

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say?

“Follow my example, just as I follow the example of Christ.”

1 Corinthians 11:1

Teaching Objectives

If a student can demonstrate awareness and growth in even one quality - consider that a success!

Student is a good example of leadership by demonstrating the quality of:

- **a courageous leader:** does what is right, especially when it is hard. They recognize bad examples and do not follow them.
- **an encouraging leader:** speaks encouraging words to bring hope and help to others.
- **a caring, compassionate leader:** takes specific actions to help others.

Coaches: As always, our character training is not only for the students, but all of us as well.

- Coaches have been credited with having the most influence in a child's life when it comes to shaping a child's character, work ethic, and sportsmanship.
- What you say and how you act is being closely watched by your students.
- Is your example worthy of a following? Strive to confidently say what Paul said: *“Follow my example, just as I follow the example of Christ.”*

Winter 2025 Junior CT: Leadership: My Powerful Example

2025 Winter
LEADERSHIP
December 2 - March 8
Closed:
Dec 23-Jan 1 (Christmas & New Years)

December 2024						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	\$	26	27	28
29	30	31				

January 2025						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	\$
26	27	28	29	30	31	

February 2025						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	\$	20	21	22
23	24	\$	26	27	28	Mar 1
Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8

Story: Mona Is a Leader

Week 1 (Intro - no story)

- **Lesson Point = Someone is always watching you. Are your words and actions the kind of example others should follow?**
 - Week 1: [Images 1a,b,c,d](#)

Weeks 2-3

- **Lesson Point = I choose to do the right thing even when it's hard.**
Stories:
 - Week 2: A Hard Choice for Mona / [Images 2a,b,c](#)
 - Week 3: It Takes Courage / [Images 3a,b,c](#) / [Handout](#)

Weeks 4-6

- **Lesson Point = I speak words that bring hope and help to others.**
- Stories:
 - Week 4: The New Girl / [Image: Week 4](#)
 - Week 5: Reggie / [Learn the Leader Song](#) [YMCA Clip](#) / [Week 5 Lyrics image](#)
 - Week 6: The Art Lesson / [Handout](#)

Weeks 7-9

- **Lesson Point = I care for others by taking action to help them.**
Stories:
 - Week 7: Sick and Tired
 - Week 8: A Happy Meal
 - Week 9: From Empty to Overflowing / [Handout](#)

Weeks 10-12

Lesson Point = My example is so powerful it can change people's lives!

Stories:

- Week 10: How to Change a Life
- Week 11: Grandma's Garden
- Week 12: It Was Hard, But Worth It! / [Activity + Homework Handouts](#)

Winter 2025 Junior CT: Leadership: My Powerful Example

Week 1: Dec 9-14

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. Lesson 1: Someone is always watching you. Are your words and actions the kind of example others should follow?

3. Intro: This season we're learning about the qualities of a good leader and the powerful effect their example has on others.

- a. What is an example?
 - i. *An example is a picture or demonstration of how to do something. Here's an example of a good split leap [1a]*
- b. What does powerful mean?
 - i. *Powerful means strong, big, or forceful like a waterfall or bulldozer [1b].*
 - ii. *It can also be a tiny thing that produces a big effect, like a mosquito [1c] or a seed [1d].*
 - iii. *A powerful thing can change things around it - for good or bad.*
- c. Can you think of people who are powerful examples in your life?
 - i. *Parents, teachers, coaches, friends, older brothers or sisters...*
- d. We are always watching other people, and every one of them is saying or doing something that shows us what they are like.
 - i. *What kind of example is a famous pro football player who is always yelling at the referee or getting into fights? (A terrible one that you do not want to follow!)*
 - ii. *What kind of example is the famous singer who uses their fame and talent to raise money for the poor? (A good example worth following.)*
 - iii. *Young people who volunteer to help at animal rescues, serve meals at homeless shelters, or take time to visit lonely people are good examples that can change others' lives.*
- e. *Whether you are young or old, you ARE being an example. Do you want to be like a mosquito or a seed?*

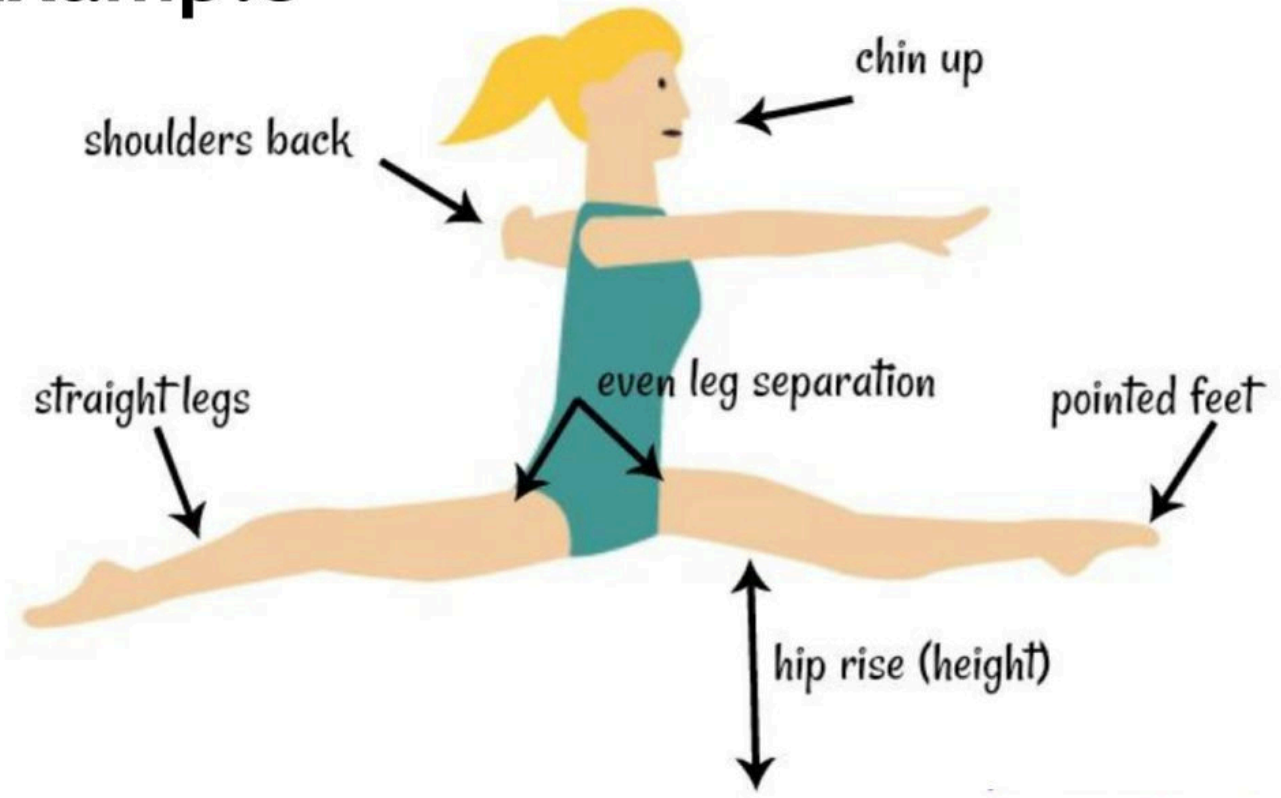
4. Gym Application

- a. Today, I want you to remember that someone is watching you.
- b. It may be a younger student, a parent who has never been to Emeth before, a new student, or me - your coach!
- c. The things you say and do today will show others what kind of person you are. Be a good example!

5. Remember: Use your powerful example to show others what is right.

Planning:

Example



Week 1a

Powerful



Week 1b

A person who is a bad example is like a mosquito. Though its bite is small, it can still have a **powerful**, harmful effect that can bring hurt and lasting pain.



Week 1c

A person who is a good example is like a seed. A seed is small, but it can have a **powerful**, positive effect. It can bring life, health, and lasting joy to others.



Week 1d

Winter 2025 Junior CT: Leadership: My Powerful Example

Week 2: Dec 16-21 (*Christmas break Dec 23-Jan 1*)

1. Practice declaration & verse along with sign language.

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. Intro: We are always setting an example for someone.

- a. If you have younger siblings, they are looking up to you.
- b. When you go with your mom to the store, others see how you act.
 - i. Do you get mad and complain when Mom says you can't buy something?
 - ii. Do you help her load the groceries into the car?
- c. You can choose to do what's right or what's wrong. But remember - your choice *will* affect others, as you'll see in our story today.

3. Lesson 2: I choose to do the right thing even when it's hard.

4. Story & Question: Today's story is called, *A Hard Choice*. After you listen, this is the question I'll ask: **What did Jake do and how did it affect others?**

5. Discussion: What did Jake do and how did it affect others?

- a. *Jake chose to agree with Peter even though he knew it wasn't right.*
- b. *His choice set an example for other scared kids to follow.*
- c. *Now Jimmy is going to get in trouble for something he didn't do.*

6. Gym Application:

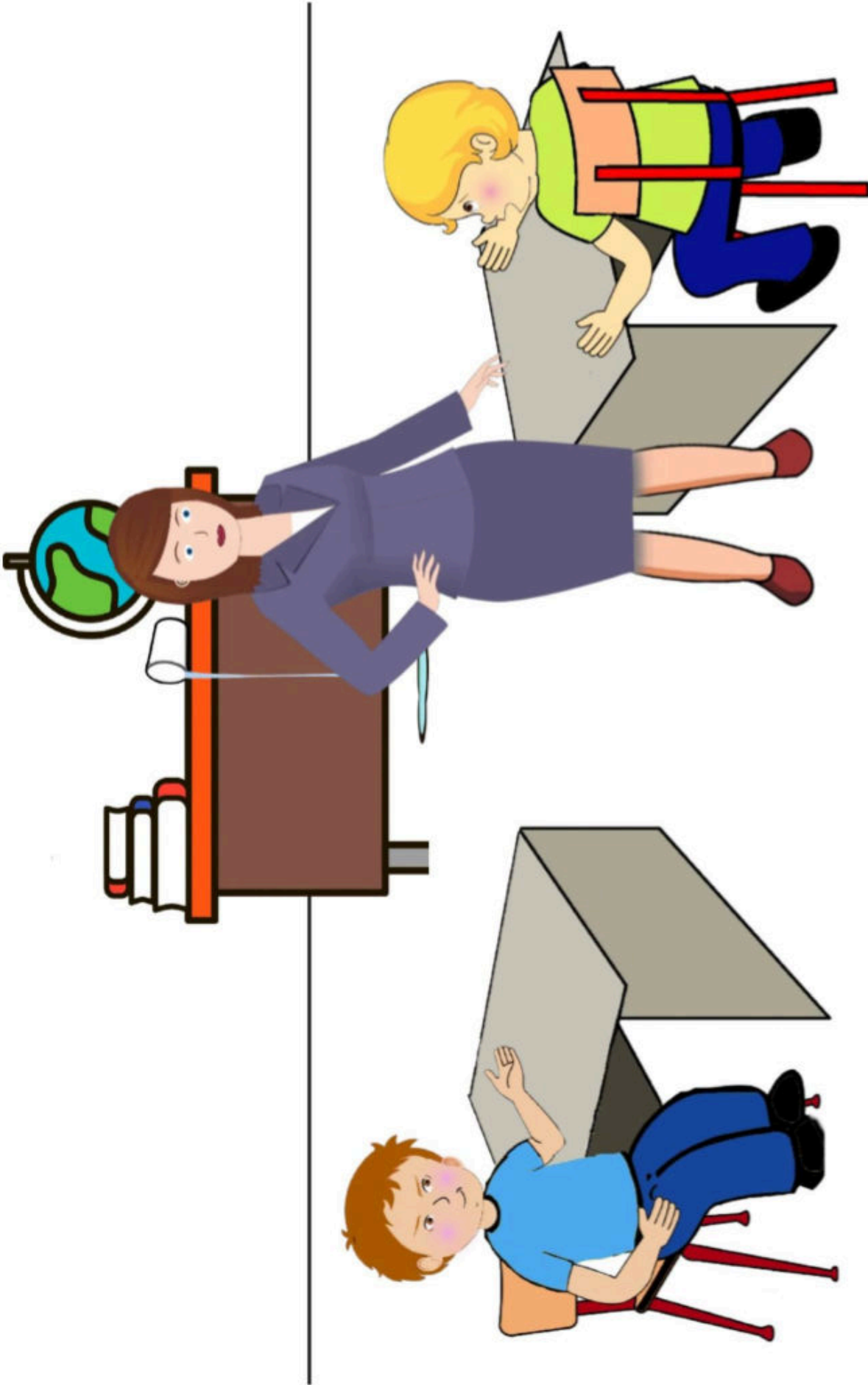
- a. When you pay attention to your coach during CT and during class, you are doing the right thing. You are setting a good example.
- b. When you start to fool around and distract your classmates, they won't be able to pay attention to the coach. You stop them from learning. That is a bad example.
- c. It is not always easy to choose the right way to behave, but your choices always affect others.

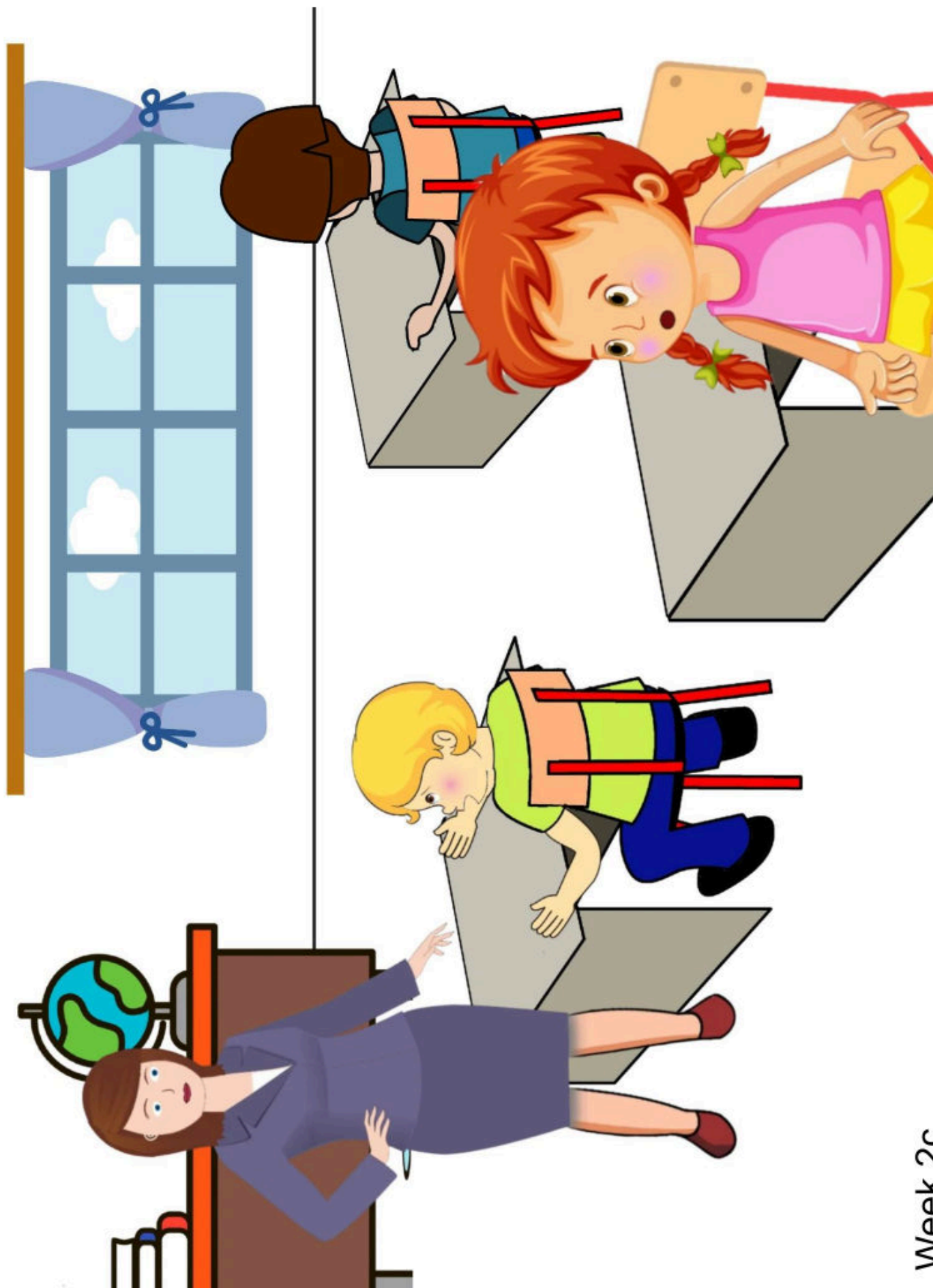
7. Remember: Choose to do the right thing even when it's hard.

- a. Next week, we'll find out what Mona does!

Planning Notes:







Week 3: Jan 2-4 (No Week 3 for Mon-Wed classes!)

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

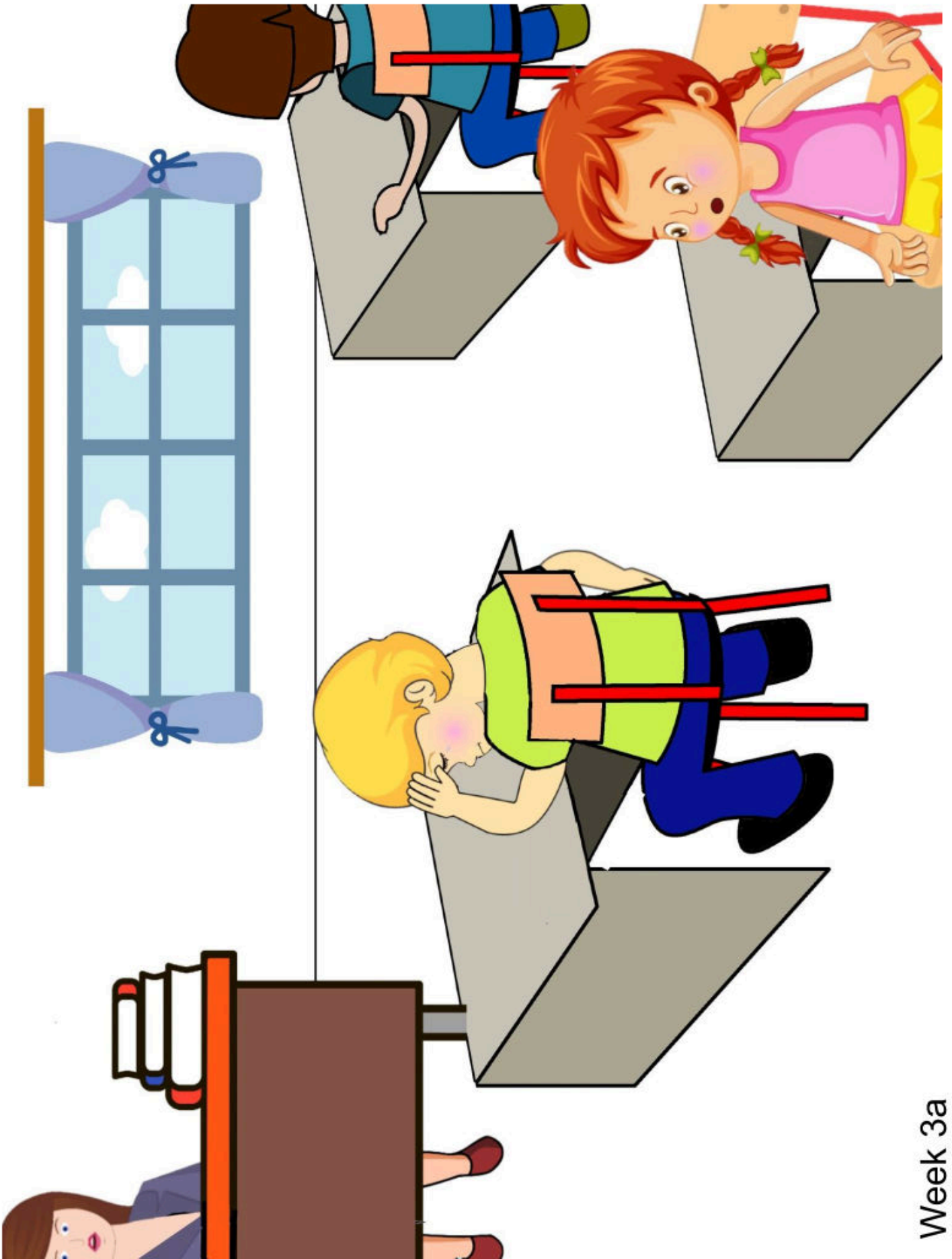
What does God say? 1 Corinthians 11:1

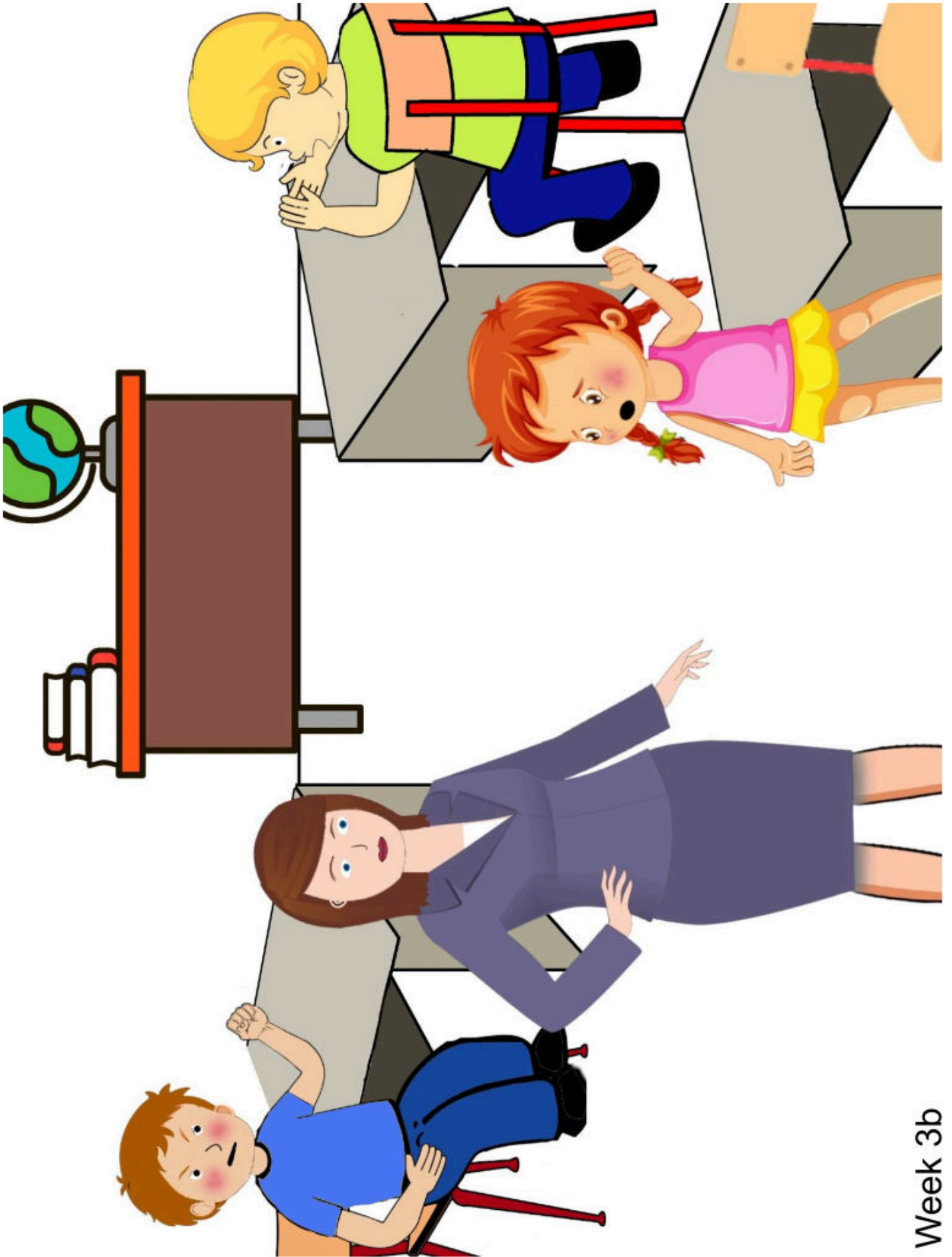
“Follow my example, just as I follow the example of Christ.”

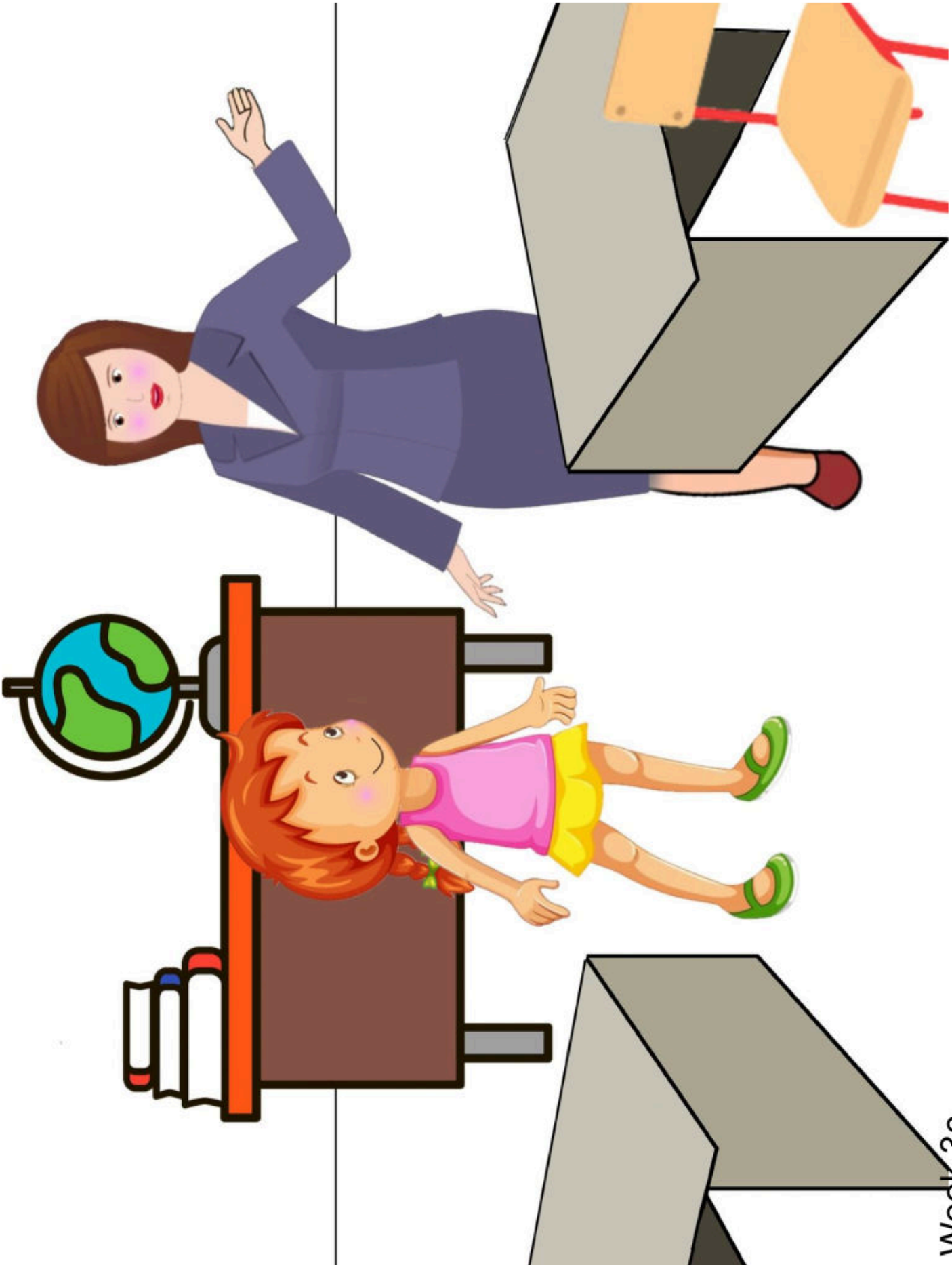
2. **Intro:** Last week in our story, Peter had knocked over the teacher’s water on his way into class. Jake was so afraid of Peter, that when he blamed Jimmy, Jake blamed him too. And now Jimmy is in trouble. Let’s see what happens next!
3. **Lesson 3: I choose to do the right thing even when it’s hard.**
4. **Story & Question:** The next part is called, *It Takes Courage*. When it’s over, I’ll ask you this question: **What did Mona do and how did it affect the class?**
5. **Discussion:** What did Mona do and how did it affect the class?
 - a. *Mona told the teacher the truth.*
 - b. *Jimmy didn’t get blamed.*
 - c. *The teacher was able to talk to Peter about being honest.*
 - d. *Peter apologized to Mona and Jimmy.*
6. **Gym Application:** Mona’s courage was a powerful example of choosing the right thing when it’s hard.
 - a. Sometimes one student starts to fool around during our CT time or when I give instructions during class.
 - b. Then another student starts to follow his example until no one is listening.
 - c. This is wrong because no one learns when they don’t know what to do.
 - d. It can be hard to do the right thing when everyone else is doing the wrong thing.
 - e. But if you are courageous - like Mona was - and choose to do what’s right, your good example can change everything so all of you can learn and get better.
7. **Remember:** Don’t follow bad examples! Be a brave leader and **choose to do the right thing even when it’s hard!**

Handout

Planning Notes:









Week 4: Jan 6-11

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** Today we're talking about the words we say to others. Here's an old saying you may have heard: *Sticks and stones may break my bones, but names will never hurt me.* Do you think this is true?

(Show & read image 4)

- The truth is that our words are very powerful! A good, caring leader will find ways to speak words that bring life to those around them.
- Our words will make others feel happy or sad; loved or rejected; important or worthless - and lots of other things.
- For the next few weeks, our stories show us the power our words can have to turn bad situations into good ones.

3. **Lesson 4: I speak words that bring hope and help to others.**

4. **Story & Question:** Our first story is called, *The New Girl*. **What does Miss Lori say to Mona that helps her want to do her skill by herself?**

5. **Discussion:** What does Miss Lori say to Mona that helps her want to do her skill by herself?

- “I think you're going to get your back hip circle today. You were SOOO close last week.”
- “I think you can do this by yourself. I'm just going to stand here but not spot you.”
- “WOW! That was awesome!”

6. **Gym Application:**

- If someone keeps falling off the beam and you say something like, “You're really bad. I *never* fall,” your words make them feel like a loser. They're like poison that kills.
- Instead, you should say, “Don't give up! Keep trying and pretty soon you'll be really good!” That brings life and makes them want to continue working at it.
- Speaking kind, helpful words to your classmates might be the reason they choose to stay at the gym instead of quitting!

7. **Remember:** When you **speak words that bring hope and help to others**, you're planting a seed of hope that causes them to keep learning and growing into a better person.

Planning Notes:

Week 5: Jan 13-18

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** Today we have a song to listen to that will remind you that you're a leader. *(Play song a couple of times)*

- a. Last week, when Mona was at gymnastics, a new girl was there.
- b. She was so shy she wouldn't go into class. She stayed close to her mom and just wanted to go home. Mona wanted to help.

3. **Lesson 5: I speak words that bring hope and help to others.**

4. **Story & Question:** Today's story is called *Reggie*. After the story, I'll ask you to **name three things Mona did that shows she is a caring leader.**

5. **Discussion:** Name three things Mona did that shows she is a caring leader.

- a. *Mona felt so bad for Reggie when she saw that she was about to cry and wanted to go home, that she walked over to see if she could do something.*
- b. *She smiled, introduced herself and started a friendly conversation.*
- c. *When Reggie seemed happy, Mona asked her to join the class.*
- d. And what happened after class?
 - i. *Reggie was invited over to play with Mona!*

6. **Gym Application:**

- a. All of you were new students at one time. Some of you may have started when you were just tiny tots.
- b. But we always have new students joining classes who don't know anyone.
- c. You can be like Mona and go sit by them, tell them your name, and tell them you're glad they came.
- d. Many kids who come to Emeth make new friends that last for years! It starts by saying just a few kind words so they feel like part of the class.

(Coaches: if you happen to have a new student, have your kids introduce themselves and make sure the new person knows you're glad they came!)

7. **Remember:** When you **speak words that bring hope and help to others**, you can change a bad situation into a good one!

Planning Notes:

Week 6: Jan 20-25

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. Intro: Leader song

- When we hear the word “leader”, we often think of important people like the president of a company, or the principal of the school.
- But almost everyone is a leader to someone.
- Your younger siblings follow your example. Your friends see your behavior and may copy it.
- Adults, like teachers and coaches, notice students who show leadership qualities like caring about others and helping others.

3. Lesson 6: I speak words that bring hope and help to others.

4. **Story & Question:** In today’s story, *The Art Lesson*, Mona shows some of those good qualities. After we listen, I’ll ask you: **What does Mona do that makes her a good example to follow?**

5. **Discussion:** What does Mona do that makes her a good example to follow?

- First, she volunteers to come over and help.*
- When that doesn’t work, she doesn’t give up, but thinks of another way to help.*
- She’s patient with Reggie and lets her practice until she could load the right amount of paint on the brush.*
- It’s clear that Mona really cares about Reggie and Reggie is very thankful!*

6. Gym Application:

- The first and most important quality you need to be a leader is to care about other people.
- During class, when you say a kind word or try to help your classmate with something, you are being a good example of caring for others, which is the quality a good leader needs.
- When you wait patiently and listen while your coach is talking instead of fooling around, you are a good example of a leader.

7. **Remember:** Show others you care by **speaking words that bring hope and help to others.**

Week 6 Handout

Planning Notes:

Week 7: Jan 27-Feb 1

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** How many of you have ever been sick? It's not very fun! I bet your mom or dad takes good care of you when that happens. But who takes care of mom when she gets sick? That's what our story is about today.

3. **Lesson 7: I care for others by taking action to help them.**

4. **Story & Question:** Today's story is called, *Sick and Tired*. As you listen, think about this question:
What do you think Mona is going to do instead of watch a movie?

5. **Discussion:** What do you think Mona is going to do instead of watch a movie?

- a. *She's probably going to fold the clothes because she feels sorry for her mom.*
- b. *If you really care about someone, you find ways to help them.*
- c. *Next week we'll find out what Mona did!*

6. **Gym Application:**

- a. Your parents or grandparents, or whoever brings you here, cares about you.
- b. They do their best to get you here on time.
- c. You should care about them too. Here are some things you can do that help them:
 - i. Be ready to leave your house on time.
 - ii. After class, when they say it's time to leave, obey right away. Don't wander off or complain.
 - iii. When you get home, thank them for taking you.
- d. Do you know who else cares about you here?
 - i. We coaches do our best to help you because we care about you.
 - ii. You can help us by listening when we are talking and being a good example to others.

7. **Remember:** A caring person thinks about others feelings and notices when others need help. **Care for others by taking action to help them.**

Planning Notes:

Week 8: Feb 3-8

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. Intro: Leader Song

3. Lesson 8: I care for others by taking action to help them.

4. **Story & Question:** In today’s story, we’ll find out what Mona does after she finds her mom sick in bed. It’s called, *A Happy Meal*. After you listen, here’s the question I’ll ask you to **name three things Mona did that showed how much she cared.**

5. **Discussion:** Can you name three things Mona did that showed how much she cared?

- a. *She folded the laundry and put it away.*
- b. *She put the dirty dishes in the dish washer.*
- c. *She looked for something she was able to make for dinner, which showed she cared about both her mom and dad.*

6. Gym Application:

- a. A person who cares about others will behave in a way that makes *them* feel comfortable.
- b. When a new student comes to class, they don’t know what to do.
 - i. They watch you and follow your example because they want to be part of the group.
 - ii. Remember that others WILL follow your example, whether it’s good or bad!
- c. Parents are also watching you.
 - i. If you behave kindly toward others, pay attention and work hard at your stations, you are a good example of what an Emeth student is like.

7. **Remember:** Sometimes the best way to care for others and to help them is to do what you know is right - like being kind, helpful, and respectful.

Planning Notes:

Week 9: Feb 10-15

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. Intro: If we really care about someone or something, we do more than just feel bad.

- In our last story, Mona didn't only *feel* sorry for her mom, she *thought hard* until she found a way to *help* her.
- If I say to you, “I'm really sorry you can't do your roundoff. I hope you get it soon,” then walk away, am I being a caring coach?
- Of course, I wouldn't do that! I would take time with you until you learn it. That's what caring people do. They find ways to help.

3. Lesson 9: I care for others by taking action to help them.

4. Story & Question: *From Empty to Overflowing*, is our story today. After we listen, I'll ask you this question: **What did Mona do and how did her actions affect those around her?**

5. Discussion: What did Mona do and how did her actions affect those around her?

- As soon as she saw Stewart trip, she immediately asked if he was ok and helped him up.*
- Then she grabbed his basket and started giving him some of her own eggs.*
- When others saw what she was doing, they also shared their eggs.*

6. What God Says: God directed a man named Paul to write our Bible verse.

- Paul was a leader in many churches and told his followers to follow his example.*
- Paul also followed a leader: Jesus, God's Son. Jesus was the perfect example of caring for others and doing what's best for them - like our Leader Song tells us.*

7. Gym Application:

- When we are kind and help others, then someone else might see and decide to be helpful as well.**

8. Leader Song

9. Remember: I care for others by taking action to help them.

Week 9 Handout

Planning Notes:

Week 10: Feb 17-22

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. Intro:: Leader Song

- One line in the song says: *I help others - become the best they can be.*
- This is one of the best qualities of a leader. They aren't trying to make themselves stand out and look good.
- A good, caring leader thinks of ways to help others learn and grow into better people.

3. Lesson 10: My example is so powerful it can change people's lives.

4. Story & Question: In today's story, *How to Change a Life*, Mona is determined to help someone become better. After we listen, I'm going to ask you, **What did Mona do that changed Deitrich's life?**

5. Discussion: What did Mona do that changed Deitrich's life?

- Mona was so concerned about Deitrich that she thought of an idea that might help.*
- She used the mini towns they made and taught him the letters and their sounds and made little words for him.*
- She let him read the words he knew in books they read.*
- Her idea was working so well that Dietrich's teacher used it with his class.*
- Dietrich and others in his class all got better as the result of Mona's concern for him.*

6. Gym Application:

- When you work hard at your stations, someone is watching you. Your example could be just what they need to work hard too.
- When you pick up the foam blocks or plastic balls you or someone else threw out, someone is watching. Your example may cause them to do the same - and your coach will thank you!

7. Remember: Your example is so powerful it can change people's lives.

Planning Notes:

Week 11: Feb 24-Mar 1

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** We all follow others' example. Sometimes we don't even realize we're doing so!
 - a. Young kids especially don't realize they're copying their parents. They say the same phrases, they want their own shovel to dig like Dad, or their own purse to be like Mom.
 - b. And most of the time we don't realize that someone is following our example either.
3. **Lesson 11: My example is so powerful it can change people's lives.**
4. **Story & Question:** In this next story, *Grandma's Garden*, there's a person who has no idea that their example is about to affect someone in a powerful way. Listen for who that is. Afterward I'll ask: **Who is the good example and how do their actions affect the one who is watching and listening?**
5. **Discussion:** Who is the good example and how do their actions affect the one who is watching and listening?
 - a. *Grandma is the good example.*
 - b. *She told Mona she plants such a big garden so she can share it with the homeless center.*
 - c. *When Mona hears that, she starts thinking.*
 - d. *Grandma just inspired an idea that Mona wants to try!*
6. **Gym Application:** Do you have helpful hints you can share with others?
 - a. Did you figure out a way that helped you learn a kickover on floor? A forward flip on trampoline? Or how to use your feet to help you climb the rope?
 - b. Everybody learns in different ways. If you found a way to help you learn a skill, maybe that would be helpful to someone else.
 - c. You could be the one that leads them toward success!
7. **Leader Song** (if time)
8. **Remember: Your example is so powerful it can change people's lives.**

Planning Notes:

Week 12: Mar 3-8

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. Intro: Leader Song

- Lots of kids want to be really good at a sport like gymnastics, ninja, soccer, or another sport.
- But once they start, they find out it's not always easy! Many will quit at that point.
- Our Leader Song says: *I don't give up - I keep the end goal in mind.*
- Mona is going to learn about that in our story today!

3. Lesson 12: My example is so powerful it can change people's lives.

4. Story & Question: This is our last story for this season about being an example of a good leader. *It Was Hard, But Worth It!* is the title. Afterward, I'll ask you to **name all the people who were affected by Mona's powerful example.**

5. Discussion: Name all the people who were affected by Mona's powerful example.

- The buyers: they were amazed at what she had accomplished!*
- Other church members: they followed her lead and joined the Saturday market to help raise more money.*
- The pastor: he was very impressed with her hard work and so grateful for all the extra funds.*
- Eventually the teenagers would be blessed once the Center was completed.*

6. Gym Application: Many will quit a sport because it gets hard. But some will be like Mona. She kept thinking about her goal - to build a learning center for teens. So she worked in the heat and got dirty and tired. But in the end she said it was worth it.

- If you really want to be good at gymnastics or ninja, what do you think might happen if you do extra work at home every week PLUS work hard in class?
 - Not only will you get stronger and learn more quickly, you'll inspire others to follow your good example!*
- After class, I have this homework paper for you. If you do these exercises two or three times each week, you'll get stronger faster and be able to move on to harder skills more quickly.

7. NEVER FORGET: Your example is so powerful it can change people's lives.

Week 12 Activity + Homework Handouts