

# STEVE TRASH - CHARACTER - STUDY GUIDE

*Afterschool + In-School Field Trip Experience*



## LEARNING OBJECTIVES

After watching the live Steve Trash Character Show, students will be able to:

1. **Understand and apply the Golden Rule**  
*Treat others the way you want to be treated.*
2. **Recognize and manage strong emotions**  
*Use calm-down strategies before making choices when feeling upset, angry, or frustrated.*
3. **Choose the BIG YOU over the little you**  
*Make positive decisions that reflect kindness, honesty, and respect—even when it's hard.*
4. **Understand the value of strong character traits**  
*Learn why being trustworthy, respectful, and caring helps build better friendships and communities.*



## KEY VOCABULARY

- **The Golden Rule:** Treat others the way you want to be treated.
- **Emotions:** Feelings we experience, such as joy, anger, sadness, or excitement.
- **The Big You:** The wise, kind, helpful, responsible, truthful, respectful, honest, version of yourself.
- **The Little You:** The selfish or impulsive version of yourself.  
*(The goal is to choose “The Big You!”)*



## VIDEO RESOURCES



### The Big You or The Little You

Watch this short 1-minute video to help reinforce what it means to choose the better version of yourself (Big You Little You on YouTube)

👉 <https://youtu.be/qY4Mg-F7E-U?si=97ljEZWYUWKTO90P>



### More One-Minute Character Videos

Explore Steve Trash's "**STEVE TRASH SAYS**" playlist for 40+ one-minute videos that cover big ideas like fairness, kindness, honesty, and friendship. Perfect for morning meetings or daily SEL warm-ups.



[Steve Trash Says - YouTube Playlist](#)



### DISCUSSION QUESTIONS

Try these open-ended questions after the show or video to spark reflection and conversation:

- What does "*choose the BIG YOU*" mean to you? Can you give an example?
- How would the world be different if everyone followed the Golden Rule?
- What can you do when you feel strong emotions like anger or frustration?
- What does it mean to be trustworthy? Why does that matter in friendships?
- How can you be "amazing" at school or at home today?



### EXTENSION ACTIVITIES

#### Draw the Big You

Have students draw themselves making a "Big You" choice—like helping a friend, being honest, or calming down when upset.

#### Role-Play Scenarios

Create short skits where students act out a situation and decide:  
"Will I choose the BIG ME or the little me?"

#### Poster Challenge

Let students create classroom posters using Steve's slogan:

**"Be Good. Be Amazing. Don't Be Mean."**

Hang them up as reminders all year long!

## ABOUT STEVE TRASH

Since 1984, **Rockin' Eco Hero Steve Trash** has performed for over 25 million people around the world! His live eco-magic and character-building shows mix laughter, learning, and a whole lot of heart. He also stars in the national PBS show **Steve Trash Science**.

Learn more about Steve and his mission:

 [www.stevetrash.com/bio](http://www.stevetrash.com/bio)

## TEACHER TIP

Use one Steve Trash Says video per week to spark 5-minute SEL conversations during morning meeting or closing circle. It's an easy, engaging way to build character all year long!