

2022 Rock Your Life Experience for Schools

PETE'S DIARY BRINGS THE POWER OF POSITIVITY & SELF-ACCEPTANCE TO YOUR STUDENTS

Assembly Details

- Students attend a 20-30 minute presentation that ends with Q & A and a music social that amplifies positivity and unity.
- Total time per assembly is approximately 45-50 minutes for grades 3+ and 30 minutes for grades K-2.
- Pricing varies by location. Email Dede@PetesDiary.com for a quote.
- Every in-person visit receives an autographed book for their library and our "How to be a Friend" poster
- Book order forms are provided prior to the event.
- Custom images to share at school and on social media are provided prior to the assembly.
- Schools receive exclusive access to our online presentation and downloadable worksheets.
- We request the following for our set up:
 - Screen & Projector to connect our laptop (PC)
 - Microphones (prefer two hand-held mics if possible)



Throughout the presentation I started thinking about all the things I take for granted. I'm glad you made it through the rocky times. This makes me believe that you should never stop trying and always stay positive.
Payton, 6th Grader, Ladera Ranch Middle School

Thank you for coming to Fremont today and sharing your beautiful story of strength and courage. My daughter, a 9-year old girl, hasn't stopped talking about you since she got home.
Courtney Lane, Parent, Fremont Elementary

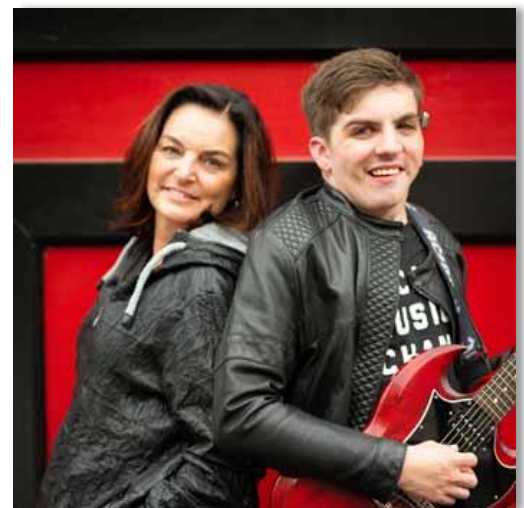
How to Book

[Submit this online form](#), email Dede@PetesDiary.com, or call/text Dede at 248-219-6544.

SPEAKERS

[Dede & Peter Dankelson](#) are a Mom & Son who amplify positivity and self-acceptance. They engage audiences with storytelling, humor, and music. You will learn how Peter lives confidently with his craniofacial syndrome and that anything is possible with passion and a positive attitude.

Dede & Peter have been working with schools since 2013, connecting with over 40,000 students throughout the USA and Canada. Pete's Diary teaches meaningful lessons that last a lifetime.



What Students Learn from the Rock Your Life Experience

- **Embrace Your Differences** - Peter shares his medical story using humor and easy-to-understand facts. They learn that differences are nothing to fear.
- **Pursue Your Passion** - try new things that interest you and don't be afraid or embarrassed about it. Peter tried many clubs and activities before he found that playing guitar is his passion. You have gifts and talents that are meant to be shared with the world.
- **Find Your Tribe** - Peter shares that real friends don't pressure you to change. Good friendships give and take equally. One of the best ways to find your tribe is spending time with friends who enjoy the same activities and have similar values as you. Peter was active in Best Buddies and Young Life clubs in high school, and he made many friendships through School of Rock.
- **Honor Diversity** - We share this world with 7 billion people, and we are each writing our own story. Everyone is writing at a different pace, from a different perspective, and with a different goal. Each of our stories contributes to another, so it's important to be authentic in what you're writing. Keep your eyes on your own paper because the world needs your story, not a copy of someone else's. Remember that new characters make your story interesting, so get to know people who are different from you.
- **Amplify Kindness** - We explain that everything you do and say impacts someone else. Being kind is the easiest thing we can do for one another; it costs nothing. We discuss the difference between being "friendly" and being "a friend." Being a friend takes effort and time. We define what it means to be an upstander; it means you have the courage to stand up for others. We teach kids how to be an upstander using 3 steps: 1) Notice - be aware of someone who could use a friend, 2) Act - introduce yourself and start a conversation, and 3) Check Back - It takes time to get to know someone.

TESTIMONIALS

Our students were “a-buzz” after your assembly. Your message about writing your own story was so poignant and relevant to our kids. We think you are amazing and your determination to be a victor of your circumstances instead of a victim is so inspiring. Aimee Lihme, Director of Curriculum, Mission Viejo Christian School

Peter and Dede deliver one of the best social-emotional learning programs I have ever experienced. I highly recommend this practical and impactful program. Vanessa Griffin, PTO Parent, Lake Zurich Middle School North

The thing I liked most is that you took things that most people would consider bad, and you turned them into something positive and made it fun. It is crazy how you have had 35 surgeries! Thank you for sharing with us about your life. Britlyn, 6th Grader, Shorecliffs Middle School



How to be a Friend



1. Notice

WHO COULD USE A FRIEND?

Who sits alone at lunch?

Who needs a friend at recess?

Who is trying to fit in?

Who is acting out?

2. Act

ASK (ALONE OR WITH SOMEONE)

How is your day going?

Want to hang out at recess?

Can you help me with this?

What do you like to do after school?

3. Check Back

SHOW THAT YOU CARE

Repeat Step 2 more than once

Ask a different question

Introduce friends to one another

Say something kind online

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