

PURPOSE

To prepare students to make excellent decisions regarding their whole person.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Set concrete goals for excellent choices about their whole person.
2. Identify ways to demonstrate effort and patience with regards to their whole person.

MATERIALS & RESOURCES

- *Inside/Outside Pairs* flashcards (see Materials)
- *Incy Wincy Spider 3D | Those Who Keep Trying Never Fail | Latest Kids Rhymes, JinguKid* video
(<https://www.youtube.com/watch?v=gZlffo936d4>)
- Banana
- Supplemental materials:
 - *Tara Lipinski Wins Gold Medal Aged 15 | Nagano 1998 Winter Olympics* video
(<https://www.youtube.com/watch?v=fOlqIXNbOoM>)

VOCABULARY

- **effort**: the choice to always keep trying
- **patience**: the ability to get through challenges without sadness or frustration

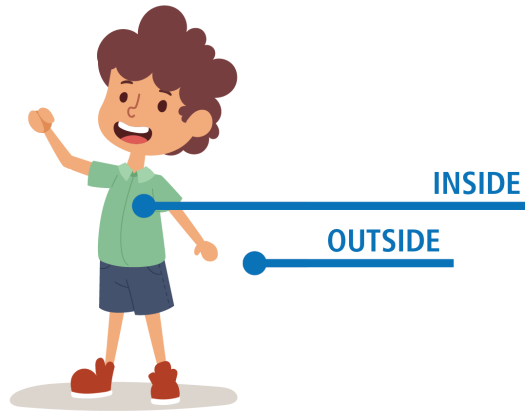
PROCEDURE

Step 1: Start with a hook.

Call student volunteers to the front of the room, and then ask students from the class to raise their hands and share positive traits about their classmate.

Explain: Our person, who we are, is made up of many different qualities—and one of the most important steps we can take over the course of our life is making excellent choices to develop better qualities in ourselves.

Step 2: Teach the elements of the person. Begin by drawing a stick figure on the board. Call him “Dignity Dan,” and identify two parts to him: who he is on the inside, and what he can do to reflect who he is on the outside.



Then ask the students to categorize the qualities they’ve listed about each other in these categories. Once some of those examples have been categorized, ask more student volunteers to hang and then match the *Inside/Outside Pairs* flashcards, to develop a picture of the inside traits that lead to certain outside actions.

<u>Inside</u>	<u>Outside</u>
patient	waits quietly for their turn to speak
hard-working	finishes all homework
kind	smiles at everyone
artistic	draws beautiful pictures
musical	practices guitar
athletic	exercises daily

Explain: As human beings, we develop certain traits on the inside, such as patience, effort, and kindness. Depending on these qualities that we have on the inside, we are able to do a better or worse job with showing who we are on the outside, by developing our different talents or gifts, our hobbies, getting a job when we are older, and more. For example, the more patience we have on the inside, the easier it is to spend long hours practicing the guitar, if we want to become music stars. Our excellence begins on the inside first!

Step 3: Teach two traits to help guide students through challenges they might experience.

Play the *Incy Wincy Spider 3D | Those Who Keep Trying Never Fail | Latest Kids Rhymes, JinguKid* video.

Ask:

- Who is the main character of the story?
- What does the spider want?
- How does he decide to achieve it?
- Does he make it?
- What is one instance in your life in which you put effort into something, and achieved your goal?

Write on the board:

- **effort:** the choice to always keep trying
- **patience:** the ability to get through challenges without sadness or frustration

Explain: On the path toward human excellence, we will encounter different challenges. This is where our power to choose becomes so important! We can choose: to either give up, which isn't much of a powerful choice, or we can work to put effort and patience into trying anew every day to develop our traits and our whole person, both on the inside and outside, until we reach a place of human excellence. Effort and patience always come with each other.

Play the **Banana** game to enforce the concept. Have kids stand in a straight line. Explain: Let's see how fast we can pass a banana up and back down the line—without your hands! You must hold the banana with your chin. Pass the banana, chin to chin, up and down the line. If someone drops the banana, you must start over.

Place the banana beneath the chin of the child in front of the line. Show that child how to hold the banana between his or her chin and chest. Odds are that the banana will drop to the floor a few times during the game. Allow children to express frustration, but redirect unkind words. If children have an especially difficult time, modify the rules so kids can restart the game with the same partner who dropped the banana.

Step 4: Summarize: Today we have taken the next step in understanding the kinds of choices we can and should make as human persons, as we grow in excellence. The choices we make about our whole person, including the traits that help determine who we are, as well as the things that we do, all affect our growth along the path to becoming heroes. We should always make the most excellent choices, with effort and patience, as we grow.

FOLLOW-UP & HOMEWORK

Ask students to use one of their gifts/talents/hobbies to bring joy to another person this week.

SUPPLEMENTS

Supplement 1: Help students understand that growing in excellence requires the making of constant, excellent choices over time.

In 1998, at the Winter Olympics in Japan, Tara Lipinski won the ladies' figure skating Olympic gold medal at the age of 15 years and 8 months, becoming the youngest Olympic gold medalist in ladies' figure skating at an individual event. This gold medal had always been her ultimate goal.

The intentional preparation for the Olympics, which led to this medal, required great sacrifice. When she was still young, she moved with her mom from Texas, where her dad stayed, first to Delaware and then to Michigan, where she trained with renowned figure skating coach Richard Callaghan. Her parents made other difficult financial, social, and educational decisions for her training to be possible.

She would skate long hours. She also did daily physical training, to condition and strengthen, massage and stretch her body. She trained mentally for the pressure that came with high-stakes competitions. After all of this commitment, after daily commitment to eating well, to preparing her body, to developing the artistic element to her skating, to completing school work, Tara went on to become a champion across the board.

In late 1996, at the U.S. Postal Challenge, she became the first female skater to land a triple loop/triple loop jump combination, which became her signature element. In early 1997, she unexpectedly won the U.S. Championships and, at 14, became the youngest person to win the title. She also won the 1997 Champion Series Final, again becoming the youngest female ever to win the title. She went on to win the World Championships, again the youngest person to win the title, and finally the gold medal at the Olympics. It was the consequence of a series of many excellent choices.

Supplemental Activity:

If time permits, show the [*Tara Lipinski Wins Gold Medal Aged 15 | Nagano 1998 Winter Olympics*](#) video, to demonstrate Tara's excellence with regards to her gift for skating.

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