



DETERMINATION

WEEK 1: DETERMINATION OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 8 to 12

OPENING DISCUSSION:

"What does the word determination mean? (Ask one student to define determination) The answer is: To not give up easily. When you show determination, you don't give up when others normally do. You keep going despite the obstacles. Having determination is an important characteristic that will help you accomplish all of your goals. Without it, you will most-likely give up too soon.

Let's try a quiz to help you understand how to have determination!

Good or Bad decision?

- You are working on a science project that is not working the way it should, so you gave up because it was too hard.
- You are having a hard time reading a new book, but you don't stop reading until you are finished reading the very last chapter.
- You are having a hard time remembering your kata so you go home everyday and practice until it looks great.
- You can't swim underwater so you just give up and don't go in swimming pools anymore.

Finishing mat chat:

"I want everyone to go home and practice determination. Set a goal that is hard to do and put forth extra effort to accomplish the goal. For example: Find a good book that has more pages in it than any other book you've read. Read the entire book from front to back. You'll be very proud of yourself for having the determination to finish it."