



CHARISMA

WEEK 1: CHARISMA OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 5 to 7

OPENING DISCUSSION:

“Do you know what charisma means? Charisma means that you make other people feel special and you know how to make other people smile. People enjoy being around other people that make them feel special and always make them smile. That’s why charisma is one of the best character traits one can have.”

Let’s answer a few questions about you and charisma:

True or not true?

- When you are speaking to others, you always look them in the eyes?
- When you see someone smiling at you, you always smile back?
- When you play with your friends, you always make sure they have a turn to pick the game?
- When you spend time with your family, you always ask them how their day was and you listen to what they say?

FINISHING THE MAT CHAT:

“I want everyone to go home and practice having charisma this week. Look people in the eyes when you speak to them and always give others big smiles. When you are playing with others, don’t be greedy - let your friends pick a game and let them be in charge. You’ll notice that you have a lot more fun when everyone around you is smiling as big as you are.”