



DETERMINATION

WEEK 2: CHARACTER DRILL ON DETERMINATION

AGE-SPECIFIC CHARACTER DRILL FOR AGES 5 - 7

DRILL: EXERCISING LIKE A MASTER

"When you exercise, it is easy to give up when your muscles get tired. Today, we are going to practice exercising while setting higher goals than we normally do in class. If you have determination, you can accomplish your goals."

Steps:

1. Have your students make a big circle.
2. Explain that determination means that you never give up despite how hard something gets. The goal for this game is to set goals that are hard, and require a lot of determination to accomplish them.
3. To begin the game, tell them that you want them to do twenty jumping jacks if they want to be a Black Belt; thirty if they want to be a Champion; forty if they want to be an Instructor; or fifty if they want to be a Master!
4. Watch how many students pick fifty and apply their determination to make you proud.
5. Continue with push-ups, leg raises, and squat jumps.