

Show Your Soft Side Like the Tough Guys Do

Video discussion questions

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Overarching themes:

- Showing emotions is ok for 'tough guys' and it makes them more loving
- Showing love for animals is a positive character trait
- Positive character traits include helping others, especially animals, who rely on people to have their needs met
- Having pets can help people develop a sense of positive well-being
- Everyone (especially students) can do something to help animals, whether it is taking care of your own or helping homeless animals

Background knowledge:

- Identify stars of the video. Who are they? What are their jobs? What else do they do outside of their jobs to help animals?
- Dog and cat body language examples to support student understanding of how the animals in the video are feeling
 - Dog <https://www.flickr.com/photos/lilita/5652847156>
 - Cat <https://www.doggiedrawings.net/cats?lightbox=i31e60>

Example Questions aligned with Maryland College and Career-Ready Standards

Grade	Vocabulary	Standard	Example Questions:	Example Answers:
K	Tough, Powerful loving	Health.K.1.B.1 (emotions)	How are the men feeling? How do you know? How are the animals feeling? How do you know?	Happy (smiling); loving (hugging dog)
		Health.K.1.E.1 (character traits)	Do you think these men are kind or mean? How do you know?	Kind, they are taking care of animals
1		Health.1.1.B.1 (emotions)	How are the men feeling? How do you know?	happy, loving, caring
		Health.1.1.D.1 (decision making)	What actions make these men tough? What actions show their "soft side"?	They are strong but kind to animals
2	'have heart'	Health.2.1.E.1 (character traits)	What are some traits that you saw or heard in the video? What kind of person shows their "soft side"?	Kind, loving, takes care of animals, plays with animals,
3		Health 3.C.1 (personal Well-being)	What are the needs of animals that you saw being taken care of by these men? What other needs do animals have?	play, love, home, exercise,
		Health 3.B.1 (emotions)	How do you think the animals in this video feel? How do you know?	Happy, loved, safe,
		Health 3.E.1 (character traits)	What does it say about your character if you take care of/are kind to animals? What does it mean to be a "softie"? Would you want to be a softie?	

4	Bench, Squat, Deadlift	Health 4.B.1 (emotions)	We know that emotions influence behaviors. If an animal is cared for, how do you think they feel? How do you think they act? How do animals who do not have their needs met feel/act? How can you help?	loved, safe, happy, relaxed- play, sleep scared, afraid, worried- avoid people, growl, curl up, bark, run away
		Health 4.C.1 (Personal Well-being)	How do pets support our well-being? (spiritual, physical intellectual, emotion/mental, social and/or environmental) How can/should we support the well-being of pets?	unconditional love, friendship, exercise, etc
5		Health 5.B.1 (Emotions)	How do you think the men in this video feel? How can you show that being kind to animals is important to you?	Loving, kind, proud, protective, etc
		Health 5.C.1 (Personal Well-being)	How can pets support our positive well-being? How can we support their well-being? What is a goal that we can work towards individually or as a group?	Reduce stress, positive relationship, promote exercise,
6		Health 6.C. 1 (Personal Well-being)	How do these men show include animals in their lives? How do you think pets can add to their personal well-being?	
		Health 6.E. 1 (Character Traits)	What character traits can you see the men show in this video? What character traits would you associate with "showing your soft side"?	loving, fun, happy, strong, silly, active, caring,
7 & 8		Health 8.C.1 (Personal Well-being)	What character traits can you see the men show in this video? What character traits would you associate with "showing your soft side"? What character traits would you want to show in your actions?	
9-12		n/a	What actions show the "soft side" of these men? Do you think someone can be both tough and soft at the same time? Explain.	YES! These men are strong and tough in their jobs but all have a soft side for animals that they show by being silly with their pets, playing with them and showing love.
			How can you show your soft side?	Examples should include actions or words that students can accomplish individually or as group (kind to their own pets, rescuing shelter pets, volunteering, educating others)