

Messages from Marshall



UNIVERSITY OF MISSOURI
 **Extension**
Live. And Learn.



Notebook

Participant's Name: _____

Welcome to the Marshall Mentor Program

We are excited for you to be a part of the **Marshall Movement**. Our hope for you is that you get to know, learn, and understand the powerful messages that Marshall the Miracle Dog has to share.

You will have a **Peer Mentor** that will take you on the journey. My peer mentor's name is _____.

We hope that you listen with your heart as you go through each lesson.

For each lesson you will watch a video clip, hear parts of Marshall's book, participate in a group activity, and be challenged to take action to incorporate that cornerstone into your daily life. Meeting your challenge is what makes you a part of the Marshall Movement.

We hope that you will use this notebook to write reflections, quotes, definitions, action items, or any thoughts that you have that will help you enhance the meaning of the cornerstone.

Marshall has a lot to teach us.

He didn't stop 5 minutes before the miracle and we don't want you to either.

We learned a lot from Marshall and we believe by spreading his message we can make your school, county, city, state, country, and the world a better place.

We are thrilled to have you help us spread Marshall's messages!

Marshall's Mentors

is based on 5 key cornerstones:

1. Empathy

- The ability to share someone else's feelings

2. Strength

- Quality of being physically strong
- Quality that allows someone to deal with their problems in a determined and effective way

3. Courage/Perseverance

- Courage: mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty
- Perseverance: the action of persisting in an enterprise or undertaking in spite of counter influences, opposition or discouragement.

4. Kindness

- The quality of being friendly, generous, and considerate

5. Forgiveness

- The act of ceasing to feel resentment against an offender

Introduction

Lesson ONE



QUOTES

This section is for you to write down any quotes that are discussed that “speak to you”.

Do all the good you can, by all the means you can, in all the ways you can,
in all the places you can, at all the times you can,
to all the people you can, as long as you can.

—John Wesley

What are your thoughts on the **meaning of this quote**?

Can you think of any **other quotes** that encourage or motivate you to be **your best self**?
If you cannot think of any off the top of your head, we suggest you search for a quote that inspires you to be the best person you can be. Write it in this space so you can read it daily.

DEFINITIONS

This section is for you to write down the definition of the cornerstone as well as any of the definitions of words or ideas you learn about.

Cornerstone

A basic element or foundation

Your mentor and these lessons will refer to **5 cornerstones** of this program. They are **5 character traits** and are the foundation for which Marshall's character is built.

Character package. When your mentor refers to your “character package,” what do you think this means?





REFLECTION

This section is for any reflections or thoughts you may have about Marshall's story or video

Introduction Video

What are your thoughts on the introduction to Marshall's story?

What emotions did this video trigger for you? Why?

Marshall the Miracle Dog Book

What were your thoughts on the book?

What part or parts of the book were inspiring to you and why?

What illustrations were powerful to you?



ACTIVITY

Hand Tracing Activity

Trace your hand on this page. Write one cornerstone on each finger. Be sure to put courage and perseverance together on one “finger”.

Once you have all 5 cornerstones at your “fingertips,” think about which one of these you and/or others would say is the strongest one in you.

Write that cornerstone in the palm of your hand and a brief statement supporting why that is your strongest trait. You may choose to illustrate yourself in action portraying your selected trait.



DIGGING DEEPER

Take some time to think about how what you're learning relates to you.

What was it like for you to have to pick a cornerstone that you identified with most?

Why did you select it?

What did you learn about your partner's story in picking their cornerstone?