



LESSON ELEVEN

Wired to Win

Key: Training to Win

Concept: Heart-Head Connection

Train Your Brain #11

Train your brain to win

Objectives

Video: Wired to Win

STEM Lesson: Eggs-possible

Leadership Book: Pages 50-51

Tool: Heart-Head Connection

Challenge: Check in

Class Agenda

1. **Greetings**
2. **Video:** Episode #11
3. **Leadership Book:** Pg. 50-51
4. **Video:** STEM #11: Egg-possible
5. **Leadership Book:** pg. 50-51
6. **Champ Chat**
7. **Leadership Challenge:**
Check in

In a Nutshell

Many of life's greatest victories are unrealized because we stop just short of the goal. Winning is not easy, but those who teach their brain to never give up, get back up to cross the finish line. What is it that motivates you to keep going when your brain says it's impossible? What is it that just doesn't feel right and warns you when something is off? It's all part of a heart-head connection that helps your brain with additional senses and intuition that supersede logic.



LESSON ELEVEN - QUICK VIEW

	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	2 min	Set the tone for your class	Don't sing anything. Mouth it. Lol. That's throw 'em off. Then shout the last Championeers!
2	Video: Episode #11	3 min	Wired to Win	Video: Episode #11
3	Leadership Book	3 min	Heart-Head Connection	Pages 50-51
4	Video: STEM #10	3 min	Egg-Possible	Show video/option to demo
5	Leadership Book	5 min	Train Your Brain #11 Train your brain to win	Pages 48-49
6	Champ Chat	3 min	Review & Reinforce	See questions on page 51
7	Leadership Challenge	1 min	Check in	Practice taking heart-head checks. Ask them both the 5—Truth Meter questions.

LESSON DETAILS

1. Greetings

Try singing the Championeers! Roll Call silently.
Mouth it until the final Championeers!



ADVENTURE THEATER

2. Video: Episode #11

Wired to Win

Mooie's cowpies worked! The crops loved them and produced just enough to pay the entire debt against the farm. Our farm family were devastated to find out their best efforts were enough to pay the debt but still not enough to pay all the back fees. It looks like everything is lost... or is it?

LEADERSHIP WORKBOOK



3. Heart-Head Connection

Pages 50-51

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STEM LESSON



4. Video: STEM #11

Egg-Possible

Watch Click-Class video. Instructions in Student Leadership Workbook page 51.

LEADERSHIP WORKBOOK



5. Train Your Brain Step #11

Train your brain to win

- Pages 50-51



CHAMP CHAT



7. Champ Chat: Review

- Have you ever done something you knew was wrong, like taking treats?
 - How did your heart feel?
 - What did your head say?
 - What could you have done differently?
- How do you listen to your heart and your head?

LEADERSHIP CHALLENGE



8. Leadership Challenge

Check-In: Heart-Head Check

There is a physical heart-head connection that makes our heart part of our problem-solving machine. This week we're adding the fifth step in the Take-5 problem-solving strategy. As you do them check in with your heart and head to see if you have any checks (something that just doesn't feel quite right).

1. Gather your thoughts
2. Focus on one thing to solve
3. Write down your ideas (what steps should I take today.)
4. Rethink and rewire your thoughts to form a plan
5. Take Action

LIFE TOOL



Tool: Heart-Head Connection

The best plans won't work if you don't take action but before you take action teach your students to listen to their heart-head connection.

NOTES

