



# DETERMINATION

## WEEK 1: DETERMINATION OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 5 to 8

#### OPENING DISCUSSION:

"Do you know what determination means? Determination means that even when something is really hard to do, you don't give up. When you show determination, you don't quit at something so quickly. You keep going and going until you get it right. People with determination can accomplish great things because they don't quit when others do."

**Let's answer a few questions about determination!**

#### *True or not true?*

- I don't care if I can't do twenty push-ups because it's too hard.
- When I have a hard time with a spelling word, I keep spelling it over and over again until I get it right.
- I will never learn how to ride a two-wheel bicycle because I keep falling.
- Eventually, I will be a Black Belt because I will never quit practicing.

#### **Finishing the mat chat:**

"I want everyone to go home and practice determination this week. Find something that you are not very good at and practice getting better. For example: Practice playing jump rope for 30 seconds straight. If you cannot do it, don't get frustrated. Keep practicing until you can do it."