



## 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. Explain their choices as related to their internal qualities.
2. Identify ways to demonstrate effort and patience.

## MATERIALS & RESOURCES

- **Inside/Outside Pairs** images (see Materials)
- **Patience Crown** worksheet (see Materials)
- **Effort Crown** worksheet (see Materials)
- Supplemental materials:
  - **What Time Is It, Mr. Fox? Game** instructions (<http://aplaceofourown.org/activity.php?id=500>)

## VOCABULARY

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

## PROCEDURE

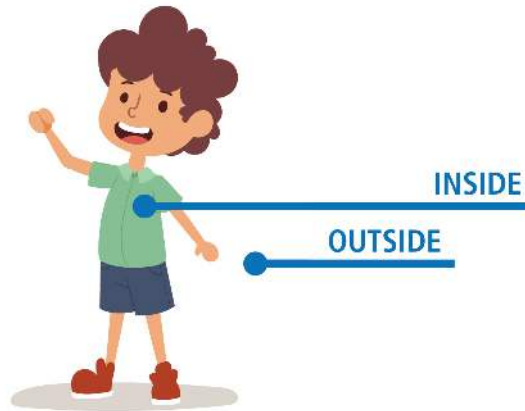
**Step 1:** Review the previous lessons.

Have student volunteers report on their daily habits. Give students who completed and have parent accountability a star on their chart, if using.

Ask: Does it respect our parents' human dignity to listen to them? Why or why not? Does it respect ours? Why or why not?

**Step 2:** Start with a hook. Play the **What Time Is It, Mr. Fox? Game** (or any other game that requires patience), then ask: What was hard about this game? Were you able to play it well?

**Step 3:** Teach the elements of the person. Begin by drawing a stick figure on the board, and again call him Dignity Dan. Identify two parts to him: who he is on the inside, and what he can do to reflect who he is on the outside.



To help students understand the two categories, write on the board and explain them. Then, ask students to identify the drawings on the *Inside/Outside Pairs* images as you read the correct trait on the list. For the remaining images, ask students to identify the outside traits—examples are listed below.

Inside

patient  
hard-working  
kind  
artistic  
musical  
athletic

Outside

keeps trying to do hard things and get better  
finishes all homework  
smiles at everyone  
draws beautiful pictures  
practices guitar  
exercises daily

Explain: As human beings, we develop certain traits on the inside, such as patience, effort, and kindness. 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!

Then ask: Is it always going to be easy to practice these traits?

**Step 4:** Teach two traits to help guide students through challenges they might experience.

Write on the board:

- **effort**
- **patience**

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 inside, until we reach a place of human excellence.

Work through two Dignity Dan scenarios to articulate ways of showing effort and patience.

1. Dignity Dan wants to be more kind to his classmates, but he struggles showing kindness, since they are mean to him sometimes and tease him. He has a hard time thinking that being kind will make things better.

Ask: How can Dan show effort? Patience?

2. Dignity Dan wants to be more generous, but every time someone asks him to share, he gets annoyed and doesn't share. He's afraid that his things will get broken.

Ask: How can Dan show effort? Patience?

**Step 5:** 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 color in/decorate their *Patience Crown* and *Effort Crown* worksheets, then return them to class.

### SUPPLEMENTS

No supplements.

patient



hard-  
working

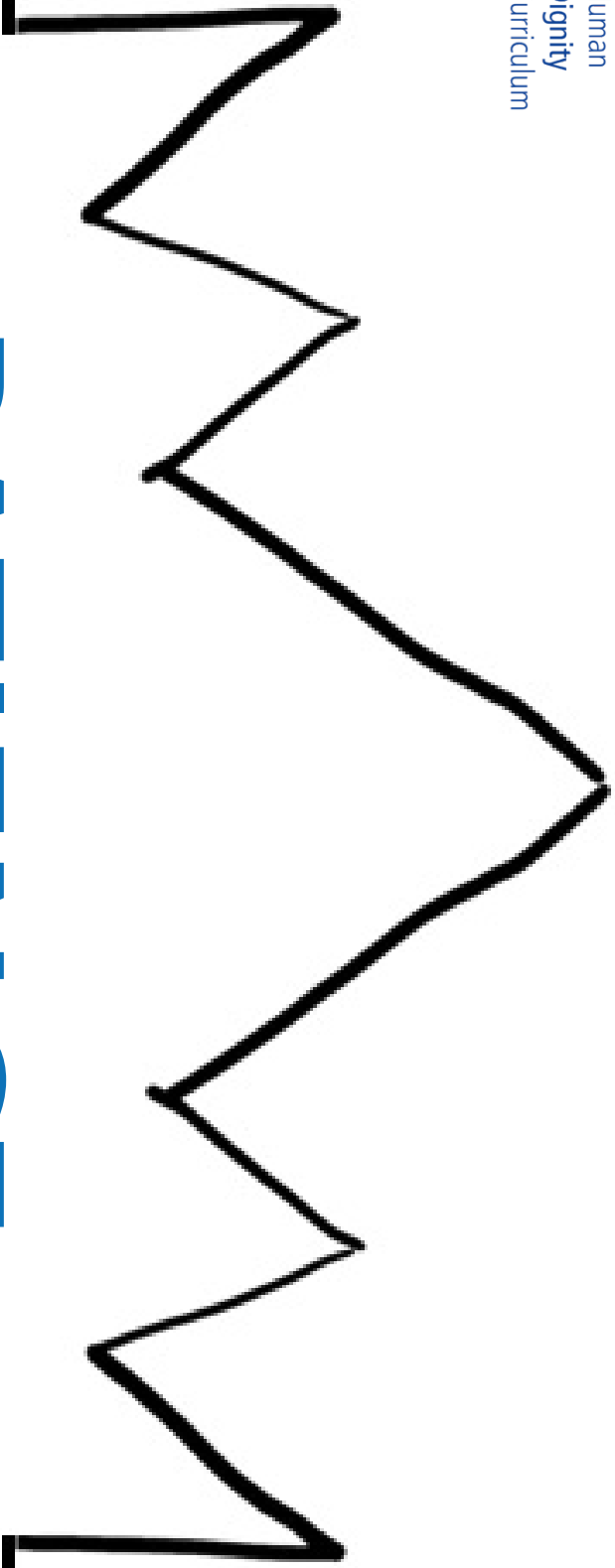


kind





— EFFORT —

— PATIENCE —
