



my **ENERGY BUS JOURNAL**

5 RULES FOR THE
Ride of My Life

MY Teacher Invited Me On Their Bus!

Here is my ticket!



GLUE/TAPE TICKET HERE

5 RULES FOR THE **Ride of My Life**

1

CREATE A POSITIVE VISION

2

FUEL YOUR RIDE
WITH POSITIVE ENERGY

3

NO BULLIES ALLOWED

4

LOVE YOUR PASSENGERS

5

ENJOY THE RIDE

The Energy Bus Song

(TO THE TUNE OF B-I-N-G-O)

I'M THE DRIVER OF MY BUS
I KNOW WHERE I AM GOING!
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS, I DRIVE ALL THROUGH THE DAY!

I FUEL MY BUS WITH ENERGY
IT KEEPS ME GOING STRAIGHT!
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS, I DRIVE ALL THROUGH THE DAY!

I PICK WHO RIDES MY BUS WITH ME
I PICK THEM VERY WISELY!
NO, NO, BULLIES
NO, NO, BULLIES
NO, NO BULLIES, NO BULLIES, NO WAY!



I LOVE THE PEOPLE ON MY BUS
I LOVE THEM EVERYDAY!
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS, I DRIVE ALL THROUGH THE DAY!

I ENJOY MY RIDE EACH DAY
I LIKE WHAT I AM DOING!
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS
DRIVE! DRIVE! DRIVE MY BUS, I DRIVE ALL THROUGH THE DAY!

Rule 1

Create a Positive Vision

OUR GOALS AND VISION CAN BE DIVIDED INTO TWO PARTS,
THOSE THINGS WE WANT VERY SOON AND
THOSE THINGS WE WANT FURTHER DOWN THE ROAD.

TAKE A MOMENT TO LIST OR DRAW THOSE THINGS YOU
WANT TO DO RIGHT AWAY AND THOSE THINGS YOU
WANT TO DO LATER ON IN LIFE.

**Short Term
Vision**

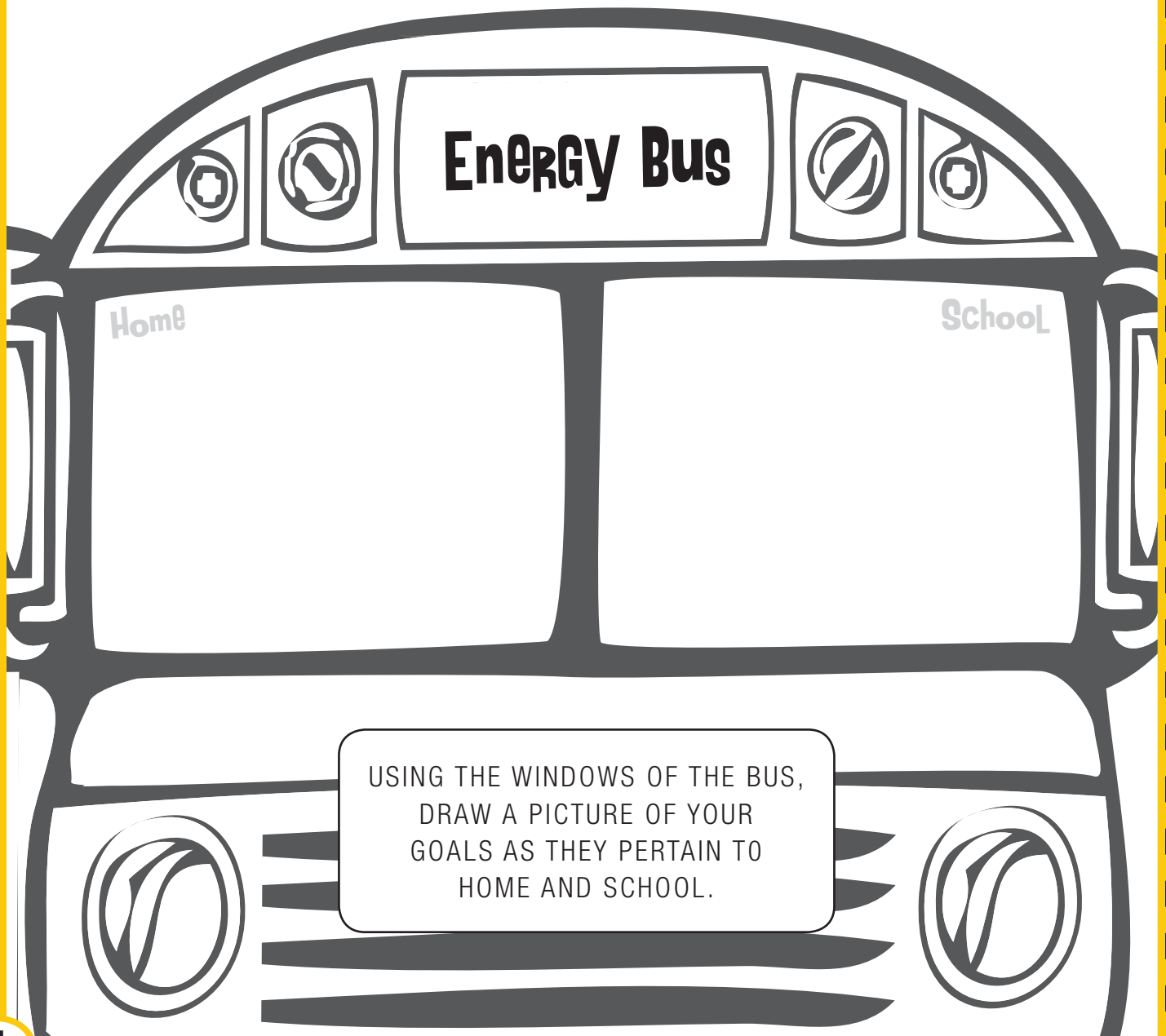
**Long Term
Vision**

Rule 1

Create a Positive Vision

MY LONG TERM GOAL IS TO GO TO COLLEGE AND BECOME A...

THINK ABOUT YOUR BUS AS YOUR LIFE AND THE DIRECTION YOU WANT TO GO.
VISUALIZE YOURSELF SUCCESSFUL TODAY, THIS WEEK, NEXT MONTH, THIS YEAR.



Rule 1

Create a Positive Vision



THIS YEAR I WILL LEARN

I SHARED MY VISION WITH THESE FRIENDS





Rule 2

Fuel Your Ride with Positive Energy

WHAT WAS YOUR HIGHLIGHT TODAY?

WHAT WAS YOUR BIGGEST SUCCESS?

Rule 3

No Bullies Allowed

BULLIES USE MEAN WORDS AND NEGATIVE COMMENTS TO BE HURTFUL AND DRAIN YOUR POSITIVE ENERGY.

Have you ever met a bully?

WHAT ARE SOME THINGS THEY SAID TO YOU THAT DRAINED YOUR POSITIVE ENERGY. WRITE THOSE THINGS ON THE LINES BELOW:



Rule 3

No Bullies Allowed

SO, THE NEXT TIME YOU MEET A BULLY
REMEMBER THE THREE THINGS
YOUR TEACHER TAUGHT YOU TO DO:



1

AVOID THEM

WALK AWAY

2



3

TELL SOMEONE



Rule 4

Love Your Passengers

NOW THAT YOU'VE CREATED YOUR GROUP AVATAR,
CREATE YOUR PERSONAL AVATAR.

DRAW IT BELOW.

My Avatar

Rule 4

Love Your Passengers

GLUE/TAPE ANY TICKETS OF APPRECIATION
YOU RECEIVE ON THIS PAGE.

REMEMBER TO GIVE TICKETS TO YOUR FRIENDS
TO HELP FUEL THEIR RIDE!



Rule 4

Love Your Passengers

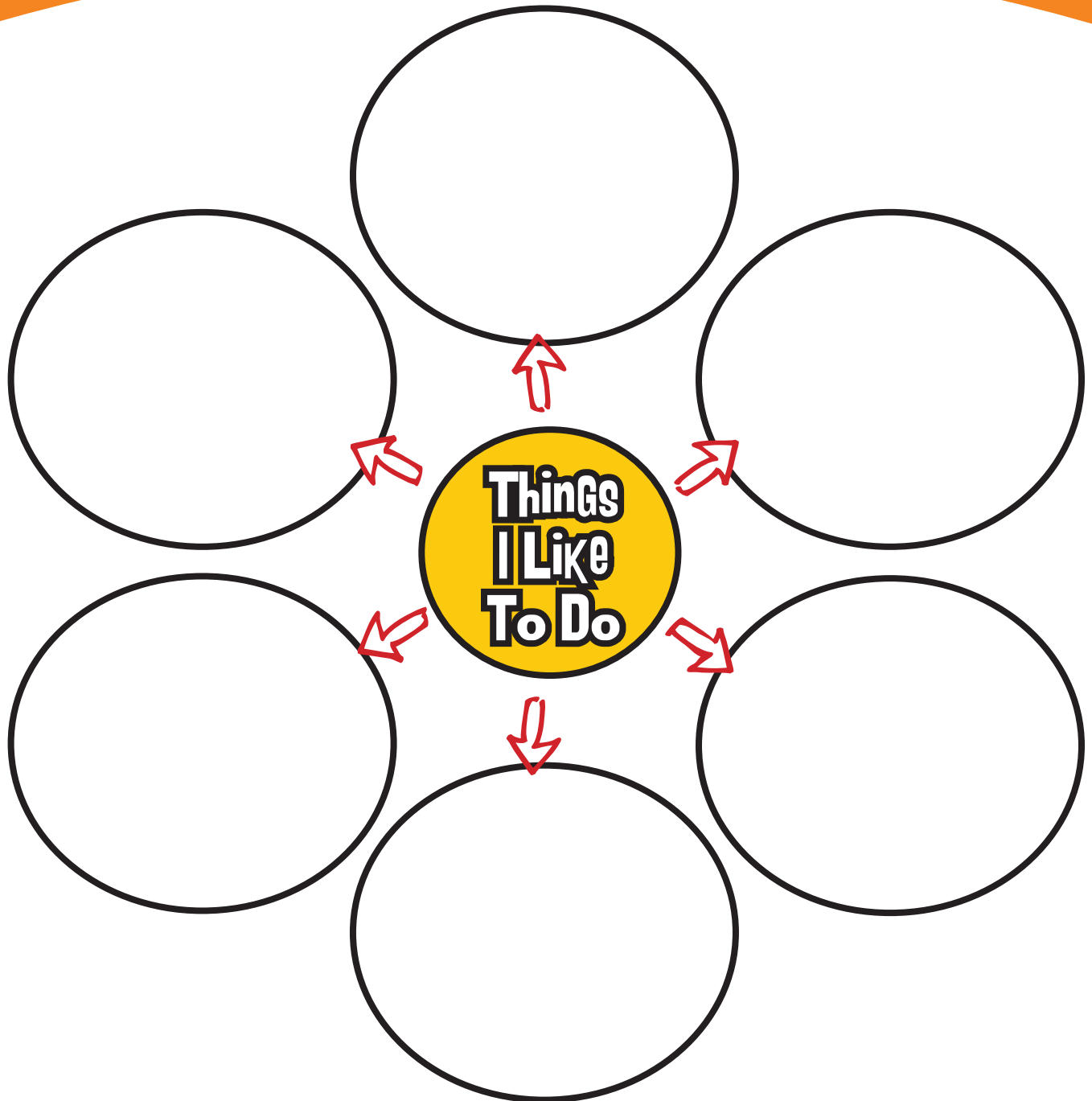
GLUE/TAPE ANY KINDNESS TICKETS
YOU RECEIVE ON THIS PAGE.

REMEMBER TO GIVE TICKETS TO YOUR FRIENDS
TO HELP REMIND THEM THAT YOU LOVE YOUR PASSENGERS!



Rule 5

Enjoy The Ride



License Plate Lesson



5 RULES FOR THE **Ride of My Life**



MAKE A PICTURE OF THE 5 RULES
OF THE ENERGY BUS
LIKE GEORGE DID AT THE END OF THE BOOK.

