



November 2007

Character Council Educator Quality of the Month Determination

**Determination:
Purposing to accomplish right
goals at the right time,
regardless of the opposition.**

I will:

- set goals
- make sure my goals are right
- ignore distractions
- not be discouraged by others
- face problems head-on

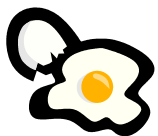
Have you ever heard someone who is determined being defined as having a backbone? Indeed, the backbone is the body's primary source of strength. However, it also holds the body's main channel of sensation, the spinal cord, and provides the flexibility required to move. Likewise, determination requires the strength to finish a task, the sensitivity to avoid running over others and the flexibility to change direction when necessary. Strong bones make healthier bodies and good character makes a stronger person. This month be determined to overcome obstacles in the path of right goals.

☺ **Domino Domination - Part 1** You will need dominos or any object that can be set up like a domino drop chain. You will need to set up 3 chains. The first chain should have some of the dominos too far apart for the chain to continue to fall. The second chain should have the middle of the chain off-set so that the second half of the chain does not fall. The third chain should have all of the dominos aligned so that they all fall consecutively. Before tripping the domino chains, discuss goals and how determination plays a part in achievement. You may want to find an age appropriate story or just a few facts about Thomas Edison's determination in inventing the light bulb. He had an unbelievable number of failures before hitting on the right combination. Talk about how losing interest in a project makes it hard to complete. Demonstrate this with the first domino chain. Next, you can talk about how distraction or losing your focus on a goal makes it hard to achieve. Demonstrate this with the second domino chain. Staying determined helps achieve goals. Demonstrate this with the third domino chain.



☺ **Domino Domination - Part 2** Keeping with the theme of dominos, create a hand-out for the students that has space for writing a goal at the top. The main body of the page should be 3 large dominos drawn sideways. The first one has just one dot on the left side and blank on the right. The second domino has two dots on the left, blank on the right. The third should have 3 dots on the left and blank on the right. The students should identify a goal at the top of the page and write steps or activities that will help reach the goal on each of the right sides of the dominos. Encourage the goals to be small enough that they can be achieved this month. At the end of each week have the students revisit these pages to see how on track they are.

☺ **Bounce Back** You will need a tennis ball and 2 raw eggs for this activity. (You can use hardboiled if you don't want as much mess or are concerned about the bacteria in raw eggs). Draw faces on the ball and the egg. Layout several sheets of newspaper on the floor. Start the activity by discussing how you "bounce back" when an obstacle gets in the way of your goal. Select a student to drop (emphasize just dropping) the ball to the floor. What happens when the ball hits the obstacle of the floor? Of course, it bounces back. Next have another student drop an egg on the newspaper. What happens when the egg hits the floor? Of course it splats (or thuds if it is hardboiled). Recruit another student who can throw the ball at the floor. It will bounce again, this time higher. ("When the going gets tough, the tough get going")



Have another student throw the second egg at the floor. It may or may not splat more. Discuss that it is expected to be faced with obstacles in achieving goals. Some people are "bouncers" and others are "splatters". How we react to obstacles determines which type we are.

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