

WELCOME TO CHAMPIONEERS!



LESSON #10

Grades 2-6

By Deanna Rhinehart

© 2016



Lesson Ten

Grades 2-6

What Matters Most

- Key: What Matters Most
- Concept: Internal Compass

Class Agenda

1. Greetings
2. Review
3. Sing & Swing: What Should I Do?
4. Video: Lesson #10 Your Internal Compass
5. Activity: Balloon Darts
6. Sing & Swing: What Should I Do?
7. Video: Episode #10: What Matters Most
8. Review
9. Leadership Challenge
Make a Friend

Materials


- Balloons

Objectives

- Video: What Matters Most
- Song: What Should I Do?
- Lesson: What Matters Most
- Activity: Balloon Darts
- Challenge: Make a New Friend

In a Nutshell

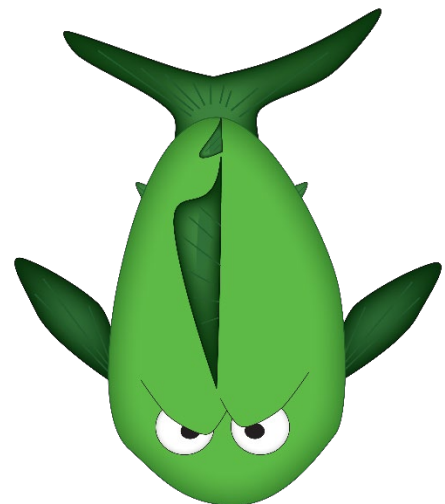
Greetings and review. Discuss how students feel when they tell a lie or do something that they know is naughty? Explain how there is an internal compass inside of us that helps us make decisions. Illustrate by playing Balloon Darts. Leadership challenge is to make a new friend.

<div>  <h2>Lesson Ten - Quick View</h2> </div>				
	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Students share Adventure Theater episode #10.	Modified <i>Champions! Roll Call</i> . Keep changing it up. Sing loud when the lights are on, but whisper when they're turned off. Switch back and forth. :)
2	Video: Leadership Workshop #10	3 min	Balloon Darts	Demonstrate how balloon darts fly all over the room, instead of hitting true center of the target.
3	Leadership Workbook	5 min	Pages 44-47 Your Internal Compass	Discuss how we have an internal compass that helps us make decisions.
4	Champ Chat	3 min	What Matters Most	Do your choices affect others? How? Have you ever made a bad choice? What can you do when you don't know what choice to make?
5	Leadership Challenge	1 min	Make a New Friend	Leaders focus on things that matter most, like honesty, kindness, and being a good friend to others. Make a new friend this week.

Adventure Theater Recap:

Episode #10: What Matters Most

Al-x goes to the big town rally where he is about to be honored for catching the biggest fish and for saving the old man. While he waits, the old man and his wife share how they fell in love even though the old man was not a good fisherman. The old man falls back to sleep and starts to snore while they wait for the reporter. Just then a giant fish jumps out of the water...



1. Greetings & Review

Champions! Roll Call and student story recap.

LESSON

2. Video: Leadership Workshop Balloon Darts

- Place a target somewhere in the room or choose a designated target.
- Have students or a volunteer blow up a balloon.
- Hold the end between their fingers.
- Take careful aim with their balloon to hit the target.
- On the count of three, let the end of the balloon go.

It's almost impossible to hit the small target, just like it's very hard to make a great decision if you don't have enough information. Take your time. Ask adults. Research. Wait until you've looked at it from every angle and your inner compass has peace.

WORKBOOK

3. Leadership Workbook:

Pages 44-47: What Matters Most

Your internal compass

A compass always points north, like Al-x's loadstone. It helps hikers, hunters, boaters and pilots know which way to go, to

find their way home. Inside of each of us is an internal compass that helps us know which way to go too. It registers information to make wise decisions. When we don't have enough information, it's hard to know what to do.

Wise leaders make their decisions based on intrinsic values that honor all people, like being kind, don't hurt others, and don't take things that don't belong to you. They also consider the things that matter most to them, like being and doing their personal best. When you ask yourself how your decisions affect the things that matter most to you, you will become a wise decision maker, whose actions are also considerate of others.

CHAMP CHAT

4. Champ Chat:

- How do wise leaders make decisions?
- What is an inner compass?
- What are some of the intrinsic anchors of truth that guide your inner compass?
- How do your family values and belief systems guide your inner compass?
- Is it ever okay to make a decision that's great for you but harmful to others?



LEADERSHIP CHALLENGE

5. Leadership Challenge: The Choice Challenge!

Note: Teachers, this lesson goes into more depth because it is SO important. Students who develop a strong inner compass develop empathy and self-governance. If your students do not develop these, they will have difficulty withstanding peer pressure. Self-governance, and empathy, however, help children make good behavior choices that consider both personal and "other" consequences which promotes personal responsibility and ownership of one's actions.



Leaders learn to make decisions based on their inner compass. They do this by considering the things that matter most, like honesty, kindness, and being a good friend to others. They also consider how their actions affect those around them.

Discussion: Do you do things just for your benefit, or do you consider how your actions also affect others? Have you ever had a grumpy day and took it out on the people around you? Have you ever been selfish? Have you ever shared the last cookie?

Almost everything you do affects the people around you, so to help you hear your inner compass, we have a fun challenge for you to take. Before you do each item, stop and ask yourself who you should do it for and how. You might be surprised that your inner compass can help you make even these kinds of decisions!

1. Make a new friend: (who? How?)
2. Color a picture or make a card. (Who should you give it to? Why? How should you give it to them? Can you make it extra special?)
3. Give a compliment. (Who should you encourage today?)
4. Help a parent or sibling with their chores.
5. Play a game with someone.

The second part of your challenge is to ask yourself if you have made any choices that might have hurt someone else. Your brain is so smart that it will often show your inner compass who, and what to do to make it right! Wow! How amazing is that!

