



EPISODE TWO – MARK HENRY

# ASPIRE TO EXCELLENCE

BELIEVE IN YOU LESSON PLAN

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### **JOURNAL/OPENER (5-10 MINUTES)**

- Pose questions and have students write answers privately
  - What is an important goal in your life?
  - What will it take to achieve your goal?
- Teacher should begin discussion by sharing their own personal goal they have with the students along with what it will take to achieve his/her goal. Allow students to share their answers and have brief class discussion.

### **EPISODE TWO – MARK HENRY**

(FILM: 9 MINUTES/16 SECONDS; TOTAL WITH QUESTIONS 15 MINUTES)

- Post video discussion questions
  - Do you think Mark Henry could be considered a leader? How and Why?
  - What did it take for Mark Henry to aspire to excellence.....what goals did he make and meet?
  - What were some of Mark Henry's weakness that could have hindered him achieving his goals?

### **STRENGTH FINDERS/SMART GOAL(20 MIN)**

Students will identify their strengths and weaknesses and identify how those qualities can help them become successful as leaders in their everyday lives as well as help them achieve their goals....AKA "Aspire to Excellence"

- Student will complete the Strength/Weakness Organizer
  - Students may be paired or placed in small group for brief discussion
  - Guide students to discuss how their strengths and weakness can help them achieve their goals and to become better leaders.
- Student will complete 2 SMART goals on the organizer.

### **CLOSING (5 MIN)**

Mark Henry stated that his focus and desire as well as his determination not to fail was based on "one half, showing up, and the other half, how much work do I need to put in to make it happen." Explain how determining your strengths and weaknesses will allow you to achieve your goals and become a leader?

- Students may answer individually on handout or have above projected for students to respond on paper.



**STRENGTHS**

(Things you are good at and can contribute)

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Things you do when you are focused on strengths

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**WEAKNESS**

(Things you struggle with)

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Things you do when you struggle

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**Based on the things you are good at and not so-good at, and your overall goal, create two SMART goals that you hope to achieve.** (SMART Goals are: Specific, Measurable, Achievable, Realistic, Timely.)

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2. 

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## DAILY MINI-LESSONS

# EPISODE TWO – WEEK ONE

## ASPIRE TO EXCELLENCE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Discuss or journal: What was most interesting about this episode to you?

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

Mindful Mantras. Have each student create a mantra if they do not have one. After 5 minutes to think about the mantra or creating one, have each student share their personal mantra. Share the examples listed below to help prompt the students.

1. Don't wait for opportunity. Create EXCELLENCE.
2. Why be good when you can be GREAT.
3. All in.
4. Go be GREAT.

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Create a class motto about Excellence. Use the motto all month long as the class aspires to reach excellence.

### DAY FOUR

#### THOUGHTFUL THURSDAY

Discuss or journal: What does Aspire to Excellence?

### DAY FIVE

#### FUN FRIDAY

Create a class roadmap of fun ideas and activities you would like to see your school support to help all students reach excellence both in and out of the classroom.



## DAILY MINI-LESSONS

# EPISODE TWO – WEEK TWO

## ASPIRE TO EXCELLENCE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

How can complaining and whining be replaced with goals of achieving excellence.

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

10-minute silent time: Have students use this time to focus on a personal task or catching up on an assignment or focusing on changing from complaining and whining about things to showing a passion for all things.

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Unity. Passion. Excellence. Students should unite and hold each other accountable for not complaining and showing passion and compassion for all students, staff, and faculty.

### DAY FOUR

#### THOUGHTFUL THURSDAY

Provide each student to a post-it note and ask them to write a thoughtful message for someone who has helped them strive for excellence within the last month. It can be a student, faculty, or staff.

### DAY FIVE

#### FUN FRIDAY

Create your personal excellence slogan or motto and share with the class. Use the idea that you are running for or trying to obtain a Student Council, a Club President, or a Team Captain position.



## DAILY MINI-LESSONS

# EPISODE TWO – WEEK THREE

## ASPIRE TO EXCELLENCE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Class discussion: What have you accomplished where you feel you achieved excellence? Share your passion and determination with the class.

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode? How can you, personally, make changes to ensure you Aspire for Excellence?

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Divide students into groups of five and have them write a script for 90 second “commercial” for Aspiring to Excellence as one class, one school. The commercial is a 90 second video that can be created using a phone or classroom technology.

### DAY FOUR

#### THOUGHTFUL THURSDAY

Standup and say one positive thing about someone in the class, something about the school, or a positive attribute about the community in which you live.

### DAY FIVE

#### FUN FRIDAY

Create a Slogan/Mnemonic Using=EXCELLENCE



## DAILY MINI-LESSONS

# EPISODE TWO – WEEK FOUR

## ASPIRE TO EXCELLENCE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

Students take out their whiteboards or some scratch paper and then give them the assignment to define EXCELLENCE. They should share their individual definitions with the class.

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

Identify some things that cause you (the student) to whine and complain? How can you make a change?

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Film the 90 commercial from the previous week. Allow students to edit, put music to the video etc. and be prepared to show the video the following week

### DAY FOUR

#### THOUGHTFUL THURSDAY

Class Discussion: When people around you whine and complain, how can you help refocus the conversation? What changes can you make to ensure your school and community are better places for others?

### DAY FIVE

#### FUN FRIDAY

Song Day: What song motivates you (the student) to work harder? Share a song with clean lyrics with the class.



## DAILY MINI-LESSONS

# EPISODE TWO – WEEK FIVE

## ASPIRE TO EXCELLENCE

### DAY ONE

#### MAKE A DIFFERENCE MONDAY

How hard are you willing to work for excellence and make a difference in your life? What is your passion?

### DAY TWO

#### TAKE TIME FOR YOU TUESDAY

Ten minutes of quiet time. Play a song and encourage students to completely decompress.

### DAY THREE

#### WE STAND TOGETHER WEDNESDAY

Show the 90 second video from previous week's activity

### DAY FOUR

#### THOUGHTFUL THURSDAY

Journal Prompt: Take ten minutes to write the answer to the question. I Aspire for Excellence by doing...

### DAY FIVE

#### FUN FRIDAY

Have students take turns playing "Pictionary" using the following words: Passion, Excellence, Kindness, Achievement, Goals





## **SUGGESTED WRITING TOPICS**

Use the following topics as writing prompts for weekly writing opportunities. Students should complete a one page journal entry based on the topics below. At the end of the academic year, the students' journals should provide reflection and motivation to continue being the best person they can be.

- **Make every day count.**
- **Change your game from the inside out.**
- **Walk louder than you speak.**
- **Describe your character.**
- **Why is discipline so important?**
- **Why is accountability important?**
- **How can you inspire others?**
- **Communication...how can you improve your communication skills?**
- **What is your favorite song? How does it motivate you?**
- **What would you do if a bully bothered you on your way home?**
- **What would you do if you did very poorly on a test?**
- **How can you help others in your community?**
- **Chase the goal, chase your dreams.**
- **Make memories, what have you done to help promote your school?**
- **What would you do if you found a magic wand?**
- **If you were principal of this school, what would you do?**
- **If you could break the Guinness Book of Records, what would it be for?**
- **What would you do, if you just won the lottery?**
- **If you could go back in time and change one thing in your life, what would you change?**
- **What do you consider your greatest accomplishment to date and why?**