



DETERMINATION

WEEK 1: DETERMINATION OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 3 to 5

OPENING DISCUSSION:

"Do you know what determination means? Determination means that you don't give up easily. When you have a hard time doing something, it is easy to just quit. When you have determination, you keep trying even when something is hard."

Let's try a quiz to help you understand what determination is!

Are you determined if:

- You get angry and pout because you can't do ten push-ups?
- You keep practicing your jumping jacks until you can do them right?
- You get mad at your friend because he can catch a ball and you cannot?
- You keep trying to catch a ball even though it is really hard?

Finishing the mat chat:

"I want everyone to go home and practice determination this week. Try to find something that you are not good at and practice making it better. For example: Try catching five football throws in a row. Make sure you don't get mad or angry if you cannot do it right away. If you have determination and keep practicing, you will eventually learn how to do it."