. This sticker says 26.2 because a marathon is 26.2 miles long. Even one mile is a very long way to run. If you can imagine running 4 laps around a track at the football field, that is only one mile. That would mean that a **marathon is like running about 105 laps!** There are 5,280 feet in a mile. Can you imagine running that far? That is a long way to run!

The reason marathons are 26.2 miles long is because a very long time ago, the Greeks (people who lived in a country called Greece) were attacked by some people from a country called Persia. This attack happened at a town called Marathon. The Greeks won the battle and a young man ran all the way to Athens where the Greek leaders were to tell them about the victory. They think he ran about 25 miles. In the early 1900's, people decided



that these long races would go about as far as he ran. They decided that marathons would be 26.2 miles long.

You are big enough and strong enough to run in our race! You will run most of the way in your school before the big race. You will run every week. This is called training because you are training your body to run a long way by running a little way every week. By the time you run in the Oklahoma City Memorial Marathon, you will only have a little way to run to finish your race.

While you are training for the Oklahoma City Memorial Kids Marathon you will learn about physical fitness—taking care of your body by exercising and eating well—so you can have the energy to run.

So put on your running shoes and let's get going!

Discussion Starters

1. Do you like to run? How does running make you feel? Happy? Strong?
2. Does running in a long race make you feel excited? Does it make you feel nervous? Why? What can you think about to calm down when you feel nervous?
3. Why is it important to practice? What does it mean to train your body?
4. What do you think you will feel like when you cross the finish line and people cheer for you?
5. Do you know anyone who runs in races? Do you admire them? Why?

Got Character?

(10 minutes)

Character is who you are on the inside. To run a long race without giving up and quitting takes character. To be kind takes character. To be brave when you feel scared takes character. Good character helps people do good things, keep going when they feel like quitting, and make good choices. Your character can get better if you work on it. When you learn about good character and then you practice doing good things, your character grows. You are a good example to other people.

Commitment is a big word that means making a promise to dedicate yourself to a goal or an idea. You tell yourself you will do something and you do it! It may take a long time or a lot of work, but you don't give up because you have ***commitment***.

A commitment is a ***promise***. You say that you are going to do something and you do it. If you keep your promises, people know that they can trust you. If you break your promises, people won't trust you.



When you make a commitment, you need to be sure you can do what you say you will do. That way people can depend on you.

When you *dedicate yourself*, you do whatever it takes to do what you say you will do. You work hard. You take the time. You give your effort.

A *goal* is something you work toward. You might have a goal of learning how to hit a baseball. To reach that goal you practice a lot until you can finally do it. Sometimes you are committed to *ideas*. When you dedicate yourself to an idea, you believe in that idea enough to work hard to make it happen. You might believe in the idea that people shouldn't be hungry so you work hard to collect food for them.

If you learn *commitment*, people will trust and depend on you.

1. What is something you are committed to? What do you do to show that you are committed?
2. If you commit to running a long race, what are some things you need to do ahead of time to make sure you can keep your commitment?
3. Why is it important to be careful what you promise?
4. Have you ever depended on someone and then they didn't do what they promised? How did that make you feel? Do you still trust them? Why or why not?
5. What are some things you do every day that show that you can be trusted?

Discussion Starters



1

WHY WE RUN

Grades 4-6

*Goal: to share the story of what happened and how the Oklahoma City National Memorial & Museum came into existence, explain what a marathon is, and introduce the character quality of **commitment**.*

The Story

(10 minutes)

On April 19, 1995, at 9:02 in the morning, America **changed**. A young man who was angry at our government did a terrible thing. He built a bomb and set it off in front of the Alfred P. Murrah Federal Building in Oklahoma City. Many people were hurt and 168 people were killed. But the story doesn't end there. People from all around the world responded and wanted to help. In Oklahoma, a group of people decided that we needed to remember what happened so that we could take steps to stop it from happening again. They put together a task force (a group to work on a problem).

The Foundation takes care of the Memorial and the Museum in Oklahoma City—in fact the Foundation raised the money for both the Memorial and the Museum to be built. It is a lot of hard work. They have to raise the money, make sure the Memorial and Museum stay clean and in good repair, and **share the story** of what happened in a way that honors those whose lives were changed.

They wrote a **mission statement** (words that tell what they want to accomplish). This mission statement contains a **preamble** (a few words to introduce) that states:

“We come here to remember those who were killed, those who survived and those changed forever. May all who leave here know the impact of violence. May this memorial offer comfort, strength, peace, hope and serenity.”

Yes, a terrible thing happened, a man blew up a bomb that hurt and killed many people, but we know the world holds far more good than bad.

Discussion Starters

1. How does learning about the Oklahoma City bombing make you feel? Sad? Committed to helping? Afraid?
2. Do you know anyone who was directly affected by the bombing? Do they ever talk about it? What do they say?



3. How is working together better than working alone?
4. Why do you think they want to help people feel hopeful after this terrible event? How does having hope help people live better lives?
5. What are some appropriate ways to express yourself when you feel angry?
6. What are some things you can do to affect change when you disagree with the government?

Have you ever heard of a **marathon**? Chances are you have. There are several marathons in the United States. Some of the larger ones include the Boston Marathon, the New York City Marathon, the Chicago Marathon, and many more. But did you know that Oklahoma City has one of the BEST marathons in the United States? The **Oklahoma City Memorial Marathon** is said to be one of the “12 must run marathons” by Runner’s World. But, what exactly is a marathon? If you haven’t run in one or know someone who has, you may not know much about marathons.

Get Fit

(10 minutes)

You may have noticed a little oval sticker on the rear windshield of some cars with the number 26.2. A marathon is 26.2 miles long, and frequently people who have completed a marathon will put this sticker on their car.

That seems a rather odd number...26.2. How did it come to be that length? The official length of modern-day marathons wasn’t established until the 20th century, but it is based on a very old Greek legend. It was the year 490 B.C. (over 2,500 years ago!) and the Greeks were attacked by the Persians at a place called Marathon, a town in ancient Greece. The Greeks won the battle and a runner named Pheidippides (some writings call him Philippides) ran all of the way from Marathon to Athens to tell the leaders about the great victory. The distance he is thought to have run is about 40 kilometers (25 miles). In the early 1900’s, they added 1.2 miles to this so 26.2 miles became the standard length of official marathons because of the legend. The first marathon to be run during the Olympic games was in 1896 and was won by a man from Greece which seems fitting!

Every week, as you are getting ready to run in the Oklahoma City Memorial Kids Marathon, you will run between 1 and 2 miles. **One**



mile is a very long way to run—there are 5,280 feet in a mile. If you run 4 laps around the track at the football field, you will run one mile. Since a marathon is 26.2 miles long, it is like running almost ***105 laps!*** By the time the marathon is run in April, you will already have over 25 miles completed!

Until that time, you will not only train by running, but you will also learn about ***physical fitness***—taking care of your body by exercising and eating well—so that you can have the energy and ability to run.

So, put on your running shoes and let's get going!

Discussion Starters

1. Are you intimidated by (scared or nervous about) the thought of running in a marathon? What concerns (worries, scares) you? What can you do to overcome these concerns?
2. Why is it important to train before you run a long race like a marathon?
3. It can be motivational (give you energy, make you excited) to think about how you will feel when you cross the finish line. How do you think you will feel when you finish the race?
4. Why do you think there are so many marathons in the United States?
5. Do you know anyone who runs in marathons? What do you admire about them?

Got Character?

(10 minutes)

What has character—*my character*—got to do with the story of the Memorial and Museum and the running of the Marathon? Everything. Good character motivates people to do good things, have hope, keep going when things get hard, and be *better*. Learning about good character helps you develop your own character, and when you grow in good character you make your life better and are a good example to those around you.

Commitment is promising to dedicate yourself to a goal or an idea. You are probably committed to a lot of things—taking good care of your pet, training hard for the Marathon, or doing your best in school, for example.

Let's take a look at the different parts of this definition.

Commitment is a ***promise***. A promise is giving your word that you will do or not do something. When you are thinking about making a promise, you need to be very careful to make sure that you can do what you promise



you will do. If you don't do what you promise, you *break* the promise and people will have a hard time trusting you in the future.

The same is true for making a commitment. Before you make that commitment, take a few moments and ask yourself if you have the time and ability to keep that commitment so that those who depend on you know you can be trusted.

When you make a commitment you ***dedicate yourself***. In other words, you sacrifice or work hard to make sure you keep the commitment you made. You set aside time and money and then put all your effort into your commitment.

The definition mentions a ***goal or an idea***. A goal is an aim or a desired result—it is the end of what you want to reach. When you dedicate yourself to an idea, you believe that idea enough to put your effort into making that idea reality (actually and really happen).

Commitment involves sacrifice (giving something up), effort, and knowing what you are doing. Be a person of ***commitment*** so that people know they can depend on you.

1. Who do you know who is committed to something or someone? Who or what are they committed to?
2. What do they do to demonstrate (show) that commitment? What sacrifices do they make? What effort do they put in?
3. Have you ever had to depend on someone who wasn't committed to helping you? What happened? How did you feel? Do you still trust that person?
4. Why is it important to be careful what you promise, or commit yourself to? What can happen if you promise more than you can deliver? If you break your promise to a person, what can happen to the relationship?
5. What are some things, people, or ideas you are committed to? What are you willing to do for them?

Discussion Starters





REFLECTIONS

Commitment is promising to dedicate yourself to a goal or an idea. When you make a **commitment** you dedicate yourself – you sacrifice and work hard to make sure you keep the **commitment** you made. We can encourage our youth to demonstrate **commitment** by recognizing, with specific language, when we see them making and keeping a **commitment**, especially when sacrifice is involved.

At home, recognize effort at demonstrating **commitment** with specific language such as, “I noticed that you cleaned your room before you went to soccer practice just like you committed you would. That made the whole house look better. Thank you for being a person of **commitment**.”

Teachers can reinforce **commitment** with specific language such as, “Finishing your homework and turning it in on time took **commitment**. I know you had a lot of things to do yet you finished it. Thank you for being a person of **commitment**.”

To keep up with the **commitment** the student has made to getting fit and running in the Marathon, periodically ask how the training and preparation are going. You can visit the website (<http://okcmarathon.com/>) and download the free Marathon app (more information about the app can be found here: <http://okcmarathon.com/mobile-app/>) to get the latest Marathon news or to track progress.



2

SITTING BETWEEN THE GATES OF TIME

Through grade 3 Goal: to share what the Oklahoma City National Memorial represents, inform about the benefits of running, and introduce the character quality of **enthusiasm**.

The Story

(10 minutes)

What is a memorial? The word **memorial** is a big word that has a big meaning. According to Dictionary.com, a memorial is “something designed to preserve the memory of a person, event, etc. as a monument or a holiday.” What this means is that a memorial is something we make when we want to remember a person or an event that happened. Sometimes we make a holiday, like Fourth of July; other times we build something that, when we see it, will help us remember.

Why does a memorial help us remember? When we see different parts of the Memorial, it reminds us of different things. Some memories are sad, but others are happy ones. It is important to remember these things because it helps us **understand** what happened and deal with our feelings about it.

What can we remember about the bombing on April 19, 1995? Well, we can remember the date and time the bombing happened. We can remember where the bombing took place—the building and the city. We can remember what it looked like after the bomb destroyed the Murrah Federal Building. But even more important than these facts, we can remember the people—the moms, dads, sisters and brothers, and children who are gone. We can remember how everyone **came together** to help. All of these memories are important and they help make us who we are today and help us to be better people.

When we sit between the Gates of Time at the Oklahoma City National Memorial we see the Field of Empty Chairs, the Reflecting Pool, the large Bronze Gates etched with the time, the historic building which includes the Memorial Museum, and The Survivor Tree. All of these important symbols remind us of the terrible tragedy, but also a great hope for **the future**. Because of these reminders we know that, in this world, there is far more good than bad.



1. What kinds of things, events, or people do you like to remember?
2. What types of memories are happy? What types are sad?
3. Why is it important to remember the sad things? Why is it important to remember happy things?
4. How can talking about your happy memories make you feel?
5. Why is it important to talk about your sad memories with people you trust?

Discussion Starters

Do you like to run? Do you run at recess? Do you run on the playground? Do you run in the gym? Do you run when you play kickball, soccer, basketball, or t-ball? Have you ever run somewhere because you were late?

Get Fit

(10 minutes)

Running is great for your **body**. In fact, when you run to get fit, it is not only good for just your legs, it is good for your **whole** body! The more you exercise now while you are young, the **healthier** you will be when you grow up. Kids, just like you, who exercise when they are young are less likely to be sick when they grow up. Your heart is healthier and you are less likely to get diabetes if you exercise regularly. Do you know anyone who has trouble with their heart, or who has diabetes? These issues can be hard to deal with so it's best to exercise now to try to avoid them.

Regular exercise, like running, can also help you **live longer**—and make your life more fun and enjoyable. When you exercise, you reduce the chance you will get sick, you're less likely to be overweight, your bones are stronger, and you actually feel more happy, and less worried. You have more **energy** to do the things you love to do!

Did you know that running also helps you **sleep better**? Yes! The exercise you get when you run helps your body relax when it's time to go to sleep. But it doesn't stop there! Running to get fit also helps your brain **think better** when you're awake. Do you have a bad habit you want to break? The regular effort you put into running helps build your self-control to say no to your bad habit.



Running is great exercise for your body and for your life. And the great news is the more you run, the more benefits you will have. So, what's stopping you? Get out and run!

Discussion Starters

1. When do you run? At recess? In the gym? When playing?
2. Who do you know who runs a lot to get fit? What do they do when they run?
3. What do you think about when you run?
4. What are some of the good things that help your body when you run? Which of these benefits do you want the most? Why?

Got Character?

(10 minutes)

Some people are “energy givers.” Other people are “energy drainers.” Which type of person are you?

An energy giver is someone who makes you feel good. They are enthusiastic and so when you are around them, you naturally feel happier. An energy drainer is someone who is negative, and doesn't seem to want to do anything. When you are around them, you can start to feel down and like you don't want to do anything either.

What is the difference? The difference is **enthusiasm—putting my whole heart into what I do**. Enthusiastic people get things done because they have the **will**, the **energy**, and a **positive attitude**.

Enthusiasm brightens the world around you like fireworks brighten the night sky. Giving your best effort to what you are doing actually gives you more energy!

Did you know that enthusiasm is contagious? Have you ever seen cheerleaders **motivating** a crowd to cheer for the team?

Enthusiasm doesn't mean you have to be loud and crazy. You can simply smile, be friendly, be **positive** about what you are doing, and have a good attitude in general.

If you are enthusiastic, you will have the will and the desire to prepare for the Marathon. You will run your laps before the race with a **good attitude**. This will give you more energy to run. Then when the day of the big race comes, you will be excited to finish and the people who are there, enthusiastically cheering you on, will help you cross the finish line!



***Discussion
Starters***

1. Who are some people you know who are energy givers? How do you feel when you are around them?
2. What are some activities you really enjoy doing? Is it easier to feel enthusiastic about these activities than others that you might not enjoy as much? Why?
3. Why does it make you happy and give you more energy when people cheer for your effort?
4. How can you have a positive attitude when doing something you don't like to do? Can you give an example?
5. The opposite of enthusiasm is not caring about what happens or how things turn out. What do you think happens to a runner in a race who doesn't care?



2

SITTING BETWEEN THE GATES OF TIME

Grades 4-6

*Goal: to share what the Oklahoma City National Memorial represents, inform about the benefits of running, and introduce the character quality **enthusiasm**.*

The Story

(10 minutes)

What is a memorial? According to Dictionary.com, a **memorial** is “something designed to preserve the memory of a person, event, etc. as a monument or a holiday.” What this means is that a memorial is something we make when we want to remember a person or an event that happened. Sometimes we make a holiday, like Veterans Day; other times we build something that, when we see it, will help us remember.

Why does a memorial help us remember? We see the symbols of the Memorial, it reminds us of different things. Some memories are sad, but others are happy ones. It is important to remember these things because it helps us **understand** what happened and deal with our feelings about it.

What can we remember about the bombing on April 19, 1995? We can remember the date and time the bombing happened. We can remember where the bombing took place—the building and the city. We can remember what it looked like after the bomb destroyed the Murrah Federal Building. But even more important than these facts, we can remember the moms, dads, sisters and brothers, who were affected—those who died and their families and loved ones. We can remember how everyone **came together** to help. All of these memories are important and they help make us who we are today and help us to be better people.

When we sit between the Gates of Time at the Oklahoma City National Memorial we see the Field of Empty Chairs, the Reflecting Pool, the large Bronze Gates etched with the time, the historic building which includes the Museum, and The Survivor Tree. All of these important symbols remind us of the terrible tragedy, but also a great hope for **the future**. Because of these reminders we know that, in this world, there is far more good than bad.



1. What are some of your earliest memories? What are some of your favorite memories?
2. What types of memories are happy? What types are sad?
3. Why is it important to remember the sad things? Why is it important to remember happy things?
4. Who are some of the people you can talk to about your feelings?
5. Why is it important to talk about your sad memories with people you trust?
6. Thinking about the different components of the Memorial grounds, what does each component signify? What reaction do you have to each?
7. What do you choose to remember from the Memorial? How will those memories change you and the choices you make in life?

Discussion Starters

Do you like to run? There are many times you probably run...on the playground at recess, in PE class if you have it at your school, during sports, or even when you have to run to catch the school bus.

Get Fit

(10 minutes)

Running is great for your **body**. In fact, **running for fitness** benefits your entire body, not just your legs! The more you exercise today, while you are young, the **healthier** you will be as you get older. Kids, just like you, who exercise when they are young are less likely to develop health problems like heart disease and diabetes. Do you know anyone with these problems? These issues can be hard to deal with so it's best to try to avoid them by exercising regularly!

Regular exercise, like running, can also help you **live longer**—and make your life more fun and enjoyable. Exercise reduces your risk of getting sick, helps you control your weight, builds healthy bones, and can actually help you feel happier and have more energy to do the things you love to do.

Did you know that running also helps you **sleep better**? Yes! The physical exercise you get while running helps your body relax when it's time to go to sleep. But, it doesn't stop there! Running for fitness also helps you



think better when you're awake. Do you have a bad habit you want to break? The discipline of running helps you increase your ability to say no to your bad habit.

Running is great exercise for your entire body...for your whole life. And the great news is the more you run, the more benefits you will have. So, what's stopping you? Get out and run!

Discussion Starters

1. When do you run? At recess? When playing a sport?
2. Who do you know who runs for fitness? What do they do when they run?
3. What do you think about when you run?
4. What are some of the health benefits of running that you want the most? Why?

Got Character?

(10 minutes)

Some people are “energy givers.” Other people are “energy drainers.” Which type of person are you?

An energy giver is someone who makes you feel good. They are enthusiastic and so when you are around them, you naturally feel energized. An energy drainer is someone who is negative and doesn't seem to want to do anything. When you are around them, you can start to feel depressed and unmotivated to do anything.

What is the difference? The difference is **enthusiasm—putting my whole heart into what I do**. Enthusiastic people get things accomplished because they have the **will**, the **energy**, and a **positive attitude**.

Enthusiasm brightens the world around you like fireworks brighten the night sky. Giving your best effort to what you are doing actually energizes you!

Did you know that enthusiasm is contagious? Have you ever seen cheerleaders **motivating** a crowd to cheer for the team?

Enthusiasm doesn't mean you have to be loud and crazy. You can simply smile, be friendly, be **positive** about what you are doing, and have a good attitude in general.



If you are enthusiastic, you will have the will and the desire to prepare for the Marathon. You will run your laps before the race with a **good attitude**. This will give you more energy to run. Then when the day of the big race comes, you will be excited to finish and the people who are there, enthusiastically cheering you on, will help you cross the finish line!

1. Who are some people you know who are energy givers? How do you feel when you are around them?
2. What are some activities you really enjoy doing? Is it easier to feel enthusiastic about these activities than others that you might not enjoy as much? Why?
3. Why does it make you happy and give you more energy when people cheer for your effort?
4. How can you have a positive attitude when doing something you don't like to do? Can you give an example?
5. The opposite of enthusiasm is *apathy*, which means not caring about what happens or how things turn out. What do you think happens to a runner in a race who doesn't care?

Discussion Starters





OKLAHOMA CITY
MEMORIAL KIDS MARATHON
52572
16th ANNUAL APRIL 24, 2016
KIDS MARATHON
RUN TO REMEMBER
APRIL 24, 2016

REFLECTIONS

Enthusiasm is putting my whole heart into what I do. Some people confuse being enthusiastic with being loud or excited. **Enthusiasm** doesn't mean you have to be loud or active. You can be enthusiastic even when it is better to act reserved. For example, when visiting the Oklahoma City National Memorial & Museum, you can be enthusiastic about learning all you can but you can still act with decorum while there.

At home, recognize **enthusiasm** with specific language such as, "When I ask you to clean your room and you clean with **enthusiasm**, it makes me feel energized. Thank you for your **enthusiasm**."

Teachers can reinforce **enthusiasm** with specific language such as, "When you are enthusiastic as you answer questions in class, it helps engage everyone. Thank you for your **enthusiasm**."



3

RUN TO REMEMBER

Through grade 3 Goal: to explain how the Memorial Marathon supports the Memorial mission, encourage stretching before running, and introduce the character quality of **thoroughness**.

The Story

(10 minutes)

A memorial can be something like a building, a park, or a statue. But there are other things that can help us remember. Sometimes we **do** things to help us remember. Every year in April, we have a special race in Oklahoma City to help us remember what happened when the Alfred P. Murrah Federal Building was bombed. This special race is called the Oklahoma City Memorial Marathon—a *Run to Remember*.

A marathon is a very long race—it is 26.2 miles long. That is a long way to run! The race helps raise money to keep the Oklahoma City National Memorial & Museum a nice place for everyone to visit. It helps add special displays in the Museum. It helps keep the grass by the Chairs mowed. It helps take care of the Reflecting Pool and The Survivor Tree. All of these things are important to make sure the Memorial and Museum is a place where people want to come—a place that tells the important story of what happened on April 19, 1995, and how our community, our state, our nation, and the world came together.

There is even a special race for children. It is called the Oklahoma City Memorial Kids Marathon. You can run in this race and help take care of the Memorial and Museum.

All of the **preparing** for the race helps us remember. All of the announcements in our school and on the radio and television help us remember. While we run, we remember the bombing and all of the people who were affected. It is important for us to remember so that we can help make sure nothing like this ever happens again. It is important to remember so that if another tragedy does happen, we can do what we can to help those who are hurting.



1. Do you like to run? How does it make you feel to run fast?
2. When you have quiet time—like when you are running, what do you think about?
3. How can a race help people remember what happened?
4. Who are some of the people you know who might run in the Marathon? Will you run in the Marathon? If you want to run, why do you want to run in the Marathon?
5. What are some other things you can do to help people remember?

Discussion Starters

Have you ever blown up a balloon or watched someone else blow up a balloon? Chances are they stretched it a little bit before they blew into it so it wouldn't pop. Have you ever tried to shoot a rubber band that was really cold? Sometimes a cold rubber band will break. In both of these instances, the balloon and the rubber band are like your muscles. Your **muscles** are stretchy but they can get hurt if you exercise them without **gently stretching them out** and **warming them up** first. It is important to start with slow aerobic exercise to warm up and then begin to stretch.

Get Fit

(10 minutes)

Stretching is important. If you stretch your muscles, it can help you prevent injuries. If you stretch, it will be easier to be physically fit. Stretching can help you **stand straighter**. It doesn't hurt as much to sit up nice and straight if your muscles are healthy. When you stretch, it also helps you relax and reduces **stress**.

It is important to stretch **before** you exercise, especially when you run. You will run faster and better if you've stretched out first, and you reduce the chance you'll get hurt. Stretching helps you be a better athlete.

Before you run, it is a good idea to stretch and "warm-up" for 5-10 minutes. This gives your muscles time to **slowly** stretch out to the flexibility they'll need to perform their jobs. It is very important to stretch the right way so you don't hurt yourself. Start **gradually** and slowly move your body to the final stretch position. Hold this position for about 30 seconds. Slowly



release and go back to your original position without bouncing. If you bounce, you might hurt yourself.

Stretching helps you run faster and keeps you from getting hurt. So remember...before you run, s-t-r-e-t-c-h.

Discussion Starters

1. Do you stretch before you run? Why or why not?
2. How does your body feel before you stretch? How does it feel after you stretch?
3. Do you know anyone who has hurt their muscles when playing a sport? What happened to them?
4. How are your muscles like a balloon or a rubber band?
5. Why should you not bounce while stretching? What might happen to your muscles?

Got Character?

(10 minutes)

Have you ever turned in your work at school and forgotten to put your name on it? Do you know someone who only does a job halfway and you have to go back and help? Being **thorough** can be hard because you must take your time and be careful.

Thoroughness is taking care of details and doing my best. Thoroughness is more than just being careful or “nit-picky.” Being thorough takes effort—and lots of it.

When you are thorough, it shows that you **care** about what you are doing, or who you are doing it for. If you care about making your family happy, you will be thorough when you clean your room, do the dishes, or help around the house. If you care about your grades, you will be thorough when you do your schoolwork. If you care about your body and how you feel, you will be thorough as you train to run in the Marathon.

In order to be thorough it can be helpful to make a plan. For example, if you are going to run in the Marathon you should make a training plan. You **think ahead** of where you want to be—what you want to be able to do—and then you make a plan of all the steps it will take to get there.

As you are training, you should *pay attention to details*. It can be helpful to ask yourself questions like “How far have I run today?” or “Do I have water to drink?” Then *make a list* of everything you need to do and all of the things you should have—especially on race day. You will need your race number, a good pair of running shoes, water—the list goes on and on. If you have a list, you won’t forget, because your list will remind you of when and where you need to be and what you need to have.



Of course, being thorough involves *finishing what you start*. Only doing part of a task or leaving out important details isn't helpful. Just like running in a race, the finish line is at the end—after you have taken care of everything that came before.

1. How does it feel when you have to work with someone who doesn't try?
2. If you aren't thorough as you prepare to run in a marathon, what are some of the things that can go wrong?
3. What can happen if someone is doing well in school and then decides to not care or not try?
4. How does planning ahead help you deal with problems?
5. What are some things you need to think about at school, at home, or training for the Marathon to make sure you are able to do well?

***Discussion
Starters***



3

RUN TO REMEMBER

Grades 4-6

*Goal: to explain how the Memorial Marathon supports the Memorial mission, encourage stretching before running, and introduce the character quality of **thoroughness**.*

The Story

(10 minutes)

A memorial can be something like a building, a park, or a statue. But there are other things that can help us remember. Sometimes we **do** things to help us remember. Every year in April, we have a special race in Oklahoma City to help us remember what happened when the Alfred P. Murrah Federal Building was bombed. This special race is called the Oklahoma City Memorial Marathon—a *Run to Remember*.

A marathon is a very long race—it is 26.2 miles long. The race helps raise money to keep the Oklahoma City National Memorial & Museum a nice place for everyone to visit. It helps add special displays in the Museum. It helps keep the grass by the Chairs mowed. It helps take care of the Reflecting Pool and The Survivor Tree. All of these things are important to make sure the Memorial and Museum is a place where people want to come—a place that tells the important story of what happened on April 19, 1995, and how our community, our state, our nation, and the world came together.

You can run in this race and help take care of the Memorial by **participating** in the Oklahoma City Memorial Kids Marathon. You will prepare ahead of time by running at school. You might run after school in a running club. Then you will run 1.2 miles the day of the big race.

All of the **preparing** for the race helps us remember. All of the announcements in our school and on the radio and television help us remember. While we run, we remember the bombing and all of the people who were affected. It is important for us to remember so that we can help make sure nothing like this ever happens again. It is important to remember so that if another tragedy does happen, we can do what we can to help those who are hurting.



1. Do you like to run? Do you run in class? On the playground? After school in a club? How does running make you feel?
2. When you have quiet time—like when you are running, what do you think about?
3. How can a big race, and all of the preparation for it, help people remember what happened?
4. Who are some of the people you know who might run in the Marathon? Will you run in the Marathon? If you want to run, why do you want to run in the Marathon?
5. What are some other things you can do to help people remember?
6. Think about an event or a person in your life you want to remember. What was the impact on you?
7. Taking into consideration the impact on you, what type of place, activity, or other idea would you design to appropriately remember?

Discussion Starters

Have you ever blown up a balloon without stretching it first? Or perhaps you've tried to shoot a rubber band when it was really cold. In both of these instances the balloon or the rubber band might have broken. Your **muscles** are stretchy like a balloon or a rubber band, but they can get hurt if you exercise them without gently **stretching** them out and warming them up first.

Get Fit

(10 minutes)

Stretching is important. If you regularly stretch your muscles, it can help your **quality of life**...the life you live will be more enjoyable. If you stretch, it will be easier to be physically fit. Stretching can help your posture. It doesn't hurt as much to sit up straight if your muscles are healthy. When you stretch, you also help reduce the **stress** and **worry** that you feel.

It is important to stretch **before** you exercise—especially when you run. The exercise you do after you've stretched is better for your body, and you reduce the chance that you'll hurt your **muscles**. Did you know that if you stretch before you exercise or play a sport, you actually do better



at your activity? Yes, it's true. Stretching helps you **perform better** as an athlete.

Before you run, it is a good idea to do slow aerobic exercise and then stretch and “**warm-up**” for 5–10 minutes. This gives your muscles time to slowly stretch out to the **flexibility** they need to perform their jobs. It is very important to stretch the right way so you don't hurt yourself. It is best to start **gradually** and slowly move your body to the final stretch position. Then you should hold this position for about 30 seconds. Gradually release and go back to your original position without bouncing. If you bounce in order to stretch further, you might injure yourself.

Stretching helps you perform better and keeps you from getting hurt. So remember...before you run, s-t-r-e-t-c-h!

Discussion Starters

1. Do you stretch before you exercise? Why or why not?
2. How does your body feel before you stretch? How does it feel after you stretch?
3. Do you know anyone who has injured their muscles when exercising or playing a sport? What happened to them?
4. How are your muscles like a balloon or a rubber band?
5. Why do you think it is important to not bounce at the end of your stretch? What might happen to your muscles?

Got Character?

(10 minutes)

Have you ever turned in your homework at school and forgotten to put your name on it? Do you know someone who does a job and then you have to go back and re-do it because they didn't take care of everything? Being **thorough** can be difficult because you must take your time and be careful.

Thoroughness is taking care of details and doing my best. Thoroughness is more than just being careful or “nit-picky.” Being thorough takes effort—and lots of it.

When you are thorough, it shows that you **care** about what you are doing, or who you are doing it for. If you care about making your family happy, you will be thorough when you clean your room, do the dishes, or help around the house. If you care about your grades, you will be thorough when you do your homework. If you care about your body and how you feel, you will be thorough as you prepare to run in the Marathon.



In order to be thorough it can be helpful to make a plan. For example, if you are going to run in the Marathon you should make a training plan. You **think ahead** of where you want to be—what you want to be able to do—and then you make a plan of all the steps it will take to get there.

As you are training, you should *pay attention to details*. It can be helpful to ask yourself questions like “How far have I run today?” or “Do I have water to drink?” Then *make a list* of everything you need to do and all of the things you should have—especially on race day. You will need your race number, a good pair of running shoes, water—the list goes on and on. If you have a list, you won’t forget, because your list will remind you of when and where you need to be and what you need to have.

Of course, being thorough involves *finishing what you start*. Only doing part of a task or leaving out important details isn’t helpful. Just like running in a race, the finish line is at the end—after you have taken care of everything that came before.

1. How does it feel to work with someone on a project when they don’t try or don’t care?
2. If you aren’t thorough as you prepare to run in a marathon, what are some of the things that can go wrong?
3. What can happen if someone is doing well in school and then decides to slack off?
4. How does planning ahead help you deal with problems?
5. What are some things you need to think about at school, at home, or training for the Marathon to make sure you are able to do well?

Discussion Starters



8:45:22

8:45:22

OKC Memorial Marathon

Color Wave Volunteer
Safety Net
Runner



REFLECTIONS

Thoroughness is taking care of details and doing your best. **Thoroughness** is more than just being “nit-picky,” it requires a lot of effort. To be successful at school and in life, it is important that our youth develop **thoroughness** so necessary details such as due dates and important instructions are remembered and followed.

At home, recognize **thoroughness** with specific language such as, “Thank you for emptying the trash when you cleaned your room. You took care of that detail without being asked and now your room smells fresh and clean. That was very thorough.”

Teachers can reinforce **thoroughness** with specific language such as, “When you take the time to stretch carefully and completely before you run, you demonstrate **thoroughness**. Because you are thorough in your preparation, you will run better and are less likely to injure yourself.”



4

A DAY LIKE ANY OTHER

Through grade 3 *Goal: to describe the day before and set the stage prior to the bombing, encourage proper hydration when exercising, and introduce the character quality of **diligence**.*

The Story

(10 minutes)

Oklahoma City is a nice place to live. It is not too big, it is not too small. There are fun things to do downtown. In downtown Oklahoma City there are tall buildings, short buildings, buildings made with brick, buildings built with concrete, and buildings where you can park your car. There are many sidewalks to walk on and there are even places with trees and grass.

Many people work in downtown Oklahoma City. Some live near downtown but some drive from far away to go to their jobs.

April 19, 1995, was a day just like most days in the spring in Oklahoma City. It was sunny but a little chilly, which is **normal** for April in Oklahoma. At 9:00 in the morning, when people were coming from and going into the Alfred P. Murrah Federal Building, many people wore jackets to keep warm.

A lot of people worked in the Murrah Federal Building. In fact, on April 19, there were hundreds of people inside that building. Some worked for the government, but others were just visiting to take care of business at places like the Social Security office. In the building there was a daycare where workers took care of children. Before the bombing happened at 9:02 it was a normal day.

But sometimes normal days can go terribly wrong. And that is exactly what happened on April 19. Everything was just fine at 9:00 and then at 9:02, the bomb exploded, the Murrah Building was destroyed, and many people were injured or killed, including children.

We shouldn't live in fear that terrible things can happen. But there are times when things will go wrong and we need to know that the bad doesn't last forever, and that hope and good wins in the end.



1. Do you like sunny, spring days? What do you like to do when the weather is nice?
2. What kinds of things do you think people do in a city?
3. Can you remember a day you've had that started out wonderful but something happened that made it a really bad day? What was your day like? How did it end?
4. What kind of things make you worry? What can you do if you feel worried about something?
5. Why is it important to not spend all of your time worrying? Why is it important to have hope?

Discussion Starters

It's hot, you're tired, and all of a sudden, you feel very thirsty. This is your body "talking" to you. It is telling you that you need to drink some water. But sometimes you may need more water, but you aren't thirsty. It is very important to **know** how much water you should drink, especially if you are exercising.

Get Fit

(10 minutes)

Water is very important for your body. It helps make sure your muscles and organs have the things they need like sugar and oxygen. Without enough water, your body begins to **shut down** because your organs stop working right.

This is why you must drink enough water when you run. It is called **staying hydrated**. If you don't **stay hydrated**, your muscles may not get the oxygen they need to work hard. If your muscles can't work hard, you don't have the energy to run fast. In fact, if your muscles don't have what they need, they can hurt because they are making too much acid. Staying **hydrated** by drinking enough water helps you not have these problems.

But you should also be careful not to drink too much water. If you drink too much water, you won't have enough **salt** in your blood. Did you know you need salt in your blood? Yes, if your body doesn't have enough salt it doesn't work right. That is why marathons are very careful to have



the right amount of water stops so you don't drink too much, or too little, water.

Drinking water is important. Pay attention to the **signals** your body sends that you need more water and remember to drink enough to keep your body running smoothly.

Discussion Starters

1. What does it feel like when you are thirsty? Is your mouth dry? Do you have trouble swallowing? How do you know you are thirsty?
2. Have you ever felt dizzy? What was it like? What were you doing at the time?
3. Why is it important to drink enough water?
4. What does it feel like when you are very thirsty and then you get a nice big drink of cool water?
5. Why do you think your body sends you signals that you need more water?

Got Character?

(10 minutes)

Diligence means focusing effort on the work at hand. The word Diligence comes from the Latin word diligo meaning “to love a lot.” The more you care about something, the more work you will put into it.

If you are diligent and work hard at school, you will earn a better grade than if you don't put in effort. If you are diligent and **practice** your piano, you will get better over time and learn to play beautiful music. If you are diligent as you work and train for the Marathon, you will be able to run farther and faster than if you don't practice.

The opposite of diligence is being lazy. Lazy students don't pay attention in class, they forget their homework, and don't care about school. Lazy athletes don't stretch their muscles before working out, they don't train a little bit over a long time, and they don't take care of their equipment (like their shoes or uniform). These **lazy habits** can cause trouble in school, in your sport, and at home.

Runners are diligent also. They train almost every day, running just a little bit more each time to build up their endurance. They diligently stretch before they run so that their muscles are relaxed and they don't get injured. When running in the big race, diligent athletes **work hard** the whole time. They don't give up halfway through—before they reach the finish line.



A diligent person is great to work with because they follow instructions, concentrate, work carefully, and *finish* what they start. Be diligent in all you do!

1. Why does it make you feel better to work hard at something and do it right rather than being lazy and giving up?
2. What are some of the benefits of working hard?
3. Why should you do your best, even if no one else is watching?
4. When you are doing something you have to do, rather than want to do, how do you make yourself keep going?
5. Putting something off until the last minute is called *procrastinating*. What types of things do you put off until the last minute? What can happen when you do this?

Discussion Starters



4

A DAY LIKE ANY OTHER

Grades 4-6

*Goal: to describe the day before and set the stage prior to the bombing, encourage proper hydration when exercising, and introduce the character quality of **diligence**.*

The Story

(10 minutes)

Oklahoma City is a nice place to live. It is a medium-sized city with all different types of buildings—some built with brick, others with concrete, some are really tall and some only have two stories. There are even parking garages for all of the people to park their cars since there isn't enough room for that many cars on the street. There are many sidewalks to walk on and there are even places with trees and grass.

Many people work in downtown Oklahoma City. Some live near downtown but some drive from far away to go to their jobs.

April 19, 1995, was a day just like most days in the spring in Oklahoma City. It was sunny but a little chilly, which is **normal** for April in Oklahoma. At 9:00 in the morning, when people were coming from and going into the Alfred P. Murrah Federal Building, many people wore jackets to keep warm.

A lot of people worked in the Murrah Federal Building. In fact, on April 19, there were hundreds of people inside that building. Some worked for the government, but others were just visiting to take care of business at places like the Social Security office. In the building there was a daycare where workers took care of children. Before the bombing happened at 9:02, it was a normal day.

But sometimes normal days can go terribly wrong. And that is exactly what happened on April 19. Everything was just fine at 9:00 and then at 9:02 the bomb exploded, the Murrah building was destroyed, and many people were injured or killed, including children.

We shouldn't live in fear that terrible things can happen in an instant. Most days will be fine. But there are times when things will go wrong and we need to know that the bad doesn't last forever, and that hope and good wins in the end.



1. What are some of the things you like to do in the spring? What are some of the things you do on a normal week day? On the weekend?
2. What kinds of things do you think people do in a city? What types of jobs do people have?
3. Can you remember a day you've had that started out wonderful but something happened that made it a really bad day? What was your day like? How did it end?
4. What kind of things make you worry? What can you do if you feel worried about something?
5. Why is it important to not spend all of your time worrying? Why is it important to have hope?
6. How do you think the bombing immediately impacted surrounding buildings and businesses?
7. What might you have done if you were working in a nearby building?

Discussion Starters

It's hot, you're tired, and all of a sudden you feel very thirsty! Thirst is one way your body tells you that you need more **water**. But sometimes you need more water but you aren't thirsty. It is very important to know how much water you should drink, especially if you are exercising.

Get Fit

(10 minutes)

Water is very important for your body. It helps carry important resources such as sugar and oxygen to your muscles and organs (like your heart, your liver, your kidneys, and your lungs). Without enough water, your body begins to shut down.

That is why you must drink enough water when you run. It is called **staying hydrated**. If you don't **stay hydrated**, you might not get enough oxygen which means your muscles can't work as hard because you don't have enough energy. You can't run as fast, or as far, if your muscles don't have oxygen. This can also make your muscles hurt like they are burning because muscles low on oxygen produce a lot of acid. Staying **hydrated** by drinking enough water helps you not have these problems.



But you should also be careful not to drink too much water. If you drink too much water you won't have the right **balance of salt** in your bloodstream. If your body doesn't have enough salt it doesn't function properly. That is why marathons are careful to have the right amount of water stops—so you don't drink too much, or too little, water.

Drinking water is important. Pay attention to the **signals** your body sends that you need more water and remember to drink enough to keep your body running smoothly.

Discussion Starters

1. What does it feel like when you are thirsty? Is your mouth dry? Do you have trouble swallowing? How do you know you are thirsty?
2. Have you ever felt lightheaded? What was it like? What were you doing at the time?
3. Why is it important to drink enough water?
4. Why do you think your body sends you signals that you need more water?

Got Character?

(10 minutes)

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***Discussion
Starters***



REFLECTIONS

Diligence is focusing on the work at hand. It is a character quality that is easier to demonstrate when you enjoy what you are doing. It is easy to work hard when you are having fun, but not so much when you aren't enjoying your work. It is important to be diligent so that you not only finish what you start, but you also do your best work.

At home, recognize **diligence** with specific language such as, "You worked hard raking the leaves and didn't give up or quit even though you were invited to hang out with a friend. Thank you for being diligent!"

Teachers can reinforce **diligence** with specific language such as, "We had a lot of work to accomplish today in class and you kept working until it was all finished. Thank you for your **diligence**."





1 HOUR PARKING
PARKING
PARKING
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