

*What should you say when you're discouraged?*

I can get better at anything I work at.

*What does God say?*

“Be strong and never be discouraged, because there will be reward for your work.”

2 Chronicles 15:7

## Objectives

1. Students have memorized **both** the declaration and the verse.
  2. Coaches are quick to notice and affirm signs of *progress* each student makes as much as acquiring the skill.
- This season the focus is on a growth mindset with an emphasis on the ability to get better at anything we work at.
  - We are using fables to highlight the declaration and emphasize the learning that takes place on the journey toward a goal.
  - Fables use maxims - basic life truths - to teach lessons. The recordings will not contain the maxim because the same fables are being used for several different maxims.
  - The maxim is introduced in the Fable/Question section and repeated in the Remember section.
  - A new fable is presented each week instead of the same story for three weeks in a row. This should make it easier for new students. No story review is needed - they can jump right in. (*Week 4b is the exception. It's a review day since there are only two class days that week.*)

All the fables are here:



# Summer 2024 CT: 'I Know I Can Grow' Junior Version

**2024 Summer**  
**GROWTH MINDSET**  
 June 3 - August 31

Closed:

July 3-6 (Independence Day)

Aug 28-Sep 3 (Geauga Fair & Labor Day)

June 2024						
Su	M	Tu	W	Th	F	Sa
						1
1	2	3	4	5	6	7
2	9	10	11	12	13	14
3	16	17	18	19	20	21
4	23	24	25	26	27	28
	30					

July 2024						
Su	M	Tu	W	Th	F	Sa
4b	1	2	3	4	5	6
5	7	8	9	10	11	12
6	14	15	16	17	18	19
7	21	22	23	24	25	26
8	28	29	30	31		

August 2024						
Su	M	Tu	W	Th	F	Sa
8				1	2	3
9	4	5	6	7	8	9
10	11	12	13	14	15	16
11	18	19	20	21	22	23
11b	25	26	27	28	29	30
						31

Be a PAT CT COACH:  Was I Prepared?  
 today?

Was I Animated?

Did I Tie it to life

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

## Weeks 1-3

- **Lesson Point = I've learned other things, I can learn this too.**

Subpoints:

- Week 1: Nothing starts out easy; it becomes easy with practice and patience.
- Week 2: Practice a lot. It's the only way to find out how good you can become.
- Week 3: When you're thinking about giving up because you can't do something, ask for help.

## Weeks 4-6

- **Lesson Point = If one idea doesn't work, try another.**

Subpoints:

- Don't just try hard, think of new ideas.
- Sometimes we must wait a long time to see if a good idea is working.
- Keep thinking of new ways to solve a problem.

## Weeks 7-9

- **Lesson Point = Learning is a fun journey that never ends.**

Subpoints:

- You can't always win at everything, but you can always learn and get better.
- The exciting things you learn on your way to a goal can be even better than getting to the goal.
- You can learn a lot from other people who are older and wiser.

## Weeks 10-12

- **Lesson Point = Mistakes are good teachers.**

Subpoints:

- Every time your idea doesn't work, you learn something new.
- Everyone runs into trouble while learning. Don't quit when it comes.
- Learning happens when things go right AND when things go wrong.



# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 1: June 3-8

Be a PAT CT COACH:  Was I Prepared?  
today?

Was I Animated?

Did I Tie it to life

### 1. Practice declaration & verse

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** This season, we're learning about a growth mindset. Did you know that your brain can grow just like your muscles can grow?
  - a. When you first tried to walk, you didn't have the muscle strength to stand alone. But as you practiced day after day, you built stronger muscle fibers until you were able to stand, then walk.
  - b. When you were little, you could not talk. Your *brain* was working hard to build many special connections - kind of like connecting roads to a destination. But as you listened to your mom and dad talking day after day, those connections were made and talking became easier and easier for you.
  - c. A person who has a growth mindset knows that it takes practice and patience to grow stronger bodies and brains so they don't quit.
3. **Lesson 1: I've learned other things, I can learn this too.**
4. **Fable & Question:** Listen to this story: *The Mama Kangaroo and her Joey*. It's about a little kangaroo who learns that nothing starts out easy but that it becomes easy with practice and patience. After the story, I'm going to ask this question: **What did Mama Kangaroo tell Joey when he said, "I can't do this!"**
5. **Discussion Question:** What did Mama Kangaroo tell Joey when he said, "I can't do this!"
  - a. "You can't do it **yet**, but with practice and patience you will learn."
  - b. *YET is a very important word. Remember - it takes time -sometimes a looong time - to learn new things!*
6. **Gym Application**
  - a. There are times you will feel like Joey and think you'll never be able to do a skill.
  - b. Remember that little word: YET
  - c. There are hundreds of things you can't do *yet*. But there are also hundreds of things you *can* do that are so easy now that you've forgotten how hard they were at first.
  - d. Remind yourself of that the next time you feel like saying, "I can't do this!"
7. **Remember: Nothing starts out easy; it becomes easy with practice and patience.**
  - a. If everything was easy at the start, you would have nothing to learn. What would you do everyday?
  - b. Life is all about learning new things and being able to say, "I did it!" If you learned to walk, which took a lot of brain growing and muscle growing, you can learn other things too!

## Planning:



# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 2: June 10-15

Be a PAT CT COACH:  Was I Prepared?  
today?

Was I Animated?

Did I Tie it to life

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

### 2. Intro: We're learning about what it means to have a growth mindset this season.

- We learned last week that our brains can grow like muscles. Brains grow by making special connections. As more connections are made, they get stronger and it gets harder and harder to change them.
- Here's what's important to remember about those connections: if you keep telling yourself, "*I can't do this!*" your brain will believe you and make that thought very hard to change. But if you tell yourself, "*I can get better at new things I try,*" your brain will make that thought hard to change instead of the negative thought.
- You want to tell yourself good thoughts so your brain will keep those thoughts strong.
- A growth mindset will only think thoughts that are true so they will become the strongest.

### 3. Lesson 2: I've learned other things, I can learn this too.

### 4. Fable & Question: Listen to this story: *The Young Rooster*. It reminds us that we must not stop practicing even if we feel like we'll never be as good as others. After the story, I'm going to ask this question: **What terrible thing almost happened because the rooster was thinking too many bad thoughts?**

### 5. Discussion Question: What terrible thing almost happened because the rooster was thinking too many bad thoughts?

- A hen almost got carried away by a hawk.*
- The rooster compared himself to older roosters whose crows were strong so he didn't practice in front of them.*
- It would be like you comparing yourself to a gymnast or ninja student who had been practicing way longer than you.*

### 6. Gym Application

- Be aware of those sneaky, bad thoughts that are keeping you from getting better.
- If you let yourself start to think you're not as good as someone else in the class, remind yourself of all the other things you have learned and are now good at.

### 7. Remember: Do not stop practicing even if you feel like you'll never be as good as others.

- Wrong thoughts cause us to believe things that aren't true.
- They can stop us from getting better and can even hurt others if we allow them to take over.
- If you want a growth mindset, you must keep thinking about how good you are becoming as you practice.

## Planning:



# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 3: June 17-22

Be a PAT CT COACH:  Was I Prepared?  
today?

Was I Animated?

Did I Tie it to life

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** When you feel discouraged, you feel like giving up. Maybe you can't do something, even after you've tried really hard.
  - a. When that happens, it's easy to start thinking you're just not good enough.
  - b. We may start complaining or tell others to leave us alone.
  - c. But remember: the thoughts you feed your brain will become strong if you repeat them over and over.
  - d. A growth mindset is quick to change those thoughts that aren't helpful. They ask for help from others when they begin to feel like giving up.
3. **Lesson 3: I've learned other things, I can learn this too.**
4. **Fable & Question:** Listen to this story: *The Beaver*. It's a reminder that when you're thinking about giving up because you can't do something to ask for help. After the story, I'm going to ask this question: **What did the beaver do when he was feeling really discouraged?**
5. **Discussion Question:** What did the beaver do when he was feeling really discouraged?
  - a. *First, he thought about the problem - not about his feelings. He exercised his brain!*
  - b. *Then, he came up with a good idea: ask for help from his brothers.*
6. **Gym Application**
  - a. Everyone gets discouraged and starts to think about giving up. It's not wrong to feel discouraged when you can't do something.
  - b. It *becomes* wrong when you start to complain, to say nasty things to others.
  - c. When you feel discouraged because you've worked so hard at learning a new skill and still haven't gotten it, ask for help!
  - d. Your coach can give you some new ideas to try.
  - e. He or she can remind you that you *are* getting better and remind you of the other things you have learned.
7. **Remember: When you're thinking about giving up because you can't do something, ask for help.**
  - a. Discouragement is like a dark tunnel. Once you step inside, it gets darker and darker.
  - b. Instead of letting discouragement lead you into feeling like giving up, ask for help!
  - c. Other people can lead you away from that terrible feeling and put the right thoughts back into your mind so you don't quit.

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 4: June 24-29

Be a PAT CT COACH:  Was I Prepared?  
today?

Was I Animated?

Did I Tie it to life

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** What would you do if this happened to you? Your birthday present is up in a tree. You have to figure out how to get it. What will you do?
  - a. *Coach: after you get the first answer, tell them that was a good idea, but then say, "What if that didn't work? What else could you do?"*
  - b. *Repeat the process until you get three different ideas. Help if needed!*
  - c. Congratulations! You have just come up with three different ideas for solving a problem.
  - d. Your good ideas along with hard work will get you your present!
3. **Lesson 4: If one idea doesn't work, try another.**
4. **Fable & Question:** Listen to this story: *The Seagull and the Clam*. It teaches us that we must do more than just try hard. We also need to try new ideas. After the story, I'm going to ask this question: **What ideas did the seagull try?**
5. **Discussion Question:** What ideas did the seagull try?
  - a. *First, he tried to peck it open.*
  - b. *Then he tried to pry it open with a stick.*
  - c. *Last of all, he flew up with the clam in his mouth and dropped it on a rock.*
6. **Gym Application**
  - a. When you have tried doing a skill dozens of times or for weeks and nothing has changed, maybe you need to try a new idea.
  - b. Ask your coach for a new idea about how you might change the way you're doing something to help you get better.
  - c. Then work hard for the next few practices to see if it works.
7. **Remember: Don't just try hard, try new ideas.**
  - a. Sometimes, while you're working hard, you build the strength you need for the new idea to work!

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 4b: July 1-2 (Closed for Independence Day July 3-6)

Be a PAT CT COACH:  Was I Prepared?

Was I Animated?

Did I Tie it to life

today?

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

### 2. Intro: Today is a review day.

- a. Who remembers what we're learning about this season?
  - i. *We're learning about what it is to have a growth mindset.*
- b. Let's see how much you remember of the first four fables.

### 3. Lesson 4b: Review Game: "Who Said It?"

- a. *Show image 4b. Point to each image and ask if they remember listening to the story. You can do a brief review if you have new students or some forget.*
- b. *On the back of 4b you'll find all the questions and answers.*
- c. *Lay out the large images from weeks 1-4 on the floor.*
- d. This game is called, "*Who Said It?*"
- e. I'll read something that a character said from one of the fables and you tell me what fable or what character you think it came from.

### 4. Gym Application

- a. Today, I want you to remember that you can get better at anything you work at.
- b. If you get discouraged, ask me for help.

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 5: July 8-13

Be a PAT CT COACH:  Was I Prepared?  Was I Animated?  Did I Tie it to life today?

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** An idea is oftentimes a new thought about how to do something. It can be a plan you think of to solve a problem. When you clean your room, you all probably have different ideas about how to do it.
  - a. Some think throwing everything into the closet is a good idea.
  - b. Others like to put things neatly on the shelves.
  - c. Some even pay their brother or sister to do it for them!
  - d. Those are all ideas for getting the room clean.
3. **Lesson 5: If one idea doesn't work, try another.**
4. **Fable & Question:** Listen to this story: *The Cat and the Raccoon*. We'll learn that sometimes we have to wait a long time to see if a good idea is working. After the story, I'll ask you this question: **What mistake did the raccoon make?**
5. **Discussion Question:** What mistake did the raccoon make?
  - a. *He did not wait long enough for the cat's plan to work but he decided instead to go look for bugs to eat.*
  - b. *He was sorry he didn't wait longer after he saw the big fish the cat caught!*
6. **Gym Application**
  - a. Do you wish you could learn new skills in just a few tries rather than having to wait a long time until you get strong enough to do them?
  - b. Waiting is hard work for your brain.
  - c. Keep thinking about the 'prize' - the new skill you want.
  - d. As you wait and continue to practice, you're building your brain and your muscles. One day you will be able to say, "I DID IT!"
7. **Remember: Sometimes we must wait a long time to see if a good idea is working.**
  - a. Doing hard math homework requires lots of brain work and it takes time for your brain to grow and learn.
  - b. Overcoming the fear of doing a skill on the high bar or beam takes brain work too.
  - c. If you have a growth mindset, you know you need to grow your brain and your muscles and it takes time to do that.

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 6: July 15-20

Be a PAT CT COACH:  Was I Prepared?

Was I Animated?

Did I Tie it to life

today?

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

### 2. Intro: *(Coach: show a hair tie and keep stretching it into different shapes)*

- a. What is this?
- b. How many times do you think it could be used before it breaks?
- c. I can stretch this hundreds of times into different shapes and it still comes back to its original shape.
- d. That's what it means to be *resilient*. People who are resilient can feel stretched to the point of breaking.
- e. They may lose a race many times, or fail a test, or suffer through an injury, but they always get back up and keep trying. They are never defeated.

### 3. Lesson 6: If one idea doesn't work, try another.

4. **Fable & Question:** Listen to this story: *The Resilient Rabbit*. Rez the rabbit is resilient. He has lots of ideas and is always thinking of new ways to solve a problem. After the story, I'm going to ask you this question: **What ideas did Rez come up with to help solve his problem?**

5. **Discussion Question:** What ideas did Rez come up with to help solve his problem?

- a. *He planted a garden so he could have veggies right outside his door instead of going hunting for them.*
- b. *When the sun destroyed it, he planted it in the shade.*
- c. *When the wind destroyed it, he planted it in the woods.*
- d. *When the rain destroyed it, he planted it in a cart that he could move around if the weather was bad.*

### 6. Gym Application

- a. Think like Rez in the gym! Keep coming up with new ideas to try and don't quit trying.
- b. Don't let problems stop you from reaching your goals.
- c. There is almost always another idea to try.
- d. Your coach is here to help you figure out the best ways of doing things and then you need to try your best to see if they work.

### 7. Remember: Keep thinking of new ways to solve a problem.

- a. Expect that you will have setbacks like Rez when learning anything new.
- b. Prepare your mind ahead of time by telling yourself it's normal and part of learning.

**Planning:**

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 7: July 22-27

Be a PAT CT COACH:  Was I Prepared?  
today?

Was I Animated?

Did I Tie it to life

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** Do you think it's better to be the best in a race so you can win all the time, or to do your best during every race? Today, we have two horses in our story that show us which is better.
3. **Lesson 7: Learning is a fun journey that never ends.**
4. **Fable & Question:** Listen to this story: *The Mustang and the Appaloosa*. This fable teaches us we shouldn't set our mind on *being* the best, but on *doing* our best. After the story, I'm going to ask this question: **Who was the happiest after the race, the Mustang or the Appaloosa?**
5. **Discussion Question:** Who was the happiest after the race, the Mustang or the Appaloosa?
  - a. *The Appaloosa was happiest because his goal was to **do** his best, whereas the Mustang would only be happy if he won.*
  - b. *No one can win at everything all the time, but everyone can always get better when they try.*
6. **Gym Application**
  - a. Your goal should always be to work hard so you can get better.
  - a. Learning is fun! Becoming better at something makes us feel good about our hard work.
7. **Remember: You can't always win at everything, but you can always learn and get better.**
  - a. Don't set your mind on *being* the best, but on *doing* your best. Then you will be happy.
  - b. You won't quit like the Mustang did just because you didn't win.
  - c. The Appaloosa probably entered many more races because he loved to see how much he improved.
  - d. Be like the Appaloosa! Work hard and do your best every day!

Handout: Horse Race

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 8: July 29-Aug 3

Be a PAT CT COACH:  Was I Prepared?

Was I Animated?

Did I Tie it to life

today?

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** Let's say you just earned \$10 for mowing the lawn. You decide to walk to the ice cream shop for a double scoop of your favorite ice cream. On the way you see a piece of paper on the sidewalk ahead of you. As you get closer, it's not paper - it's money! It's \$50! Whoo-hoo! You quickly call three friends and tell them to meet you at the ice cream shop. What was the better part of this trip: getting ice cream or finding \$50?

### 3. Lesson 8: Learning is a fun journey that never ends.

4. **Fable & Question:** Listen to this story: *The Young Shipbuilder and Unexpected Treasure*. You'll discover that what you learn along the way is often more valuable than achieving the goal. After the story, I'm going to ask this question: **What did the young man find that would provide for his needs for the rest of his life?**

5. **Discussion Question:** What did the young man find that would provide for his needs for the rest of his life?

- It wasn't gold or jewels!*
- He found that while digging for gold, he got very strong. He was able to return to the shipbuilder and be good at building ships.*
- He thought that finding gold would be the thing that would make him rich.*
- Instead, what he learned is that the strength he got while digging for gold was more useful than the gold.*

### 6. Gym Application

- You're learning many other things as you work toward getting a new skill.
- If you want to be able to do a pull up on the high bar into a pullover, your brain and body will have to work together to learn how.
- That's a lot of work for them! It takes a long time for them to learn to do that.
- But once you finally are able to do that, you'll also be strong enough to do other things too, like: climb ropes, learn harder tumbling skills, be a better wrestler or cheerleader - lots of things!
- What you gained along the way as you were learning the pull up to pullover was more valuable to you. It made it possible for you to do a lot more than just a pullover.

7. **Remember:** The exciting things you learn on your way to a goal can be even better than getting to the goal.

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 9: Aug 5-10

Be a PAT CT COACH:  Was I Prepared?

Was I Animated?

Did I Tie it to life

today?

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** Sometimes we think there's only one way to do something. If I get gum stuck in my hair, the only way to get it out is to cut that part of my hair off. That *does* work, but it might look really bad with a big chunk of hair missing. So before I go get the scissors, I think I'll ask other people if there's a better way. Guess what? There is! I learned that coconut oil, baking soda mixed with a little water, and even toothpaste are three ways others have gotten the gum out! I guess there is more than one way to get gum out of hair!
3. **Lesson 9: Learning is a fun journey that never ends.**
4. **Fable & Question:** Listen to this story: *Wandoo, Toopa, and the Monkeys*. It's about a man named Wandoo who lives in the jungle and searches for a better way to solve a bad problem. After the story, I'm going to ask this question: **What did Wandoo do that helped him solve the problem?**
5. **Discussion Question:** What did Wandoo do that helped him solve the problem?
  - a. *He asked for help from the wisemen in the village and kept the monkeys away without hurting them.*
  - b. *Wandoo wanted to know the best way to solve the problem and knew he could learn from people who knew more than he did.*
6. **Gym Application**
  - a. When you have a problem learning a new skill, or you're getting really discouraged because it's taking so long to learn, ask your coach for help.
  - b. You may think you're doing everything right, but there might be something you don't know yet that your coach can teach you.
7. **Remember: You can learn a lot from other people who are older and wiser.**
  - a. Toopa was sure there was only one way to get rid of the monkeys.
  - b. Wandoo wanted to see if there might be a better way, so asked advice from the tribe's wisemen.
  - c. Your coach is older and knows more than you do. Ask for help before you start thinking you will never be good at the skill you're working on.

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 10: Aug 12-17

Be a PAT CT COACH:  Was I Prepared?

Was I Animated?

Did I Tie it to life

today?

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

2. **Intro:** Learning to bake cookies is a fun thing to learn! You find a good recipe and mix all the ingredients together and plop them onto the cookie tray. You turn the oven on and when it's heated up, you put them in. The timer is set for 10 minutes. You can't wait to eat these fresh out of the oven! Oh no! Something doesn't smell right. The timer goes off. You open the oven door and find every single cookie burnt black! What went wrong? You reach to turn the oven off and see that you had set the oven on *broil* instead of bake! Broiling only cooks the top and is very different from baking. What will you do next time?
3. **Lesson 10: Mistakes are good teachers.**
4. **Fable & Question:** Listen to this story: *The Ants* It's about a colony of ants that keep working toward their goal even though they make mistakes along the way. After the story, I'm going to ask this question: **What places turned out to be failures even though the ants thought they would be good ones?**
5. **Discussion Question:** What places turned out to be failures even though the ants thought they would be good ones?
  - a. *Sandy beaches and lawns that belong to humans.*
6. **Gym Application**
  - a. Everyone makes mistakes. We don't always do everything right, especially the first time we try new things.
  - b. When you can't do a back hip circle or climb the rope at first or even after many tries, don't give up!
  - c. Maybe you still need to get stronger. Or maybe you need to stop fooling around and use your time better!
  - d. When you're feeling bad because even after many tries you still can't do something right, ask your coach for help!
7. **Remember: Every time you try something that doesn't work, you're learning something.**
  - a. When you work hard at your skills, your muscles and your brain are learning and slowly getting stronger.
  - b. You can't see that they are growing right away, but one day they will finally be able to do what you want them to do.

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

## Week 11: Aug 19-24

Be a PAT CT COACH:  Was I Prepared?

Was I Animated?

Did I Tie it to life

today?

### 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

### 2. Intro: If you really want to make the basketball team, should you:

A. sit on the couch and watch basketball videos with a bag of chips to snack on or

B. practice dribbling the ball and shooting baskets for 30 minutes a day and eat healthy food?

- a. Not everyone can make the basketball team. But those who practice their skills and eat well are far less likely to fail at tryouts than those who don't prepare at all.

### 3. Lesson 11: Mistakes are good teachers.

#### 4. Fable & Question: Listen to this story: *The Stegosaurus*. It's about a dinosaur that learns the importance of being ready for troubles. After the story, I'm going to ask this question:

**What did the stegosaurus do before he went looking for a plot of ground the second time?**

#### 5. Discussion Question: What did the stegosaurus do before he went looking for a plot of ground the second time?

a. *He prepared! He prepared his body by strengthening his tail.*

b. *He prepared his mind by staying watchful and keeping an eye out for danger.*

### 6. Gym Application

a. We often make a lot of mistakes while we're learning new things because we must train our minds and bodies to do things they haven't done before.

b. But we *can* avoid *some* mistakes. If you want do your best in gymnastics or ninja class, you can:

i. prepare your body by eating healthy food every day and work at getting stronger by exercising every day.

ii. prepare your mind by paying attention to the instructions the coach is giving so you know how and what you should be doing during class time.

### 7. Remember: Everyone runs into trouble while learning. Don't quit when it comes.

a. Work at eating healthy, exercise a lot every day, and listen to parents, teachers, and coaches when they are teaching you.

b. If you do these things, you won't make as many mistakes and can learn new things faster.

## Planning:

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# Summer 2024 CT: 'I Know I Can Grow' Junior Version

Week 12: Aug 26-27 Sep 4-7 (Closed Aug 28-Sep 3 for Fair, Labor Day & Training)

Be a PAT CT COACH:  Was I Prepared?

Was I Animated?

Did I Tie it to life

today?

## 1. Practice declaration & verse together

**What should you say when you're discouraged?**

I can get better at anything I work at.

**What does God say?** 2 Chronicles 15:7 (ISV):

"Be strong and never be discouraged, because there will be reward for your work."

## 2. Intro: Have any of you ever fallen off your bike and gotten scratched up or even broken a bone?

- Did you put your bike away and never ride it again?
- If you fall off the beam or rings and sprain your ankle, should you quit gymnastics or ninja?
- Our story today is about something like this that happened to a young ram.

## 3. Lesson 12: Mistakes are good teachers.

## 4. Fable & Question: Listen to this story: *The Young Ram and the Old Sheep*. It's about what we can learn when things go wrong. After the story, I'll ask you this question: **What did the young ram learn from the old sheep?**

## 5. Discussion Question: What did the young ram learn from the old sheep?

- The old sheep knew the best grass was at the top of the mountain.*
- He didn't want to miss out and spend his whole life at the bottom eating bad grass.*

## 6. Gym Application

- The old sheep didn't stop trying to get to the top even though he got scraped up many times.
- He kept thinking about the yummy grass up there and he really wanted it!
- Think of your gymnastics and ninja training like a mountain you're climbing.
- You will make mistakes as you learn and even fail at some things, but think about how cool it will be when you finally learn all those skills.
- You'll be so happy and want to keep learning more and more!

## 7. Remember: Learning happens when things go right AND when things go wrong.

- Never stop learning! Never give up trying hard!

Planning:

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