

CONTENTS

Acknowledgments	ix
About the Building Champions Program	1
Lesson 1: Introduction to Building Champions	7
What Is a Champion?	9
Handouts	
1.1 In This Team (Poster)	12
1.2 Team Contract	13
1.3 A Champion Is...	14
1.4 My Self-Portrait	15
Lesson 2: Breaking a Sweat (Goal Setting)	17
Option 1: Goal Setting	19
Option 2: Accountability	21
Option 3: Being Disciplined	25
Handouts	
2.1 Breaking a Sweat Questions	28
2.2 SMART Goals (Poster)	29
2.3 Goal Setting	30
2.4 Writing SMART Goals	31
2.5 My SMART Plan for Success	33
2.6 Team Build Instructions	35
2.7 Team Build Parts	36
2.8 Team Build Materials Checklists	38
2.9 Under Control	39

Lesson 3: In the Huddle (Integrity and Respect) 41

Option 1: Integrity 43

Option 2: Respect 47

Option 3: Fair Play 51

Handouts

3.1 Labels Directions for Group Leaders 53

3.2 Labels Cards 54

3.3 How Do I Want to Be Remembered? 55

3.4 Remember Me 56

3.5 Integrity 57

3.6 Bamboozle Cards 58

Lesson 4: Hands In (Relationships) 59

Option 1: Friendships 61

Option 2: Trust 65

Option 3: Values 69

Handouts

4.1 Friendship Habits Sorting Page 72

4.2 Friendship Habits Cards 73

4.3 My Values 74

4.4 The Storm 75

4.5 Storm Rankings 77

Lesson 5: Game Time (Leadership and Teamwork) 79

Option 1: Leadership 81

Option 2: Becoming a Leader 85

Option 3: Teamwork 87

Handouts

5.1 Wall of Leadership (Posters) 89

5.2 Roll It 91

5.3	Leadership (Posters)	92
5.4	Picturing Leadership	98
Lesson 6: Sitting on the Bench (Self-Control)		99
Option 1:	Self-Control	101
Option 2:	Positive Mindset	105
Option 3:	Giving Feedback	109
Handouts		
6.1	Stone Face Directions for Group Leaders	111
6.2	Positive Mindset	112
6.3	Free Throw Directions for Group Leaders	114
6.4	Free Throw Group Directions	115
Lesson 7: The Last Play (Confidence)		117
Option 1:	Courage	119
Option 2:	Responsibility	123
Option 3:	Balance	127
Handouts		
7.1	Ask, Ask, Switch Question Cards	130
7.2	Courage Scenarios	132
7.3	Brainstorming Responsibility	133
7.4	Importance of Responsibility	135
7.5	What Are Your Spokes?	136
Lesson 8: Shake Hands, Game Over (Being a Good Sport)		137
	Being a Good Sport	139
Handouts		
8.1	Two Cents Directions for Group Leaders	141
8.2	Two Cents	142
8.3	Certificate of Completion	143
Appendix A: Exit Slips		145

Appendix B: Program Organization and Progress Tracking Forms 155

Building Champions Small-Group Action Plan 157
Building Champions Teacher Referral Form 158
Building Champions Parent/Guardian Consent Form 159
Building Champions Attendance Tracker 160
Building Champions Data Tracker 162
Building Champions Lesson Planner 163

Appendix C: Program Evaluation Forms 165

Building Champions Pre-Group/Post-Group Survey 167
Building Champions Group Member Program Evaluation 168
Building Champions Parent/Guardian Follow-up Letter 169
Building Champions Parent/Guardian Program Evaluation 170
Building Champions Teacher Program Evaluation 171
Building Champions Group Member Follow-up 172

References 173

Overtime: Additional Resources 175

About the Author 177