

# What Is a Champion?

## LEARNING OBJECTIVES

- Boys will understand the purpose of the group and the reasons they are participating.
- Boys will understand the group rules and expectations.
- Boys will define *champion* and describe the importance of being a champion.
- Boys will be introduced to words of empowerment.

## KEY CONCEPT

A champion is more than someone who wins a sporting contest or event. A champion exhibits exemplary personal values and character traits. A champion also overcomes obstacles and is someone who meets his own personal goals. A champion is someone who learns lessons from losses and strives to become the best version of himself.

## MATERIALS

- In This Team poster (1.1), reproduced and hung in the classroom
- A copy for each boy:
  - Team Contract (1.2)
  - A Champion Is... (1.3)
  - My Self-Portrait (1.4)
  - Lesson 1 Exit Slip (from Appendix A)
  - Building Champions Pretest/Posttest (from Appendix B)
- Writing utensils
- Markers, paint, and other craft materials for coloring

## PROCEDURE

### Warm-up

Have each boy complete the following sentences:

- I would define a champion as someone who...

- One champion I know is... and this person is a champion because...

## Activity

1. Explain that the purpose of the group is to help boys become more confident, cope with stressors at school, build better friendships, become better leaders, and have fun.
2. Go over the In This Team poster. Explain the group rules and allow boys to add one or two more. Explain the importance of confidentiality.
3. Hand each boy a Team Contract. Ask boys to sign the contract if they are willing to abide by the group's rules.
4. Have boys compete the Building Champions Pretest/Posttest.
5. Hand each boy an A Champion Is... worksheet. Break the group into partners. Ask the boys to brainstorm the characteristics they believe makes someone a champion as well as those that prevent someone from being his best.
6. Hand each boy a My Self-Portrait worksheet and distribute the art supplies. Ask the boys to draw themselves as a champion, including the positive characteristics that they believe would make them a champion.

## Discussion

Ask the group the following questions:

- How do you feel about the rules we established today? Do you think you will be able to honor the rules we have established?
- Why is it important to define a champion as someone with good character rather than as someone who wins a contest?
- Why is it important for you to try your best?
- What is the difference between a winner and a champion?
- If a person believes himself to be a champion, does he then become a winner at life?
- Do you think that you will enjoy coming to group?

## Evaluation

### STUDENT

- Give each student a Lesson 1 Exit Slip to fill out, share, and hand in before leaving.

**LEADER**

- Did the students agree to the rules that were established?
- Did each boy actively participate in the activities?