

WELCOME TO CHAMPIONEERS!



Lesson #10

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Lesson Ten

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What Matters Most

- **Key: What Matters Most**
- **Concept: Internal Compass**

Class Agenda

- 1. Greetings**
- 2. Review**
- 3. Sing & Swing:** What Should I Do?
- 4. Video:** Lesson #10 Your Internal Compass
- 5. Activity:** Balloon Darts
- 6. Sing & Swing:** What Should I Do?
- 7. Video:** Episode #10: What Matters Most
- 8. Review**
- 9. Leadership Challenge**
Make a Friend

Materials

- Balloons

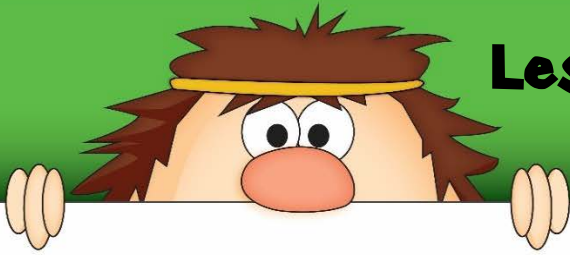
Objectives

- **Video: What Matters Most**
- **Song: What Should I Do?**
- **Lesson: What Matters Most**
- **Activity: Balloon Darts**
- **Challenge: Make a New Friend**

In a Nutshell

Review. Learn the song, *What Should I Do?* Discuss how students feel when they tell a lie or do something that they know is naughty? Explain how there is an internal compass inside of us that helps us make decisions. Review music. Leadership challenge is to make a new friend.

Lesson Ten - Quick View



	ACTIVITY	TIME	OBJECTIVE	ACTION
1	Greetings	1 min	Set the tone for your class	Modified <i>Champions!</i> Roll Call.
2	Review	5 min	Review all songs	Slowly address any tricky spots from last week without the music. Repeat as needed then sing and dance without music. Add music.
3	Sing & Swing	6 min	<i>What Should I Do?</i>	Listen to song, <i>What Should I Do</i> , while keeping a steady beat. Call and response, add movements.
4	Video Lesson #10	3 min	Your Internal Compass	Discuss how we have an internal compass that helps us make decisions.
5	Opt. Activity	Opt.	Balloon Darts	Demonstrate how balloon darts fly all over the room, instead of hitting true center of the target.
6	Sing & Swing	7 min	Review <i>What Should I Do?</i>	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
8	Video: Episode #10	4 min	What Matters Most	Sit in <i>Champions!</i> Adventure Theater Circle.
8	Review	3 min	Review	Go through all the songs you've learned. Review lesson.
9	Leadership Challenge	1 min	Make a New Friend	Leaders focus on things that matter most, like honesty, kindness, and being a good friend to others. Make an effort to make a new friend this week.

Lesson Details

1. Greetings

Student Leaders

2. Review

DANCE CLICK-CLASS

3. Sing & Swing

What I Should Do

This is the big dilemma song where Al-x comes to a point of decision. Ask the kids if they've ever had to tell the truth after telling a lie. Ask them if it was hard or if they were afraid.

- Listen to song while keeping steady beat.
- Learn the lyrics by call and response.
- Learn movements.
- Next, add lyrics and movements together with the music.

LESSON CLICK-CLASS

4. Object Lesson Intro

What Matters Most

A compass always points north, like Al-x's loadstone. It helps hikers, hunters, boaters and pilots know which way to go, to find their way home. Inside of each of us is an internal compass that helps us know which way to go too. It registers information to make wise decisions. When we don't have enough information, it's hard to know what to do.

Wise leaders make their decisions based on intrinsic values that honor all people, like being kind, don't hurt others, and don't take things that don't belong to you. They also consider the things that matter most to them, like being and doing their personal best. When you ask yourself how your decisions affect the things that matter most to you, you will become a wise decision maker, whose actions are considerate of others.

Video: Object Lesson #10 Balloon Darts



5. Optional Activity

Balloon Darts

- Place a target somewhere in the room or choose a designated target.
- Have students or a volunteer blow up a balloon.
- Hold the end between their fingers.
- Take careful aim with their balloon to hit the target.
- On the count of three, let the end of the balloon go.

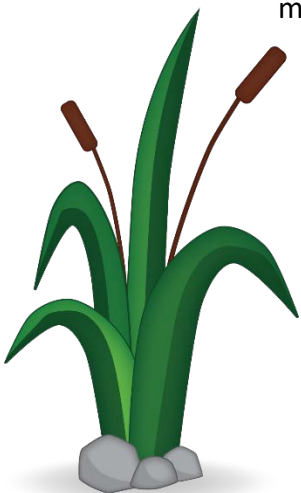
It's almost impossible to hit the small target, just like it's very hard to make a great decision if you don't have enough information.

DANCE CLICK-CLASS

6. Sing & Swing

What Should I Do?

Practice and review lyrics and movements to *What Should I Do?* Very slow at first to fix any mistakes, then speed up to full speed. Don't add music until you've run through it at least two times. Then add music.



ADVENTURE THEATER

7. Video: Episode #10

What Matters Most

Al-x goes to the big town rally where he is about to be honored for catching the biggest fish and for saving the old man. While he waits, the old man and his wife share how they fell in love even though the old man was not a good fisherman. The old man falls back to sleep and starts to snore while they wait for the reporter. Just then a giant fish jumps out of the water...

8. Review

As time allows



LEADERSHIP CHALLENGE

9. Leadership Challenge The Choice Challenge

Leaders learn to make decisions based on their inner compass. They do this by considering the things that matter most, like honesty, kindness, and being a good friend to others. They also consider how their actions affect those around them.

Do you do things just for your benefit, or do you consider how your actions also affect others? Have you ever had a grumpy day and took it out on the people around you?



Almost everything you do affects the people around you, so to help you hear your inner compass, we have a fun challenge for you.

Before you do each item, stop and ask yourself who you should do it for and how. You might be surprised that your inner compass can help you make even these kinds of decisions!

1. Make a new friend,
2. Color a picture or make a card.
3. Give a compliment.
4. Help a parent or sibling with their chores.
5. Play a game with someone.

The second part of your challenge is to ask yourself if you have made any decisions that might have hurt someone else. If you have, is there something you can do to fix the situation? Ask yourself and I bet you'll find a great solution. Do you need to apologize? What can you do next time a similar situation comes up?

