Sample Focus Words

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| Focus word and definition | Discussion topics |
| *Kindness:* consideration of and willingness to help others | What are some ways in which you can show kindness to your teammates?  Can one be kind to an opponent? Explain.  If you are a kind person, what do you think others think of you?  What are some ways in which we can all be kind to our parents and teachers?  How do you feel when someone is kind to you?  How do you feel when you show kindness to someone?  Let’s all try to perform one act of kindness sometime today! |
| *Integrity:* quality of doing the right thing regardless of whether anyone is watching; consistent truthfulness and fairness | What does *integrity* mean to you?  Who in your life demonstrates integrity? How?  What are some ways in which you could show integrity in a game?  How does integrity make a team better?  In what situations is it tough to show integrity?  Is there a difference between personal integrity and team integrity? Explain. |

Sample Focus Words *(continued)*

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| *Initiative:* energy or inclination to think ahead and take action on one’s own; ability to begin a plan of action | Is thinking ahead an important part of being a teammate? Explain.  Who do you know who takes initiative (e.g., teachers, coaches, teammates)?  Is courage needed in order to take initiative? Explain.  How can you take initiative in the classroom?  If a new student came to our school, how could you take the initiative to show kindness to him or her?  Setting goals requires initiative. Brainstorm a goal you have for your team. |
| *Courage:* quality of mind and spirit that helps one take risks and face hardship with confidence and control | What does *courage* mean to you?  Does it take courage to develop a strong character? Explain.  What does the phrase “the courage of your convictions” mean?  Does it take courage to be the best you can be in your favorite sport? Explain.  Does it take courage to enter a race knowing that it will be tough? Explain. |

Sample Focus Words *(continued)*

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| *Confidence:* good feeling about oneself and one’s abilities | What does *confidence* mean to you?  Does having confidence mean that you will be the best at something?  How can you become more confident?  Can you have confidence in your team? Can your teammates have confidence in you? Explain. |
| *Resourcefulness:* cleverness, creativity, imagination, or inventiveness; ability to find ways to meet difficult situations | If you face a difficult situation or problem on your team, who could your turn to for support? What resources might you seek out?  Is being resourceful similar to taking initiative? What are the differences?  You have an important test tomorrow that counts heavily toward your grade, but you also have a dental appointment during that time. How can you be resourceful in solving this problem?  Two of your teammates have a hard time getting along, and their conflict is affecting the team’s performance. What can you do?  How might you feel if your resourcefulness helped your team accomplish a hard task?  Who do you know who is resourceful? Are you resourceful? Explain. |

Sample Focus Words *(continued)*

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| *Citizenship:* respectful devotion to one's country, community, or school; tendency to follow the laws and fulfill the duties of a citizen | What are some duties of a citizen?  Can we be good citizens to our teammates? Explain.  How can we be good citizens at school?  Give an example of poor citizenship. How would you feel if you saw it happen?  Why is it important to be a good citizen in the community? |
| *Forgiveness:* the act of letting go of resentment toward someone; the ability to do so | When you are mad at someone for a mistake he or she made, how does it benefit you to forgive that person?  Has anyone ever forgiven you for a mistake that you made? How did you feel about that?  Does resenting or staying mad at a teammate help the team function well? Explain.  Sometimes we feel mad at ourselves. Can we forgive ourselves? Provide an example. |

Sample Focus Words *(continued)*

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| *Patience:* power to wait calmly without complaining or acting out in anger | Have you ever lost patience with a teammate? Does losing patience do any good? Explain.  Describe a situation that might cause you to lose your patience.  What can you do to avoid losing your patience in a stressful situation?  Does losing your patience cause you to feel panicked? What is panic?  The definition of *patience* provided here says that it takes powerto wait calmly. Why is this?  What helps a team more—panic or patience? Explain. |
| *Resilience:* ability to manage change and bounce back after misfortune | How can a team be resilient?  If a team is not resilient, what could happen to it?  Provide an example of someone who is resilient.  Does it take patience to be resilient? Explain.  When change happens, what do good teammates do in regard to each other? |

Sample Focus Words *(continued)*

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| *Pride:* sense of personal dignity or worth | What does *pride* mean to you?  How do you cheat yourself if you don’t do your best?  How can an athlete take pride in his or her sport?  How can a student take pride in his or her schoolwork?  Can you take pride in your behavior? Your treatment of others? Explain.  How many people have pride in their school? What determines whether a given person has school pride? |
| *Diligence:* devotion to doing high-quality work; ability to stay focused on one’s goal; long, steady effort to accomplish a goal | How can you be a diligent teammate?  Who do you know who has been diligent? What do you think about that person's efforts?  In what areas of your life can you show diligence?  Does impatience get in the way of diligence? Explain.  Perform online research about a famous person who is or was diligent. Then tell the class what diligence did for that person and what it can do for us. |

Sample Focus Words *(continued)*

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| *Generosity:* willingness to share one’s time and talents with others | How can a person be generous by sharing time?  What is another word with a meaning very close to that of generosity (e.g., *unselfish*)?  How can you be generous toward your parents? Toward your school? Give specific examples.  What are some talents that you might be able to share? Just think about this—you don’t have to answer aloud.  How do you feel when you are generous with others? |
| *Motivation:* desire to move toward and accomplish a goal | What one thing motivates you the most?  What is the difference between self-motivation and being motivated by someone else?  Can you accomplish a goal without being motivated? Explain.  What does motivation add to the experience of trying to accomplish a goal?  Who in your life has shown a lot of motivation? How so? How does that inspire you to try harder? |

Sample Focus Words *(continued)*

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| *Character:* a person’s nature or typical behavior | What does *character* mean to you?  Identify four or five positive character traits.  What is the difference between having character and being a character?  What is the best part of your own character?  Does one’s character have a lot to do with one’s reputation? Explain. |
| *Tolerance:* respect for individual differences, views, beliefs, and abilities | Why is it sometimes so hard to be tolerant of others?  Why should we be tolerant of the diverse abilities of others?  What are some things you see people being intolerant about?  Do you have to be a strong person in order to be tolerant? Explain.  Why do you think some people are *not* tolerant of others? |

Sample Focus Words *(continued)*

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| *Optimism:* hopefulness and confidence about the future in general or about a particular outcome | What does the phrase “seeing the glass half-full or half-empty” have to do with optimism?  When can it be difficult to be optimistic?  What does optimism have in common with taking a positive attitude?  What people in your life are particularly optimistic? How is their optimism demonstrated?  How does being optimistic allow you to live a happier life? |
| *Enthusiasm:* great interest and excitement about something | What does *enthusiasm* mean to you?  Will your team be better if your teammates are enthusiastic? Explain.  What are some things about which you are enthusiastic? Why those things?  What do you find it hard to be enthusiastic about (e.g., setting goals)? What can you do to overcome that lack of enthusiasm?  Can a person be too enthusiastic about something? What could happen?  Find something to be enthusiastic about this week and see if your enthusiasm spreads. |

Sample Focus Words *(continued)*

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| *Perseverance:* continued hard work even when something takes a long time to finish; ability to engage in such an effort | Why is it important to persevere?  What are your thoughts when a person accomplishes something after years of trying?  Could you get better grades if you showed more perseverance? Explain.  “A team may lose a few, but if they persevere, they will win.” Is this statement true? Explain.  How would you feel if you finally accomplished something after trying very hard? Provide an example of perseverance from your own experience. |
| *Discipline:* control over one’s behavior gained by training or work that tends to mold a specific skill | What does *discipline* mean to you?  How is self-discipline different from the discipline that your parents and teachers instill in you?  In what situations would maintaining self-control be most difficult?  How can you discipline yourself into developing a physical skill, such as shooting a basketball?  How can you discipline yourself to get good grades in school?  If you discipline yourself, do others need to discipline you? Explain. |