

Character Lesson on Diligence

4/30/20

Diligence: Focusing on the work at hand.

Objective: Students will understand what it means to keep trying, even when faced with an obstacle.

Opening Discussion

- What is an obstacle?
- What does it mean to overcome an obstacle?
- What is a goal?
- What are some goals you have right now?
- What are some obstacles you are facing in your own life right now?
- What actions do you take to prevent those obstacles from steering you off track? How do you keep focused on your goals?

Game - How Many Can You Get

Select a topic such as feelings/emotions, problem solving strategies, or ways to be a good friend. The first player gives a word that fits the category (for example, if the category is “feelings/emotions” they might say “happy”). Write the word down so you can keep track of what has been said. Repeated words are not allowed. The second player then gives a new word, followed by the third, until each family member has a turn, then player 1 gets to go again. Keep going until a player can't come up with a new word. That person gets a point, and you can play again with a new topic. The goal is to end with the fewest points.

Discussion

- What was an obstacle you faced in that game?
- How did you overcome the obstacle?
- Were you able to reach your goal?
- Did you feel like giving up when it got hard to think of new words?
- Why is it important to have goals?

-Why is it important to keep working towards your goals, even when they get hard?

-Have you ever had a time when you wanted to give up but you kept on going? How did you feel? Were you glad you stuck with it?

-When is it okay to stop doing something?

-When something is hard, what makes it easier to stick with it and keep trying?

-What are you having a hard time sticking with currently? What help or support do you need to stay focused?

Video

<https://www.youtube.com/watch?v=l-gQLqv9f4o>