

Dr. Zippy Willow

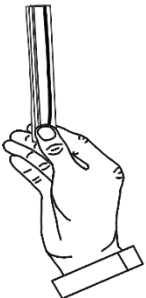


Magical Effect: A very curious plastic zipper is shown and introduced as Dr. Zippy Willow. Miraculously the zipper bends and curls at the magician's command.

Character Message: Just like the willow tree adjusts to the motion of the wind during a windstorm, we too need to be flexible and adjust to life's challenges.

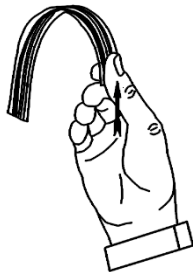
Materials Needed: Specially prepared zip top zipper from a plastic bag.

Presentation: Using the secret method, hold the zipper in the appropriate place and introduce Dr. Zippy Willow. Recite the character message. When you make the zipper curl, you can wiggle your fingers on the opposite hand as if you are magically making the zipper move. You may also pretend to pull a hair from your head and pretend to wrap it around the end of the zipper and then slowly pretend to pull the hair at the same time as you curl the zipper. In addition, you can make Dr. Zippy Willow dance to the Limbo song and use your opposite hand as the Limbo stick.



Secret Setup/Method: Cut off the zipper of a zip top storage bag. It should be approximately 1" wide. Then cut off the tip of the zipper on one end. Now you have one end of the zipper sealed and one that is not sealed. Hold the zipper between your index finger and thumb on the end that is not sealed. When

you pull downward with your thumb, the zipper will curl toward you. When you push up with your thumb, the zipper will curl away from you. The illustration exaggerates the thumb's movement. When performing, **hide your thumb behind your four fingers** and be sure to make the movements of your thumb minimal so the spectator will not notice your thumb pushing or pulling.



Flexibility and Health Discussion:

Having good flexibility helps our bodies with our daily activities such as walking, reaching for things and even sitting down. Muscles are more comfortable when they are flexible. Having good flexibility reduces injury when playing sports or exercising. This is why it is important to stretch prior to exercising, playing sports or participating in any other physical activity. Stretching your muscles reduces stress on the muscles and allows you to perform better. Having flexibility can also improve your posture.

“The reed that bends will survive the windstorm, while the mighty oak tree will crack.”

Examples of being flexible:

1. On school picture day you notice a big stain on your favorite shirt. Your willingness to wear a different shirt, is an example of being flexible.
2. When your favorite pencil breaks, being willing to write with a different pencil shows flexibility.
3. While using your computer at home to write a school report, the electricity goes off. Being willing to walk to the library to use their computer is having flexibility.
4. When a friend can't go with you today to see a new movie that you have been waiting to see for a long time, and you agree to wait an extra day so that your friend can go with you, that's flexibility!
5. Being willing to get up an extra hour early to go fishing with a friend even though you would really rather sleep is having flexibility.
6. In 1872 school teachers were required to fill the oil lamps and clean the chimney each day. They were also required to bring a bucket of water and a scuttle of coal. Being willing to change old rules when they no longer make sense, shows flexibility.

“The measure of intelligence is the ability to change” –Albert Einstein

Flexibility Mindset Discussion:

Yes, it is very important to be flexible physically, but it is also important to be flexible in life and have a flexible mindset. Being flexible is actually being strong. Think about the mighty strong oak tree that gets uprooted during a hurricane, while the flexible palm trees and willow trees bend with the wind and are still standing at the end. These tree branches are flexible which helps them move with the movement of the wind instead of breaking from the force of the wind. To be successful in life requires flexibility. Just like the willow tree adjusts to the motion of the wind during a windstorm, we too need to be flexible and adjust to life's challenges. When something unexpected happens, remain open to adjust to a new way of doing things. Don't be rigid in your mindset. Be flexible instead. Having a flexible mindset is very important in life because it allows you the mindset to get the job done even when things are not perfect. It also helps you to get along with others. Life is full of changes and the more flexible you are, the happier you will be. When you choose to be flexible, you are choosing to be happy. When things are out of your control, have a positive flexible mindset and your chances of success will increase. When setting goals, be flexible how you achieve them. You may have to adjust and adapt as you are working toward your goals.

Flexibility Exception: In most cases it is importance to be flexible but, sometimes it is important to be rigid and stand strong, firm and tall and not bend at all. Taking a rigid stance for what is right, is always a good choice. Never bend to be unkind. Take a strong stance to always be kind to others. Knowing when to bend and when to be rigid can sometimes be difficult, but it is the key to enjoying a successful life. A person with a flexible character will know when to be rigid. A person with a rigid character will have great difficulty knowing when to be flexible. Having a strong character is not having a rigid character. Having a flexible character is having a strong character.

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