

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 a continuation of a story. 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.*)
 - Each fable has a visual to go with it.

All the fables are here:



Summer 2024 CT: 'I Know I Can Grow' Senior 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
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

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

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: Do not give in to weak thoughts that limit potential.
- Week 3: When discouragement tries to take over, ask for help.

Weeks 4-6

- **Lesson Point = Success strategies + steady effort = achievement**

Subpoints:

- Don't just try hard, try different strategies.
- Mental effort may be as important as physical effort.
- Prepare for losses, but never accept defeat.

Weeks 7-9

- **Lesson Point = Learning is a journey that has no end point.**

Subpoints:

- Make progress your destination.
- What you learn along the way is often more valuable than achieving the goal.
- Inviting others into your learning journey ensures a better outcome.

Weeks 10-12

- **Lesson Point = Plan to learn from your failures.**

Subpoints:

- Every failure includes a learning experience.
- Be prepared for difficulties and don't quit when they come.
- Do not let past failures rob you of future joys.

Summer 2024 CT: 'I Know I Can Grow' Senior 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 first tried to read, you did not have the brain strength to understand it. Your brain had to work hard to build many special connections - kind of like connecting roads to a destination. But as you practiced day after day, those connections were made and reading 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. Think about this: 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 feeling good about your accomplishments! 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' Senior 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, the stronger and more permanent those connections become.
- Here's what's important to remember about those connections: the brain makes permanent whatever you think about the most. So if your thoughts are true, like, "I'm able to get better at new things I try," those will become permanent. But if your thoughts are *not* true, like, "I'll never be good at gymnastics," those thoughts will *also* become permanent.
- A growth mindset knows not to give in to weak thoughts that limit potential.

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 not to give in to weak thoughts that limit potential. After the story, I'm going to ask this question: **What caused the weak thoughts that almost resulted in loss of life?**

5. Discussion Question: What caused the weak thoughts almost resulted in loss of life?

- He compared himself to older roosters whose crows were strong.*
- It would be like you comparing yourself to a gymnast or ninja student who had been practicing way longer than you.*
- By comparing himself, the rooster felt so embarrassed about his squeaky crow that he limited his practice to the times when no one could hear him.*

6. Gym Application

- Be aware of those sneaky 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.
- And if you see others who are discouraged about their progress, you can also remind them of all they have learned.

7. Remember: Do not give in to weak thoughts that limit potential.

- Weak thoughts cause us to believe things that aren't true.
- They can have harmful effects on us and others if we allow them to take over.
- A growth mindset recognizes and seeks to overcome weak thoughts that keep us from being and doing our best.

Summer 2024 CT: ‘I Know I Can Grow’ Senior Version

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior 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:** Do you know what it's like to feel discouraged? When we're discouraged, we feel disheartened, we lose hope, or we lose confidence.
 - a. It's really easy to start thinking thoughts that drag us down when we feel like that.
 - b. We may tell ourselves we're a loser, start complaining, or tell others to leave us alone.
 - c. But remember: the thoughts you feed your brain will become strong - even permanent - if you repeat them over and over. Make sure they are true and helpful thoughts!
 - d. A growth mindset is quick to derail thoughts that aren't helpful and will ask for help when needed.
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 story about what to do when discouragement tries to take over your mind. After the story, I'm going to ask this question: **What steps did the beaver take when he was feeling really discouraged?**
5. **Discussion Question:** What steps did the beaver take when he was feeling really discouraged?
 - a. First, he thought about the problem - not his feelings. He exercised his brain!
 - b. Next, he came up with a plan: ask for help from his brothers.
 - c. Then he took action on his plan. He went back to the colony and explained his dilemma.
6. **Gym Application**
 - a. Everyone gets discouraged. It's not wrong to feel discouraged when you can't do something.
 - b. It *becomes* wrong when you choose to complain, to say nasty things to others, or to reject help from anyone.
 - 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 help ENcourage you and give you helpful advice. ENcouragement brings back hope and confidence.
 - e. He or she can remind you of all the things you've already learned and help lift you out of your discouragement.
7. **Remember: When discouragement tries to take over, 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 sad and defeated, ask for help!
 - c. Other people can lead you away from that terrible feeling and put courage back into you so you don't quit.

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior 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?

- 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?"*
- Repeat the process until you get three different ideas. Help if needed!*
- Congratulations! You have just come up with three different strategies for solving a problem.
- Your strategies combined with good effort will get you your present!

3. Lesson 4: Success strategies + steady effort = achievement

4. Fable & Question: Listen to this story: *The Seagull and the Clam*. It teaches us we must not only try hard, but to also try different strategies. After the story, I'm going to ask this question: **What was more important: the good strategies for solving the problem or the good effort?**

5. Discussion Question: What was more important: the good strategies for solving the problem or the good effort?

- That was kind of a trick question. They were equally important. Here's why:*
- What happens if you plan out a good strategy but then only apply a little bit of effort?
 - You won't get complete results or maybe even no results. If the seagull didn't fly high enough, the clam would not have cracked open.*
- What happens if you continue to put in lots of effort on something but it doesn't seem to be working?
 - You won't succeed and probably give up. The seagull could spend hours trying to open the clam with a stick, but he would have run out of strength before it cracked.*

6. Gym Application

- When you have tried doing a skill dozens of times or for weeks and nothing has changed, maybe you need a new strategy.
- Ask your coach if they have a suggestion for how you might change the way you're doing something to help you achieve your goal.
- Then put in all the effort you can over the next few practices to see if it works.

7. Remember: Don't just try hard, try different strategies.

- It's important to put in your best effort to see if a strategy works.
- Sometimes, just putting in your best effort builds the strength you need for the strategy to work!

Summer 2024 CT: 'I Know I Can Grow' Senior Version

Planning:

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.*
- 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. Some of you have played this game before. It's 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:

Summer 2024 CT: 'I Know I Can Grow' Senior Version

Week 5: July 8-13

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:** A strategy is a way of doing something. It's a plan you think of to solve a problem. We use strategies all the time. When you clean your room, you all probably have different strategies.
 - a. Some think throwing everything into the closet is a good strategy.
 - 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 strategies for getting the room clean.
3. **Lesson 5: Success strategies + steady effort = achievement**
4. **Fable & Question:** Listen to this story: *The Cat and the Raccoon*. We'll learn that mental effort may be as important as physical effort. After the story, I'll ask you this question: **Did the cat use more strategy or effort to solve his problem?**
5. **Discussion Question:** Did the cat use more strategy or effort to solve his problem?
 - a. *Coach: First, take a few answers.*
 - b. What was the cat's strategy?
 - i. *To wait for fish then try to swipe one.*
 - c. Did the cat use any effort to catch his fish?
 - i. *He used minimal physical effort to catch the fish, but most of the effort he used was mental.*
 - ii. *It takes effort to stay focused and patient! To wait and stay attentive without complaining is hard mental work for your brain, but necessary for many tasks.*
6. **Gym Application**
 - a. Do you like the waiting process as you work at learning new skills?
 - b. Waiting takes mental effort.
 - c. Stay focused on the 'prize' like the cat did.
 - d. As you wait and continue to practice, you're building strength. One day you will be able to say, "I DID IT!"
7. **Remember: Mental effort may be as important as physical effort.**
 - a. Doing hard math homework requires lots of mental effort.
 - b. Overcoming the fear of doing a skill on the high bar or beam takes mental effort.
 - c. A growth mindset reminds us that if we apply both mental and physical effort, we are able to get better at anything we work at.

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior Version

Week 6: July 15-20

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

- What is this?
- How many times do you think it could be used before it breaks?
- I can stretch this hundreds of times into different shapes and it still comes back to its original shape.
- That's what it means to be *resilient*. People who are resilient can feel stretched to the point of breaking.
- 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: Success strategies + steady effort = achievement

4. **Fable & Question:** Listen to this story: *The Resilient Rabbit*. It's a story about resilience and the need to prepare for losses, but never accept defeat. After the story, I'm going to ask you this question: **What is more important - thinking of strategies to solve problems or putting in lots of hard work?**

5. **Discussion Question:** What is more important - thinking of strategies to solve problems or putting in lots of hard work?

- Most problems are going to need both of them in order to be solved.*
- It's important to be like Rez. He was good at thinking of many different ideas to solve problems but he was also willing to do the hard work to test and see which strategy worked best.*

6. Gym Application

- Have a Rez attitude in the gym! Be resilient and don't quit trying.
- Don't let problems stop you from reaching your goals.
- There is almost always another idea or method to try.
- Your coach is here to help you figure out the best strategies and then you need to put in the effort to see if they work.

7. Remember: Prepare for losses, but never accept defeat.

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

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior 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 try 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 journey that has no end point.**
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 improve.*
6. **Gym Application**
 - a. Your goal should always be to work hard so you can get better.
 - b. What would happen if your goal was to be the best in your class or in the whole gym?
 - i. *First of all, you would most likely always be unhappy and disappointed since that is not a realistic goal. You may even quit!*
 - ii. *Second, even if you did become the best, someone else would come along who is better.*
 - iii. *And third - and most important - you would miss out on the joy and satisfaction that comes when you learn new skills.*
 - iv. *Learning is fun! Becoming better at something makes us feel good about our hard work.*
7. **Remember: Don't set your mind on *being* the best, but on *doing* your best. Then you will be satisfied.**
 - a. You won't quit like the Mustang did just because you didn't win.
 - b. The Appaloosa probably entered many more races because he loved to see how much he improved.
 - c. Be like the Appaloosa! Work hard and do your best every day!

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior Version

Week 8: July 29-Aug 3

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:** Who loves ice cream? Let's say you're walking to the ice cream shop to get a double scoop of your favorite kind. On the way, you look down and see what looks like a dollar bill on the edge of the sidewalk. You pick it up. But it's not a dollar bill. It's a 50 dollar bill! Do you think the ice cream or the 50 dollars you found on the way was more valuable? That's what our fable is about today!
3. **Lesson 8: Learning is a journey that has no end point.**
4. **Fable & Question: Fable:** 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: **Do you think the young man found the wealth he needed to provide for his needs for the rest of his life?**
5. **Discussion Question:** Do you think the young man found the treasure he needed to provide for his needs for the rest of his life?
 - a. *Yes! But it wasn't jewels and gold.*
 - b. *The treasure was what he learned.*
 - i. *He probably wonders what other things he's able to build with his newfound strength.*
 - ii. *He thought he would find gold so he wouldn't have to work hard the rest of his life. But the muscles he grew while digging turned out to be far more valuable.*
 - iii. *Those muscles made it possible for him to earn the money needed to take care of himself.*
6. **Gym Application: Make learning your goal every day.**
 - a. You're learning many other things as you work toward getting a new skill.
 - b. 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.
 - c. That's a lot of work for them! It takes a long time for them to learn to do that.
 - d. 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!
 - e. What you gained along the way as you were learning a pull up to pullover was more valuable to you because it made it possible for you to do a lot more than just a pullover.
7. **Remember: What you learn along the way is often more valuable than achieving the goal.**
 - a. Make *learning* your goal. Whenever you are learning, you are gaining treasures that will be useful now and later on and make your life happier.

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior Version

Week 9: Aug 5-10

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:** 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 journey that has no end point.**
4. **Fable & Question:** Listen to this story: *Wandoo, Toopa, and the Monkeys*. It's about a man who lives in the jungle who seeks wise guidance to bring about a better outcome. After the story, I'm going to ask this question: **What turned out to be the better way to solve the problem?**
5. **Discussion Question:** What turned out to be the better way to solve the problem?
 - a. *The better way was Wandoo's because 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 others' wisdom.*
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: Inviting others into your learning journey ensures a better outcome.**
 - a. Toopa was sure there was only one way to get rid of the monkeys.
 - b. Wandoo agreed that shooting them works, but wanted to see if there might be a better way, so he went off to ask advice from the tribe's wisemen.
 - c. Learning from others oftentimes helps you learn faster and could be a better or safer way to get things done.

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior Version

Week 10: Aug 12-17

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:** 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: Plan to learn from your failures.**
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 fail 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. No one likes to fail at things. But it happens to everyone.
 - b. Maybe you expected to move up to a more advanced class but didn't pass the evaluation. Or you didn't get the score you needed to move up a level on team.
 - c. You can stay mad or go sulk in a corner, OR you can accept that you failed and choose a different attitude.
 - d. Accept the failure and look for the *reasons* it happened. Do you need more strength? Do you need to stop fooling around and use your time better? Do you need to change the way you practice a certain skill because you've been doing it wrong? Ask your coach for help!
7. **Remember: Every failure includes a learning experience.**
 - a. It may take a long time and you may fail many times before you reach a goal.
 - b. Stay determined and keep trying. Like the ants, learn from your failures. You'll be glad you didn't let failures stop you!

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior Version

Week 11: Aug 19-24

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: 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: Plan to learn from your failures.

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. Failure is a part of life. Learning often means having many failures because we must train our minds and bodies to do things they haven't done before.
- b. But we *can* avoid *some* failures, or at least lessen the degree of failure. In the gym, you can:
 - i. prepare your body by working hard to keep it healthy and strong.
 - 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: Be prepared for difficulties and don't quit when they come.

- a. We cannot know what difficulties are ahead for us.
- b. What we *can* do is keep our bodies and minds in good shape so we're more ready to face them when they come.

Planning:

Summer 2024 CT: 'I Know I Can Grow' Senior 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?

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

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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: Plan to learn from your failures.

4. Fable & Question: Listen to this story: *The Young Ram and the Old Sheep*. It teaches us not to let past failures rob us of future joys. After the story, I'll ask you this question: **Why did the old sheep keep on climbing?**

5. Discussion Question: Why did the old sheep keep on climbing?

- 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 had his mind set on getting to the top where he knew the better grass was.
- He didn't let his past failures stop him from getting what he really wanted and knew would make his life better.
- Think of your gymnastics and ninja training like a mountain you're climbing.
- You will fail at some things, but think about how cool it will be when you finally learn all those skills.
- You'll be inspired to keep learning more and more!

7. Remember: Do not let past failures rob you of future joys.

- Keep your mind focused on the reward of hard work and the joy you'll have when you reach your goal!
- Then set another goal. Never stop learning!

Planning:
