

Mini Lessons to Build Character Amongst
Your Team
CADA 2017 Leadership Lessons

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What makes me special?

List 5 things about yourself that you are proud of, and explain why:

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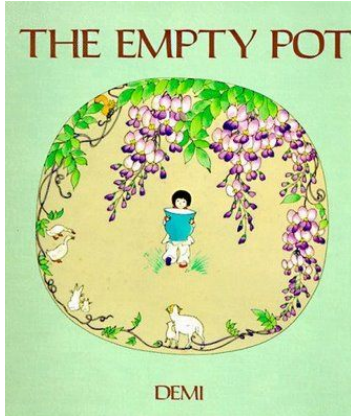
Write a half-page about the following: *Do you think that every single person is special and unique? Should we live our life like “you only live once”? How do you know that the things that make you special are not the same exact things that make another person special?*

Then, watch the video: https://www.youtube.com/watch?v=_IfxYhtf8o4

On the back, respond to the following prompt:

Do you agree with McCollough that it is not your awards that sets you apart, but your ability to work hard time and time again?

THE EMPTY POT



Integrity

Read *The Empty Pot* as a class or in small groups. Then have the students respond to the questions in partners before talking as a class. The book has beautiful illustrations, but a pdf of the text can be found [here](#) if you don't have access to the book.

1. Integrity is often defined as doing the right thing even when no one is watching. How is that definition exemplified in this story?

2. Did any of these characters change by the end of the book? Did they grow, come to learn something about themselves and how the world works?

3. Using the illustrations and the text, how are our lives similar and different from the story?

4. The emperor says, "I admire Ping's great courage to appear before me with the empty truth, and not I reward him with my entire kingdom and make him emperor of all the land!" Why does the author use the words "the empty truth"?

5. Give an example of when you had integrity in a situation.

6. Even though this is a kids book, what can you take away from it?

“You are the Sum of all Your Training” Questions
<https://www.youtube.com/watch?v=ikmd-vtRCqo>

1. Do you know any of those athletes?
2. Why do you think these athletes are in the commercial?
3. What are the athletes doing?
4. What colors were all of the athletes wearing? Why do you think they're all wearing the same clothes?
4. Why do you think the music keeps saying “one, two, three, four, one, two, three, four” over and over?
5. Why are there so many Misty Copelands, Jordan Spieths, and Stephen Currys in each shot?
6. What does “sum” mean?
7. At the very end, it says, “you are the sum of all your training.” What does that mean?
8. Pick one thing you want to get better at and describe the commitments you will make to yourself to get it done.

University of Texas at Austin 2014 Commencement Address
Admiral William H. McRaven

1. List the ten lessons Admiral William H. McRaven gives to change the world:
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
 - h.
 - i.
 - j.
2. What piece of advice is most valuable to you, and which can you start doing today?
3. How did this speech make you feel?

Being Thankful on Thanksgiving



What do you value?

List the differences between the two pictures:

Juxtaposition is when two things are next to each other that have a contrasting effect. What is Chris Ware's (the artist's) purpose in juxtaposing the two scenes in his work "Thanksgiving Day"? What is he trying to tell us, as members of this society, what we should value?

Reflection: Which picture is your Thanksgiving more like, and if you could change it, what would you might add or take away?

Self Control

This last one you'll have to read yourself, because it's long. It's always the kids' favorite, but I change it up every year. It's Larry Ferlazzo's "I like this lesson because..." lesson on self control.

<http://larryferlazzo.edublogs.org/2009/10/22/i-like-this-lesson-because-it-make-me-have-a-longer-temper-part-one/>

Activity choices include:

- Watching this TED talk on self control (It's super cute!):
<https://www.youtube.com/watch?v=M0yhHKWUa0g>
- Modeling bad student behavior
- Reading a study from the *New York Times* on Self Control (the lesson includes the study)
- Seeing if the students can go a whole period without eating a jolly rancher. If they can hold out, they get another!
- Drawing
- Endless possibilities