



DETERMINATION

WEEK 1: DETERMINATION OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 12+

OPENING DISCUSSION:

"Tell me what your definition of determination is? (Ask two students to describe in their own words what determination means) Explain that determination means to push forward regardless of the obstacle and to never give up easily. When you persevere when others would normally quit, you accomplish more than the average person. You also learn the importance of following your dreams."

Let's try a quick quiz to see just how determined you are!

What would you do?

- Your best friend wants to go jet skiing over the weekend, but you don't know how to. What would you do?
- You are snowboarding for the first time and you keep falling. Your legs are sore and you still have three days left on your vacation. What would you do?
- You are selected to be on the instructor team but you've never taught before. You are scared that you'll look foolish or make a mistake. What do you do?

Finishing mat chat:

"This week I want you to show great determination. Find something that you've never done and practice it. For example: If you've never ran a mile, then do it. If you've ran a mile, try three miles, or even five miles! You'll be very proud of yourself for having the determination to reach such a challenging goal."