

WHY

WE

RUN

Sharing the Story of the Oklahoma City
National Memorial & Museum



MARCH

Why We Run

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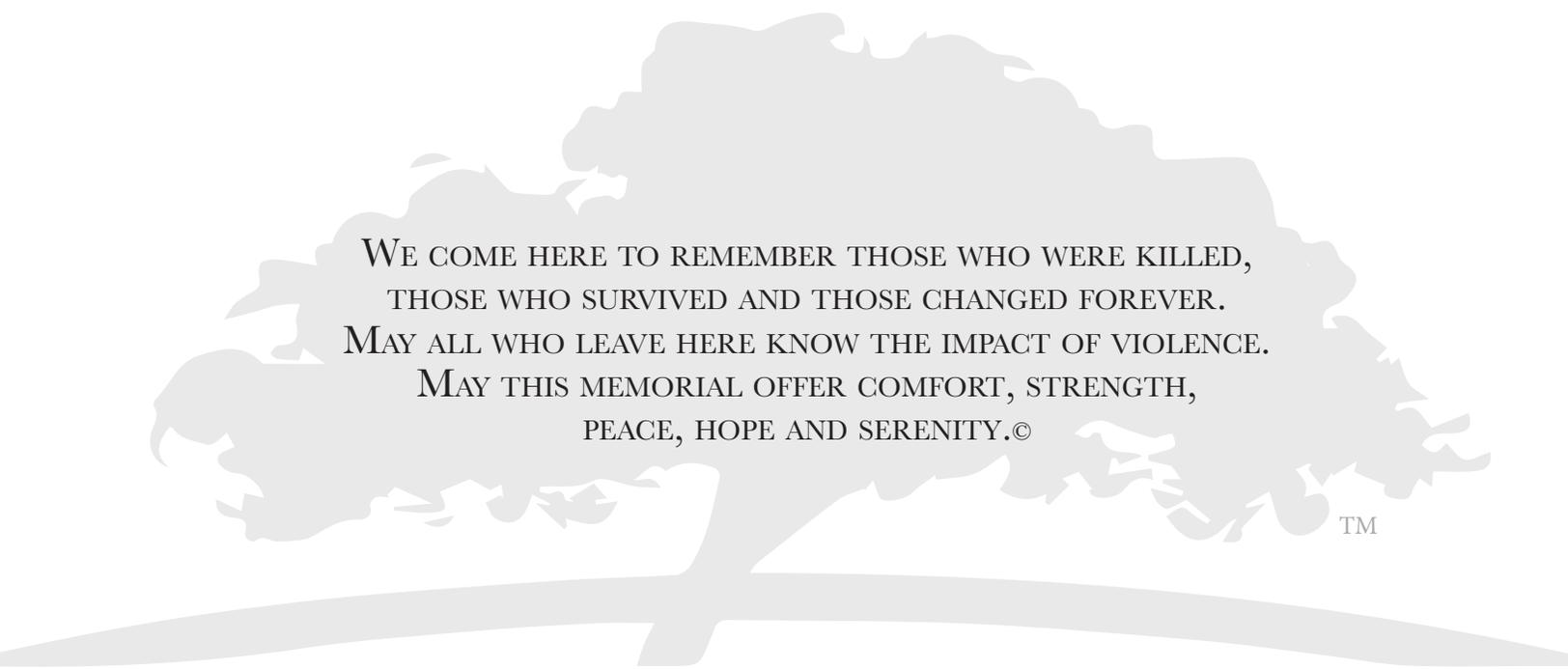
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WE COME HERE TO REMEMBER THOSE WHO WERE KILLED,
THOSE WHO SURVIVED AND THOSE CHANGED FOREVER.
MAY ALL WHO LEAVE HERE KNOW THE IMPACT OF VIOLENCE.
MAY THIS MEMORIAL OFFER COMFORT, STRENGTH,
PEACE, HOPE AND SERENITY.©

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OKLAHOMA CITY 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.

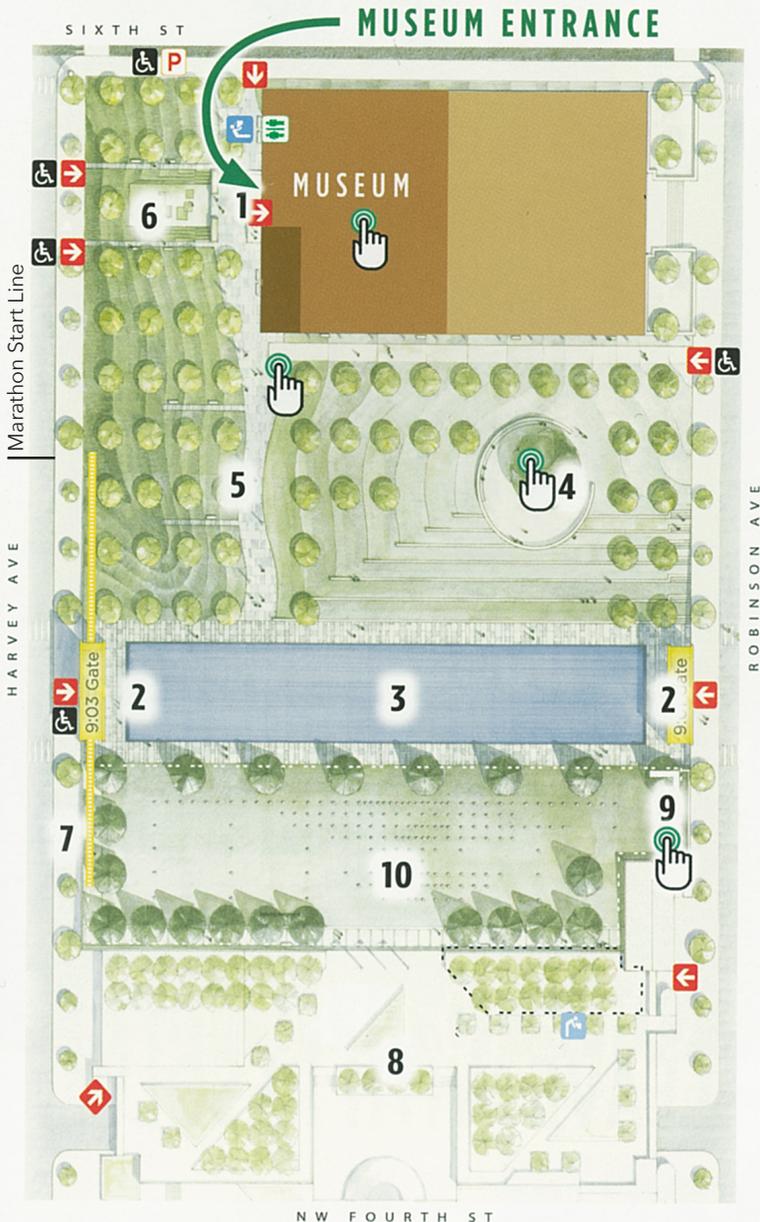




We are a nonprofit owned and operated by the OKC National Memorial Foundation. Funding is raised through Museum admission, Memorial Store sales, private fundraising, endowments and the annual OKC Memorial Marathon. Thank you for your support!

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.



9

WHY WE CHOOSE TO REMEMBER

Through grade 3 Goal: to share the story of the immediate and spontaneous public response to the tragedy, teach about heart rate, and introduce the character quality of **honor**.

The Story

(10 minutes)

The bombing of the Murrah Federal Building in Oklahoma City was a terrible act of hate. To think about it can make us sad, or even angry. Why do you think it is important to remember what happened and to talk about it? It is when we remember and talk about what happened that we can begin to feel better and learn ways we can stop this from happening again.

The bombing took place at 9:02 a.m. on April 19, 1995. President Bill Clinton was told about it at 9:30 a.m., Governor Frank Keating declared a **state of emergency** at 9:45 and sent all state non-emergency personnel in downtown Oklahoma City home. At 4:00 in the afternoon, President Clinton spoke to the nation.

“The bombing in Oklahoma City was an attack on innocent children and defenseless citizens. It was an act of **cowardice**, and it was evil. The United States will not tolerate it, and I will not allow the people of this country to be intimidated by evil cowards.”

After it was safe to go back into the area, people wanted to show their sadness at what had happened and their support for the victims and their families. They brought things that helped them to remember to the place where the Murrah Building once stood. There was a tall chain-link fence there. These people placed the items on or near The Fence. They brought teddy bears, toys, pictures, candles, flowers, letters, and other things. Some were things that were important to the people who wanted to remember.

If you visit the Memorial, you can see part of The Fence. Still today, people come from all over to put things on The Fence to honor and remember those killed in the bombing.



1. What are some things you enjoy remembering? What are some things that make you sad when you remember?
2. How can talking about your sad memories help you deal with your sadness?
3. If you were one of the people who brought things to put on The Fence, what would you have brought? Why?
4. Why do some people feel the need to bring things to a place where something bad happened?

Discussion Starters

When you're scared, excited, or when you've run really hard, what does your heart do? Does it beat faster? Your heart is what takes your blood through your body and to your **vital organs** (organs like your lungs, liver, etc. that you need to live). Your heart has to keep beating in order for you to live.

Get Fit

(10 minutes)

Did you know that your heart is not only an organ but it is also a muscle. The muscles that control your heart and make it beat are called **involuntary muscles**. That means that your heart keeps beating even though you are not telling it to. That is a good thing because otherwise you would have to be thinking about it all of the time.

How fast your heart beats is called your **heart rate**. Your heart rate tells a lot about how healthy you are. It is measured two ways: **frequency** and **regularity**. Frequency tells how many times per minute your heart beats. A normal, **resting** (not doing a lot of work) heart usually beats between 60 and 100 times per minute. Regularity is how "regular/steady" your heartbeat is. A healthy heart usually beats evenly...like a steady drum.

When you run, your heart beats faster because your muscles in your body need more **oxygen**. It is important to watch how fast your heart is beating because if it beats too quickly, it doesn't have enough time to fill up with blood to pump to your muscles. When this happens, your muscles don't get what they need.



So, what is a good heart rate when you are exercising? **You need to get someone to help you figure this out.** First, find your **maximum heart rate**. How old are you? Subtract your age from 220. Multiply that number times .8 or .85. A good heart rate for training is between 80% and 85% of your maximum heart rate.

Keeping a close eye on your heart rate will help you train better and run faster!

Discussion Starters

1. What types of things make your heart beat faster?
2. Have you ever tried to slow your heart down? How did you do this? Did you sit down and rest? Did you lay down?
3. What might happen if you had to think and tell your heart to beat each and every time?
4. Have you ever found your maximum heart rate? Can you get someone to help you do it now?
5. Why is it important to make sure your heart doesn't beat too fast when you are exercising?

Got Character?

(10 minutes)

What does it mean to live with **honor**? To live an honorable life? To be a person of honor is to be a person who is fair and honest and knows what they believe. If you know what you believe is right and true, you should try to live and make choices that line up with that truth. You should say “no” if people try to talk you into doing bad things even if it might be popular at the time.

People who are **honorable** know what is right and try to do what is right in their lives. They stand up for people who are too young or not strong enough to stand up for themselves. They walk away instead of getting into fights when people are rude, or try to upset them. They show respect to others, even when some people might not seem to “deserve” it. They are strong and stand up to peer pressure when friends try to talk them into doing something wrong. They encourage their friends, and people that they meet, to do good and right things. And they do all of this with a good, and humble, attitude.

Many honorable people came to help after the bombing of the Murrah Federal Building. They believed that people are important and valuable, so they spent their time, effort, and money to not only work to rescue those who were trapped or injured, but to also reach out and serve other victims and their families. Many honorable people cooked meals for the victims and rescuers; many honorable people raised money to help those



who were affected by the disaster; and many honorable people work still today to share the story about what happened with others in hopes that it might not ever happen again.

You can choose to be a person of honor. Do you believe that doing good for others is something that you should do? Do you believe that if you have a disagreement with someone else you should work it out together rather than fighting or trying to hurt each other? Then make choices about your behavior that line up with those beliefs and you will live with honor.

1. What do you believe is true and right? What are your beliefs?
2. What can happen if you don't live in line with your beliefs?
3. Think about a time when people tried to talk you into doing something bad. How did you choose the right thing to do?
4. Talking with someone you trust can help you make good choices. Who can you talk to if you are trying to decide the right thing to do?

***Discussion
Starters***



9

WHY WE CHOOSE TO REMEMBER

Grades 4-6

*Goal: to share the story of the immediate and spontaneous public response to the tragedy, teach about heart rate, and introduce the character quality of **honor**.*

The Story

(10 minutes)

The bombing of the Murrah Federal Building in Oklahoma City was a terrible act of hate. To think about it can make us sad, or even angry. Why, then, do you think it is important to remember what happened and to talk about it? It is when we remember and talk about what happened that we can heal and learn ways we can prevent this from happening again in the future.

The bombing took place at 9:02 a.m. on April 19, 1995. President Bill Clinton was told about it at 9:30 a.m., Governor Frank Keating declared a **state of emergency** at 9:45 and sent all state non-emergency personnel in downtown Oklahoma City home. At 4:00 in the afternoon, President Clinton spoke to the nation.

“The bombing in Oklahoma City was an attack on innocent children and defenseless citizens. It was an act of **cowardice**, and it was evil. The United States will not tolerate it, and I will not allow the people of this country to be intimidated by evil cowards.”

After it was safe to go back into the area, people wanted to express their sadness at what had happened and their support for the victims and their families. They brought items of remembrance to the place where the Murrah Building once stood. There was a tall chain-link fence surrounding the bombing site. These people placed the items on or near the fence. They brought teddy bears, toys, pictures, candles, flowers, letters, and other things. Some were items that had belonged to people who were killed in the bombing. Others were things that were important to the people who wanted to remember.

If you visit the Memorial, you can see a portion of The Fence that once surrounded the site. Still today, people come from all over to put things on The Fence to honor and remember those killed in the bombing.



1. What are some things you enjoy remembering? What are some things that make you sad when you remember?
2. How can talking about your sad memories help you deal with your sadness?
3. If you were one of the people who brought things to put on The Fence, what would you have brought? Why?
4. Why do some people feel the need to bring items of remembrance to a site where something bad happened?
5. Why is a demonstration of support from the President important in times like the Oklahoma City bombing?

Discussion Starters

Ever noticed that when you're scared, excited, or running really hard that your heart beats faster? Your heart is what circulates your blood through your body and to your **vital organs** (organs like your lungs, liver, etc. that you need to live). Your heart has to keep beating in order for you to live.

Get Fit

(10 minutes)

Did you know that the muscles that control your heart are **involuntary muscles**? That means that your heart keeps beating even though you are not telling it to. That is a good thing because otherwise you would have to be thinking about it all of the time.

Your heart rate tells a lot about how healthy you are. It is measured in two ways: **frequency** and **regularity**. Frequency tells how many times per minute your heart beats. A normal, **resting** (not doing intense physical activity) heart generally beats between 60 and 100 times per minute. Regularity is how consistent your heartbeat is. A healthy heart usually beats evenly...like a steady drum.

When you run, your heart beats faster because your muscles need more **oxygen**. It is important to watch how fast your heart is beating because if it beats too quickly, it doesn't have enough time to fill up with blood to pump to your muscles. When this happens, your muscles don't get what they need.



So what is a good heart rate when you are exercising? You need to do a little math. First, find your **maximum heart rate** by subtracting your age from 220. Then, ask someone to help you find 80% to 85% of that number. A good heart rate for training is between 80% and 85% of your maximum heart rate.

Discussion Starters

1. What types of things make your heart beat faster?
2. Have you ever had to lower your heart rate? What did you do? Did you sit down? Lay down? Relax?
3. What might happen if you had to tell your heart to beat each and every time?
4. Have you ever found your maximum heart rate? Can you do it now?
5. Why is it important to watch your heart rate while exercising?

Got Character?

(10 minutes)

What does it mean to live with **honor**? To live an honorable life? To be a person of honor is to be a person with **integrity** who is fair and honest. If you have integrity, you believe in certain principles, and you live and make decisions based on those beliefs rather than doing what might be popular or attractive at the time.

People who are **honorable** know what is right and try to do what is right in their lives. They stand up for people who are too young or not strong enough to stand up for themselves. They walk away instead of getting into fights when people are inconsiderate, rude, or try to upset them. They show respect to others, even when some people might not seem to “deserve” it. They are strong and stand up to peer pressure when friends try to talk them into doing something wrong. They encourage their friends, and people that they meet, to do good and right things. And they manage to do all of this with a good, and humble, attitude.

Many honorable people came to help after the bombing of the Murrah Federal Building. They believed that people are precious, so they spent their time, effort, and money to not only work to rescue those who were trapped or injured, but to also reach out and serve other victims and their families. Many honorable people cooked meals for the victims and rescuers; many honorable people raised money to help those who were impacted by the disaster; and many honorable people work still today to share the story about what happened with others in hopes that it might not ever happen again.



You can choose to be a person of honor. First you need to know, or decide, what you believe. Do you believe that people are important? That doing good for others is something that you should do if you have the opportunity? Do you believe that if you have a disagreement with someone else you should work it out together rather than resorting to violence? Then make choices about your behavior that line up with those beliefs and you will live with honor.

1. What do you believe is true and right? What are your beliefs?
2. What can happen if you don't live in line with your beliefs?
3. Think about a time when people put pressure on you to do something bad. How did you choose the right thing to do?
4. Talking with someone you trust can help you make good choices. Who can you talk to if you are trying to decide the right thing to do?

***Discussion
Starters***





REFLECTIONS

Honor is being a person of integrity who is fair and honest. People who are **honorable** know what is right and try to do what is right in their lives. We've seen the images of the flag-draped coffins being escorted from the airplane. This reminds us of the sacrifice made by a soldier serving with **honor**. What does it mean to be a person of **honor**? An **honorable** person is someone who lives a life of integrity, honesty, and service. Someone who behaves **honorably** treats others with respect, does what is expected, and is true to their word and themselves. Living with **honor** is the best way to live because you never lose sight of who you really are and you don't have to worry about what others think.

At home, recognize **honor** with specific language such as, "When you thought no one was looking and you had the opportunity to cheat on your homework, you didn't. Instead you worked hard and did your best. Thank you for being **honorable**."

Teachers can reinforce **honor** with specific language such as "You had the opportunity to cheat when running laps in P.E. class, but you didn't. You acted with **honor**."



10

LEADERS AND DOERS

Through grade 3 Goal: to describe the organized response by leaders, explain how to burn fat and build muscle, and introduce the character quality of **positivity**.

The Story

(10 minutes)

When something bad happens, there are always people who step up and do the right thing. These people are leaders and doers, and they help come up with ideas and then they get in and do the work to get things done.

After the bombing in Oklahoma City, several people stepped in. President Bill Clinton declared a federal emergency so the government could help. He also told people to fly the flag only halfway up the flagpole—this is called flying the flag at half-staff. Doing this helps draw attention to what happened, shows support for the people who were hurt or killed, and helps everyone to remember. Only four days after the bombing, President Clinton visited Oklahoma City to show his support.

Governor Frank Keating declared a state of emergency for the state. He promised to help the victims and the city through this tragedy. A lot of money was donated to help the victims, the survivors, and their families.

One of the most important leaders in the efforts after the bombing was Oklahoma City Mayor Ron Norick. He put together a **task force** to study the best way to honor the people who were hurt or killed. A **task force** is a group of people that is put together for a special purpose—and the special purpose of this **task force** was to figure out what the Oklahoma City National Memorial & Museum should be like—how should it make visitors feel? What should people think when they visit?

This task force was very big. Three hundred and fifty people were on the task force. Some were really good at fundraising, in business, and how to talk with people. Some were in government. Others were family members of those who were hurt or killed. Some were survivors of the blast and others were first responders. All of the people on the task force shared a commitment to honoring those affected by the bombing, educating others about what happened, and reassuring people that in the world there is more good than bad.



The people on the task force came up with a **mission statement** to tell others why they were committed to their work. It says:

“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.”

These leaders and doers all worked together to create the Oklahoma City National Memorial & Museum to remember and honor the victims and to envision a hope for a brighter tomorrow.

1. When something bad happens, how can you help?
2. When someone as important as President Bill Clinton comes to visit to show support, how does this help the people who were affected? How does it make them feel? How does it encourage them?
3. Why do you think it is important that leaders of all levels and from all areas come together when there is work to be done?
4. What does flying a flag at half-staff help you remember? Why?
5. Why was it important to have all sorts of people with different jobs and interests involved in creating the Memorial?

Discussion Starters

When people are exercising to look or feel better, they usually want to do one of two things—**burn fat** to lose weight or **build muscle** to become stronger. Doing both of these things is important but can be difficult.

Get Fit

(10 minutes)

When you eat food, your body **keeps and stores** the extra calories as **fat**. Having some fat stored up is not a bad thing—in fact, that fat is what your body needs in order to exercise. When your body burns more fuel (the food you have eaten) than you eat, it burns your fat stores. That can cause you to lose weight.

Building muscle is different. People who want to lose weight want to eat less. People who want to build muscle want to eat more. To build muscle you have to have **extra food** because when you work hard with your muscles, you get **small tears** in them. This may sound bad, but it is



actually good because when your body repairs those little tears, it builds your muscles back **stronger** than they were before. But what does it use to repair those muscles? It needs your extra food as stored **energy**. When you want to lose weight and burn fat you want to eat less. When you want to build muscle, you want to eat more.

When you are running to build **endurance** for a big race, you will eat more calories because your body needs more energy to run. You may eat more **carbohydrates** like bread and pasta because “carbs” can be changed by your body very quickly to energy.

The trick is to not eat more calories than you need because if you do, you will gain weight. Also, if you stop exercising you will want to eat less for the same reason.

The important thing is to find the **balance** of eating the right amount. If you do, you will live a healthy life.

Discussion Starters

1. Do you want to lose weight or build muscle? Or both? Why?
2. Why is it important to have some fat stores?
3. What can happen if you eat too many calories—too much food—all of the time?
4. Why should you eat less food if you stop exercising?
5. What are some foods that have a lot of carbs that you like to eat?

Got Character?

(10 minutes)

People who are happy and have a positive attitude are fun to be around. They look on the bright side of things and come up with good ideas when there is a problem. **Positivity** is keeping a good attitude even when things are difficult.

Who do you know who has a good attitude? How do you feel when you are around them? Positivity is contagious! You can “catch” a good attitude by being around someone with a good attitude.

How can you be a positive person? Well, having a good attitude is a choice. Yes, a choice. Even when something happens that is very upsetting or disappointing or that might make you mad, you can choose to have a good attitude. When you feel yourself starting to tense up, get angry, or become upset, take a moment and stop. Relax. Think happy thoughts to get your emotions back under control. Then make a list of everything that is good and that is going right. **Focus** on the good rather than the bad and you can slowly begin to change your attitude. Focusing on the good rather than on the bad is sometimes called “looking on the bright side.”



People who look on the bright side are happier and healthier than those who are grumpy and have a bad attitude about everything.

If you are positive and cheerful, you can help others to be that way too. One way to spread good cheer is to let others know you appreciate them. Remember to tell people you know that you like it when they do things that are good and right. If you see someone helping someone else, tell them thank you!

It is easier to have a good attitude, even when bad things happen, if you know that you are making a difference. Figure out ways you can make life better and easier for others and you will make a difference in your family, your school, and your community. Have a positive attitude and make a positive difference in the world.

1. Why is it important to have a positive attitude?
2. How can having a positive attitude help you deal with problems or challenges?
3. How does being around someone with a bad attitude make you feel?
4. Why do you think that people with positive attitudes are happier and healthier than people who are always grumpy?
5. Think about someone you know who has a positive attitude. What about them makes them special?

Discussion Starters



10

LEADERS AND DOERS

Grades 4-6

*Goal: to describe the organized response by leaders, explain how to burn fat and build muscle, and introduce the character quality of **positivity**.*

The Story

(10 minutes)

When something bad happens, there are always people who step up and do the right thing. These people are leaders and doers, and they help come up with ideas and then they get in and do the work to get things done.

After the bombing in Oklahoma City, several people stepped in. President Bill Clinton declared a federal emergency so the government could help. He also ordered that flags be flown at half-staff in remembrance of the tragedy. Only four days after the bombing, President Clinton visited Oklahoma City to show his support.

Governor Frank Keating declared a state of emergency for the state. He committed to helping the victims and the city through this tragedy. Federal grant money was put into the Murrah fund, and millions of dollars were donated to help victims and survivors.

One of the most important leaders in the efforts after the bombing was Oklahoma City Mayor Ron Norick. He put together a **task force** to study the best way to honor the victims of this tragedy. A **task force** is a group of people that is put together for a special purpose—and the special purpose of this **task force** was to figure out what the Oklahoma City National Memorial & Museum should be like—what should it communicate? How should it make visitors feel? What should people experience when they visit?

This task force was very big. Three hundred and fifty people were on the task force. Some were experts in fundraising, business, and communication. Some were in government. And some were family members of victims, first responders or survivors of the blast. All of the people on the task force shared a commitment to honoring those affected by the bombing, educating others about what happened and the response, and reassuring people that in the world there is more good than bad.



The people on the task force came up with a **mission statement** to tell others why they were committed to their work. It says:

“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.”

These leaders and doers all worked together to create the Oklahoma City National Memorial & Museum to remember and honor the victims and to envision a hope for a brighter tomorrow.

1. When something bad happens, how can you help?
2. When someone as important as President Bill Clinton comes to visit to show support, how does this help the people who were affected? How does it make them feel? How does it encourage them?
3. Why do you think it is important that leaders of all levels and from all areas come together when there is work to be done?
4. What does flying a flag at half-staff help you remember? Why?
5. Why was it important to have all sorts of people with different jobs and interests involved in creating the Memorial and Museum?
6. If you were to write a mission statement for your life, what would it say? What do you want to accomplish with your life?
7. If you were asked to put together a task force to address a problem—like bullying, for example—who would you ask to serve on the task force with you? Why?

Discussion Starters

When people are exercising to look and feel better, they usually want to do one of two things—**burn fat** (lose weight) or **build muscle** (become stronger). Doing both of these things is important, but can be difficult.

Get Fit

(10 minutes)

When you eat food, your body **stores** the extra calories as fat. Having some fat stores is not a bad thing—in fact, those fat stores are what your body needs in order to exercise. When your body burns more fuel than you eat, it burns your fat stores. That can cause you to lose weight.



Building muscle works in the opposite way than when you are reducing calories to lose weight. When you **work hard** with your muscles, **small tears** in your muscles form. This may sound bad, but it actually is good (as long as the tears aren't too big) because when your body repairs those little tears, it builds your muscles back **stronger** than they were before. But what does it use to repair those muscles? It needs your **stored energy**. That is where the opposite happens. When you want to lose weight (burn fat) you want to eat less. When you want to build muscle (which requires extra calories) you want to eat more.

When you are running to build **endurance** for a big race, you will eat more calories because your body needs more energy to run. You may eat more **carbohydrates** like bread or pasta because “carbs” convert quickly to energy.

The trick is to not eat **more** calories than you need because if you do, you will gain weight. Also, if you stop exercising, you will want to reduce the amount you eat for the same reason.

The important thing is to find the **balance** of the amount of exercise and the amount of food consumed. If you do, you will live a healthy life.

Discussion Starters

1. Do you want to lose weight or build muscle? Or both? Why?
2. Why is it important to have some fat stores?
3. What can happen if you regularly eat too many calories?
4. Why should you reduce the amount of calories you eat if you stop exercising?
5. What are some foods that are high in carbohydrates that you like to eat?

Got Character?

(10 minutes)

People who have a positive attitude are fun to be around. They look on the bright side of things and come up with good solutions and ideas when faced with problems. **Positivity** is keeping a good attitude even when things are difficult.

Who do you know who has a good attitude? How do you feel when you are around them? Much like enthusiasm, positivity is contagious! You can “catch” a good attitude by being around someone with a good attitude.

How can you be a positive person? Well, having a good attitude is a choice. Yes, a choice. Even when something happens that is very upsetting or disappointing or that might make you mad, you can choose to have a good attitude. When you feel yourself starting to tense up, get angry, or



become upset, take a moment and pause. Relax. Think happy thoughts to get your emotions back under control. Then begin to make a mental list of everything that is good and that is going right. **Focus** on the good rather than the bad and you can slowly begin to change your attitude. Focusing on the good rather than on the bad is sometimes called “looking on the bright side.” People who look on the bright side are happier and healthier than those who are grumpy and have a bad attitude about everything.

If you are positive and cheerful, you will influence others to be that way too. One way to spread good cheer is to let others know you appreciate them. Remember to tell people you know that you like it when they do things that are good and right. If you see someone helping someone else, tell them thank you!

It is easier to have a good attitude, even when bad things happen, if you know that you are making a difference. Figure out ways you can make life better and easier for others and you will make a difference in your family, your school, and your community and it will give you a sense of worth. Have a positive attitude and make a positive difference in the world.

1. Why is it important to have a positive attitude?
2. How can having a positive attitude help you deal with problems or challenges?
3. How does being around someone with a bad attitude make you feel?
4. Why do you think that people with positive attitudes are happier and healthier than people who are always grumpy?
5. Think about someone you know who has a positive attitude. What about them makes them special?

***Discussion
Starters***





MEMORIAL MARATHON

Sabercoats

CC

OKLAHOMA CITY
MEMORIAL
MARATHON

OKLAHOMA CITY
MEMORIAL
MARATHON

OKLAHOMA CITY
MEMORIAL
MARATHON
KIDS MARATHON
RUN TO REMEMBER
APRIL 20, 2007



2

REFLECTIONS

Positivity is keeping a good attitude even when things are difficult. Winston Churchill is credited with saying, “Attitude is a little thing that makes a big difference.” And we all know that when kids have a good attitude around the house...well...everything just seems to go better. Sometimes it is difficult for children to realize that their attitude is a choice. Even when things are going badly and life is difficult, if we choose to have a good attitude, things start to turn around and we begin to feel better. Encourage them to have a good attitude and spread cheer.

At home, recognize **positivity** with specific language such as, “I know that you’ve had a rough day but when you came home, you smiled and played with your little brother. Because you demonstrated **positivity**, now everyone is in a better mood. Thank you for being positive!”

Teachers can reinforce **positivity** with specific language such as “When you have a positive attitude in class, you have a good impact on everyone around you. Your friends pay closer attention, and end up being more positive themselves because of your **positivity**.”



11 A DESIGN IS DISCOVERED

Through grade 3 Goal: to reveal how the design of the Memorial was chosen, explain the concept of the “bonk” and how to avoid it, and introduce the character quality of **patience**.

The Story

(10 minutes)

After the bombing, it was decided that a special place needed to be built to remember the tragedy. Oklahoma City Mayor, Ron Norick, put together a group of people to come up with ideas to honor the victims. They asked people to share ideas for the design of this special place, called a **memorial**.

There were 624 ideas sent in. That is a lot of ideas! Fifteen people looked at all of the plans and picked the best one. Every single person in the group thought that the design made by Hans and Torrey Butzer and Sven Berg was the one. Their design had parts that represented time, the people who were killed, and the importance of thinking about what happened. This Memorial cost \$29.1 million dollars to build and was paid for by public funds and private donations by people who wanted to help.

The Memorial includes: The Gates of Time, the Reflecting Pool, the Field of Empty Chairs, the Survivor Wall, The Survivor Tree, The Fence, the Rescuers’ Orchard, the Children’s Area, the Journal Record Building, and the Alfred P. Murrah Federal Building Plaza. All of the areas outside of the Journal Record Building—where the Museum is—are open to the public without having to pay. The money you pay to tour the Museum helps ensure the site is maintained and a place that visitors can learn about the tragedy.

The Oklahoma City National Memorial is an affiliate of the National Park System, but is owned and maintained by the Oklahoma City National Memorial Foundation. Park Rangers provide interpretive programs on the Outdoor Symbolic Memorial.



1. If you were chosen to design the Memorial, how would you decide what to include? What would your design look like?
2. It can be difficult for 15 people to agree on anything. How do you think they worked through all of the designs and were able to agree on just one? Why do you think they believed it was important for them to agree?
3. Have you ever seen the Memorial? If so, what did you like the most? If not, what would you like to see on the Memorial grounds?

Discussion Starters

“Bonk” sounds like a silly, made-up word. But most runners agree that “the bonk” really happens and it **isn’t any fun**. Bonking is when you are exercising and, all of a sudden, you run out of energy, you are super tired, and your muscles begin to cramp. Sometimes it is so bad that you get confused and can’t think right and you don’t want to do anything. Athletes call this “**hitting the wall**.”

Get Fit

(10 minutes)

What causes you to bonk when you are exercising? Doctors think that your brain senses that your **energy** is being used up too quickly so it begins to shut down different parts of your body. It’s kind of like when a cell phone battery gets too low and the screen starts to get dim and some things, like the camera, won’t work. You can see how if this happens to you when you are in the middle of a big race, you might not have enough energy left to **walk** to the finish line!

So, how do you avoid the bonk? The answer is to train and **eat right**. You need to train for endurance and watch what you eat and eat the right amount, especially carbohydrates (carbs).

When it comes to eating carbs, it is important to eat the right type. If you are getting ready to run in a big race, for a few days before, you should eat a lot of carbs (like pasta and bread). Also, you should eat carbs that your body can digest easily and that don’t have too much **fiber** or **fat**. A really



good snack to eat before a race is a banana. Bananas don't have too much fiber and they are very easy for your body to digest and use as energy.

Beware the bonk and you will have a successful race!

Discussion Starters

1. Have you ever "bonked" while exercising? What happened?
2. How is bonking like a cell phone battery that is losing power?
3. What might happen if you bonk and you are halfway through a big race?
4. What are some things you can do so you don't bonk?
5. What are some things you should eat before a big race? Why?

Got Character?

(10 minutes)

Sometimes in life it is difficult to wait. The night before a special event can seem to be the longest night of the year, or waiting for a family member to return from deployment can be an eternity.

Patience is waiting without getting upset. But while you're waiting, do you have to sit and do nothing? Most of the time, while waiting, it is good to find something to do to help or that will help you reach your goals. Right now you may be training to run in the Marathon. It is hard to wait for the day of the big race. You are excited and you want to run! But it is important to take your time and prepare your muscles like the butterfly prepares its wings before flying. Do what your teacher, coach, or trainer tells you to do. Be patient and take the time to stretch your muscles before running even though you want to run right away. This will make sure you don't hurt your muscles while running. Be patient and work up to running a long way by running a little bit every day. Don't rush the process and burn yourself out.

Learning to be patient takes...patience! Remember that taking your time and doing things the right way will work out best in the end. Instead of rushing through, learn to wait and work to make progress to reach your goals.



1. Why is it difficult to wait for something you really want?
2. What are some things you can do while you wait?
3. If you try to run a long way without stretching or doing the things you need to do to be ready, what might happen?
4. Why is having a good attitude and not becoming upset an important part of being patient?

***Discussion
Starters***



11 A DESIGN IS DISCOVERED

Grades 4-6

*Goal: to reveal how the design of the Memorial was chosen, explain the concept of the “bonk” and how to avoid it, and introduce the character quality of **patience**.*

The Story

(10 minutes)

After the bombing, it was decided that a memorial needed to be built in remembrance of the tragedy. Oklahoma City Mayor, Ron Norick, put together a task force of people to come up with ideas to honor the victims. They asked people to submit ideas for the design of the **Memorial**.

Several ideas were submitted—in fact there were 624 plans that a panel of 15 people from the task force looked at before they picked the best one. That’s a lot of ideas! In July of 1997, over two years after the bombing, the design submitted by a husband and wife named Hans and Torrey Butzer and Sven Berg was picked. Every single person on the panel thought their design was the best. This design featured parts that represented time, the people who were killed, and an encouragement to reflect on what had happened. The Memorial cost \$29.1 million dollars to build and was paid for by state and federal funds and private donations by people who wanted to help.

The Memorial includes: The Gates of Time, the Reflecting Pool, the Field of Empty Chairs, the Survivor Wall, The Survivor Tree, The Fence, the Rescuers’ Orchard, the Children’s Area, the Journal Record Building, and the Alfred P. Murrah Federal Building Plaza. All of the areas outside of the Journal Record Building—where the Museum is housed—are open to the public without charge. The fee to tour the Museum helps ensure the facility is maintained and a place that visitors can learn about the tragedy.

The Oklahoma City National Memorial is an affiliate of the National Park System, but is owned and maintained by the Oklahoma City National Memorial Foundation. Park Rangers provide interpretive programs on the Outdoor Symbolic Memorial.



1. If you were chosen to design the Memorial, how would you decide what to include? What would your design look like?
2. It can be difficult for 15 people to agree on anything. How do you think they worked through all of the designs and were able to agree on just one? Why do you think they believed it was important for them to agree?
3. Have you ever seen the Memorial? If so, what impressed you the most?
4. If you worked at the Memorial, what would you want to share with visitors? What, in your opinion, is important for them to know and understand?

Discussion Starters

“Bonk” sounds like a silly, made-up word. But most runners agree that “the bonk” actually happens and ***isn’t any fun***. Bonking is when you are exercising and, all of a sudden, you run out of energy, you are exhausted, and your muscles begin to cramp. Sometimes it is so bad that you get confused or lose all motivation to do anything. Athletes refer to this feeling as “***hitting the wall***.”

Get Fit

(10 minutes)

What causes you to bonk when you are exercising? Doctors think that your brain senses that your ***energy*** is being used up too quickly so it begins to shut down different body functions. It’s kind of like when your cell phone battery gets too low and your phone goes into “battery saver mode”—your screen gets dim and some functions like your camera may not work. You can easily see how if this happens when you are in the middle of a big race, you might not even have the energy left to ***walk*** to the finish line!

So, how do you avoid the bonk? The answer is to train and ***eat right***. You need to train for endurance and watch what you eat and eat the right amount, especially carbohydrates (carbs).



When it comes to eating carbs, it is important to eat the right type. If you are getting ready to run in a big race, for a few days before, you should get a little more than half of your **calories** from carbs (like pasta and bread). Also, you should eat carbs that you can digest easily and that don't have too much fiber or are high in fat. A really good snack to have before a race is a banana. Bananas don't have too much fiber and are very easy for your body to digest and use as energy.

Beware the bonk and you will have a successful race!

Discussion Starters

1. Have you ever “bonked” while exercising? What happened?
2. How is bonking like when your cell phone goes into battery saver mode?
3. What might happen if you bonk and you are halfway through a big race?
4. What are some ways you can avoid bonking?
5. What are some things you should eat before a big race? Why?

Got Character?

(10 minutes)

Sometimes in life it is difficult to wait. The night before a special event can seem to be the longest night of the year, or waiting for a family member to return from deployment can be an eternity.

Patience is waiting without getting upset. But while you're waiting, do you have to sit and do nothing? Most of the time, while waiting, it is good to find something to do to help or that will help you reach your goals. Right now you may be training to run in the marathon. It is hard to wait for the day of the big race. You are excited and you want to run! But it is important to take your time and prepare your muscles like the butterfly prepares its wings before flying. Do what your teacher, coach, or trainer tells you to do. Be **patient** and take the time to stretch your muscles before running even though you want to run right away. This will make sure you don't hurt your muscles while running. Be **patient** and work up to running the full distance by running a little bit every day. Don't rush the process and burn yourself out.

Learning to be patient takes...patience! Remember that taking your time and doing things the right way will work out best in the end. Instead of rushing through, learn to wait and work to make progress to reach your goals.



***Discussion
Starters***

1. Why is it difficult to wait for something you really want?
2. What are some things you can do while you wait?
3. If you try to run a long way without stretching or doing the things you need to do to be ready, what might happen?
4. Why is having a good attitude and not becoming upset an important part of being patient?





COACH

50945
OKLAHOMA CITY
MEMORIAL KIDS MARATHON
50945
15th ANNUAL APRIL 24, 2016
9-10B

50946

REFLECTIONS

Patience is waiting without getting upset. **Patience** is difficult for anyone to have, but it can be especially challenging for younger people. This is because it requires you to step back, gain control of your emotions, and take the long view of the situation. They haven't been alive long enough for this to become a habit. When a younger person is struggling with being patient, take a moment to ask what about the situation is frustrating. Talking about emotions and what is triggering them is a good first step toward learning to regulate them.

At home, recognize **patience** with specific language such as, "I know that playing a game with your little sister can be very frustrating because she doesn't understand or follow the rules. Thank you for being patient and taking the time to help her learn to play the game."

Teachers can reinforce **patience** with specific language such as, "I know you want to get out there and run right away. But you are being very mature and patient by taking the time to warm up slowly before exercising hard. You are less likely to injure yourself because of your **patience**."



12

168 EMPTY CHAIRS

Through grade 3 Goal: to describe the different parts of the Memorial, encourage proper nutrition the night before the Marathon, and introduce the character quality of **humility**.

The Story

(10 minutes)

One hundred sixty-eight empty chairs sit on the lawn at the Oklahoma City National Memorial in downtown Oklahoma City. They sit right where the Alfred P. Murrah Federal Building once stood. There are 149 big chairs and 19 little chairs. Each big chair is for one adult who was killed. Each little chair is for one child. One hundred sixty-eight chairs made of bronze and stone are lined up to show where people were when the bomb went off. If you visit the Memorial, sometimes you will see flowers or gifts on a chair. These are put there by friends or family members of the person who was killed.

The chairs all sit on the grassy area between two huge bronze walls. These walls are called the Gates of Time. The one on the East end of the Memorial has 9:01 etched on it which is the last moment of innocence before the bomb went off. The large bronze gate on the Western end of the Memorial says 9:03 which is the minute after the bomb when people ran to help, and healing began. The twin gates frame the moment of destruction – 9:02 a.m. – and mark the formal entrances to the Memorial. In between the gates is the Reflecting Pool. The pool reflects the images of The Gates of Time and the 168 Chairs etched with the names of the people who were killed. When you stand by the Reflecting Pool, you can see 9:01 and 9:03 and imagine what that moment in time must have been like—over in an instant, yet seeming to last forever.

On the Memorial site there are also other things—the Survivor Wall, The Fence, the Rescuers’ Orchard, the Children’s Area, the Memorial Museum, the Alfred P. Murrah Federal Building Plaza, and The Survivor Tree. The Survivor Tree is very special. It is very old and it survived not only the blast of the bomb and the falling pieces of the building, but also the fires that burned after the explosion. The Survivor Tree is a wonderful symbol of hope and shows us that life goes on, even when everything falls apart.



1. Why do you think they choose chairs to represent the people who were killed?
2. Why is it important that each chair is etched with the name of a person?
3. Why does a pool of water make you feel calm and make you think?
4. Why is it important to have a Memorial?
5. What does The Survivor Tree make you think about?

Discussion Starters

Running in a big race, like a marathon, takes a lot of **energy**! Even though you won't be running in the full marathon until you get older, it is important to learn what you should do the night before a big race, whether you run 1 mile or 26.2 miles.

Get Fit

(10 minutes)

Your body gets energy from the food you eat. Eating right before exercising is important if you want to perform your best. Eating right is called getting **good nutrition** because you are getting nutrients your body needs.

The days before a big race are special. This is your chance to stock up on the foods your body needs to have enough energy to run the race well. The most important **nutrient** that your body changes to energy is **carbohydrates** (carbs). While eating carbs the night before a big race is a good idea, you should start a few days before so you can store up enough. Foods that are high in good carbs include: pasta, quinoa, bananas, blueberries, oats, and sweet potatoes.

Why are carbs so easy for your body to turn into energy? Carbs are stored in your **liver**. Your liver is your body's largest internal (inside) organ. It is in the trunk of your body (the main part below your shoulders and above your legs) right under your ribs so that your lower ribs protect it from getting hurt. Your body stores carbs in your liver and muscles as **glycogen**—a type of sugar that is very easy for your body to use as energy. Carefully build your glycogen stores before the big race to have enough energy to run the whole way. It can help to eat a quick snack that has a lot of carbs about an hour before the race to make sure your energy stores are full.



Keep a list of the foods you eat to prepare for exercise. This can help you to make sure you get the right amount of what you need to make it to the finish line.

Discussion Starters

1. Why is it important to eat right before a big race?
2. What are some good things to eat to make sure you have enough energy to make it to the finish line?
3. Where does your body get energy to exercise?
4. What is one of the important jobs of your liver? Where is your liver located?
5. Why do you think it is important that your liver is protected by your ribs?

Got Character?

(10 minutes)

Are you good at baseball? Maybe you play the piano really well. Have other people told you that you are smart? To know that you are good at something isn't being arrogant. But, taking all of the credit, or thinking you got to where you are all by yourself, is not a good way to be. Being prideful can cause people to not want to hang around with you because they think that *you* think that you are better than everyone else. But, having a humble heart makes people want to be your friend because you are nice to them and don't think more highly of yourself than you should.

If, for example, you are good at baseball, how did you get that way? Someone taught you how to throw the ball, make a good catch, and swing a bat. Recognizing that others play a part in your success, having gratitude, and **sharing the credit** is being humble. Take some time to say thank you to the people who have helped you become who you are today. Saying thank you not only makes them feel good, but also helps you remember that it's your **responsibility** to help others coming after you.

Who are some of the people who have helped you along the way? Parents? Friends? Teachers? Coaches? What are some of the things you can do to say thank you to them?

Many of the helpers after the bombing were called heroes because that is what they are. However, many felt they were just doing what needed to be done, they were humble. Instead of being proud and boasting, they credited others. Those affected by the bombing demonstrated humility by recognizing those helpers and expressing gratitude to them.

Humility is realizing how people and other things—like the town you call home, where you go to school, and the country you live in—have helped you get to where you are today. Being humble takes the center



of attention off of you and shines the light on what others have done. Being humble makes people want to be around you because you share the credit; while an arrogant person wants all the credit and attention. Being humble means that you are willing to ask for help when you need it, because you are not too proud to accept help from others. And a humble person is always willing to help others, even if they won't receive any credit or recognition.

1. What are some things you are good at?
2. Who are some of the people who have helped you?
3. What are some ways you can say thank you to the people who have helped you?
4. Why do people enjoy being around people who are humble, instead of prideful?
5. Why is it important to serve others? Why are humble people more likely to serve others than people who are prideful?

Discussion Starters



12

168 EMPTY CHAIRS

Grades 4-6

*Goal: to describe the different parts of the Memorial, encourage proper nutrition the night before the Marathon, and introduce the character quality of **humility**.*

The Story

(10 minutes)

One hundred sixty-eight empty chairs sit on the lawn at the Oklahoma City National Memorial in downtown Oklahoma City. They sit right where the Alfred P. Murrah Federal Building once stood. There are 149 big chairs and 19 little chairs. Each big chair represents one adult who was killed. Each little chair represents a child. One hundred sixty-eight chairs made of bronze and stone are lined up to show which floor each person was on when the bomb went off. If you visit the Memorial, sometimes you will see flowers or gifts placed on a chair by friends or family members of the person who was killed.

The chairs all sit on the grassy area between two huge bronze walls. These walls are called the Gates of Time. The one on the East end of the Memorial is etched with 9:01 which is the last moment of innocence before the bomb went off. The large bronze gate on the Western end of the Memorial is etched with 9:03 which is the first moment that the rescue and recovery began. The twin gates frame the moment of destruction – 9:02 a.m. – and mark the formal entrances to the Memorial. In between the gates is the Reflecting Pool. The Reflecting Pool reflects the images of The Gates of Time and the 168 Chairs inscribed with the names of the victims. When you stand by the Reflecting Pool, you can see 9:01 and 9:03 and imagine what that moment in time must have been like—over in an instant, yet seeming to last forever.

On the Memorial site there are also other representations—the Survivor Wall, The Fence, the Rescuers’ Orchard, the Children’s Area, the Memorial Museum, the Alfred P. Murrah Federal Building Plaza, and The Survivor Tree. The Survivor Tree is very special. It is very old and it survived not only the blast of the bomb and the falling debris, but also the fires that burned after the explosion. The Survivor Tree is a wonderful symbol of hope and shows us that life goes on, even when everything falls apart.



1. Why do you think they chose chairs to represent the people who were killed?
2. Why is it important that each chair is inscribed with the name of a person?
3. Why is it important to have a Memorial?
4. What does The Survivor Tree represent to you?
5. If you were to bring an item of remembrance, what would you bring? Why?

Discussion Starters

Running in a big race, like a marathon, takes a lot of **energy**! Even though you won't be running in the full marathon until you get older,

it is important to learn what you should do the night before a big race, whether you run 1 mile or 26.2 miles.

Get Fit

(10 minutes)

Your body gets its energy from the food you eat. Getting proper **nutrition**—eating right—before exercising is important if you want to perform your best.

The days before a big race are special. This is your chance to stock up on the foods your body needs to have enough energy to run the race well. The most important **nutrient** that converts easily to energy is carbohydrates. While eating carbs the night before a big race is a good idea, you should start a few days before so you can store up enough. Foods that are high in good carbs include: pasta, quinoa, bananas, blueberries, oats, and sweet potatoes.

Why are carbs so easy for your body to convert to energy? Carbs are stored in your **liver**. Your liver is your body's largest internal organ. It is in the trunk of your body (the main part below your shoulders and above your legs) right under your ribs so that your lower ribs protect it from getting hurt. Your body stores carbs in your liver and muscles as **glycogen**—a type of sugar that is very easy for your body to use as energy. Carefully build your glycogen stores before the big race to have enough energy for the long haul. It can help to eat a quick carb-rich snack about an hour before race time to make sure your energy stores are full.



Keep a list of the foods you eat to prepare for exercise. This can help you to make sure you get the right amount of what you need to make it to the finish line.

Discussion Starters

1. Why is it important to prepare for a big race by eating right a few days before?
2. What are some good things to eat to make sure you have enough energy to make it to the finish line?
3. Where does your body get energy to exercise?
4. What is one of the important jobs of your liver? Where is it located?
5. Why do you think it is important that your liver is protected by your ribs?

Are you good at baseball? Maybe you play the piano really well. Have other people told you that you are smart? To know that you are good at

Got Character?

(10 minutes)

something isn't being arrogant. But, taking all of the credit, or thinking you got to where you are all by yourself, is not a good way to be. Being prideful can cause people to not want to hang around with you because it appears that you think that you are better than everyone else. But, having a humble heart makes people want to be your friend because you value people and don't think more highly of yourself than you should.

If, for example, you are good at baseball, how did you get that way? Someone taught you how to throw the ball, make a good catch, and swing a bat. Recognizing that others play a part in your success, having gratitude, and **sharing the credit** is being humble. Take some time to say thank you to the people who have helped you become who you are today. Expressing gratefulness not only makes them feel good, but also helps you remember that it's your **responsibility** to help others coming after you.

Who are some of the people who have helped you along the way? Parents? Friends? Teachers? Coaches? What are some of the things you can do to express your appreciation to them?

Many of the first responders and co-workers who helped after the bombing were called heroes because that is what they are. However, many felt they were just doing what needed to be done, they were humble. Instead of being proud and boasting, they credited others. Those affected by the bombing demonstrated humility by recognizing those helpers and expressing gratitude to them.



Humility is realizing how people and other things—like the town you call home, where you go to school, and the country you live in—have helped you get to where you are today. Being humble takes the center of attention off of you and shines the light on what others have done. Being humble makes people want to be around you because you share the credit. Being humble means that you are willing to ask for help when you need it, because you are not too proud to accept help from others. And a humble person is always willing to help others, even if they won't receive any credit or recognition.

1. What are some things you are good at?
2. Who are some of the people who have helped you?
3. What are some ways you can say thank you to the people who have helped you?
4. Why do people enjoy being around people who are humble, instead of prideful?
5. Why is it important to serve others? Why are humble people more likely to serve others than people who are prideful?

***Discussion
Starters***



REFLECTIONS

Humility is recognizing that others play a part in your success, having gratitude and sharing the credit. **Humility** can sometimes be difficult to talk about because if you describe yourself as humble, are you really humble? The answer is yes. Being humble isn't thinking less of yourself than you should – it is being honest about who you are and the skills and abilities you were given. That's the key. Taking credit for everything is not **humility**. Giving credit to others for the help they have given you so that you are able to do things well – that is being humble.

At home, recognize **humility** with specific language such as, “It was very humble of you to thank your piano teacher for working with you when you won the talent contest. She spent a lot of time with you helping you get better and it was nice to see you share the credit. Thank you for being humble.”

Teachers can reinforce **humility** with specific language such as “Thanking the team for their support and role in your success when you received the Outstanding Player Award showed a lot of **humility**. Thank you!”



Marathon

Kids Finish

RUNREMEMBER



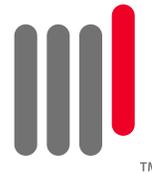
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