



BADGES FOR BASEBALL

Name _____

LESSON 1: SPORTSMANSHIP

Lesson Goal: To realize that we cannot always change a situation; however, we can control our reaction to that situation.

Keys to Sportsmanship

- Everyone has ups and downs in life but we all have the freedom to choose how we respond to a given situation.
- It is important that we learn to win and lose with kindness, consideration for our opponents, and humility in our words and actions.
- Being a good sport means acting professionally and showing a positive attitude.

Key Words

Humility:

Professional:

Sportsmanship in Action

Name of Athlete:

How does he or she handle difficult situations, such as making mistakes, following the rules, losing games, dealing with controversial calls by officials, reacting to poor performances by teammates, or hearing criticism from fans, the media, and opponents?

What messages do these actions send to kids, fans, teammates, and opponents about sportsmanship?



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LESSON 2: TEAMWORK

Lesson Goal: To understand that we can often accomplish more with the help of others than we can on our own.

Keys to Teamwork

- Our decisions and actions can affect the team's or group's success in a positive or negative way.
- To be successful, we need to be good teammates, on and off the field.
- Working with others helps us learn and grow as individuals.

Key Words

Ripple Effect:

Consequences:

Teamwork in Action

What did you have to do to complete that task?

Did everyone pass the hoop in the same way?

How did you communicate with each other?



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LESSON 3: LEADERSHIP

Lesson Goal: To recognize the qualities of positive leadership and to strive to adopt those qualities for ourselves.

Keys to Leadership

- Leaders earn respect and get others to follow them with their words and actions.
- There are both positive and negative leaders. We have the freedom to choose which type of leader we want to be, when leading, and which type of leader we want to follow.
- Leadership requires us to work hard, respect ourselves and others, and have the integrity and courage to make good choices.

Key Words

Integrity:

Courage:

Commitment:

Leadership in Action

How important was communication in each individual's job and to the team as a whole?

If the first attempt to match the shape was not successful, how did the leaders help their teams complete the challenge?

How could leadership and teamwork be improved in each group?



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LESSON 4: COMMUNICATION

Lesson Goal: To understand that effective communication is a two-way process that helps us to be successful in all aspects of life.

Keys to Communication

- Using strong communication skills, in school, sports, and life is often the difference between being successful or not. Understanding that people communicate differently is key to improving the decisions that we make.
- We express ourselves by communicating our thoughts and emotions in two primary ways: verbally (with words) and non-verbally (with actions, such as eye contact and hand gestures).
- To be an uncommonly effective communicator, we need to be active listeners. This means giving our undivided attention to a speaker in a genuine effort to understand the speaker's subject matter and point of view.

Key Words

Active Listener:

Body Language:

Communication in Action

What was the most difficult part about this activity and how did you solve this?

How were you able to communicate with one another and complete the task?

What are some ways you will use positive body language and active listening to communicate more effectively?



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LESSON 5: RESPECT

Lesson Goal: To understand the importance of treating all people and their belongings as they would like to be treated.

Keys to Respect:

- You are valuable. Take care of yourself, your belongings, your school, and your community.
- A respectful attitude is one that is kind, polite, and honest.
- Respect is earned; to be respected, you must treat others with equal respect.

Key Words

Consideration:

Respect in Action

If you didn't treat the water balloons with respect when tossing them back and forth, what were the consequences?

What makes you feel respected? How would you like others to treat you?



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LESSON 6: RESILIENCE

Lesson Goal: To understand the value of a positive, patient, and tolerant attitude in our relationships and within ourselves to help us practice resilience.

Keys to Sportsmanship

- Stinkin' thinkin' is when we think or speak negatively about ourselves or others.
- Instead of stinkin' thinkin', we can practice resilience by viewing challenges as an opportunity to become better.
- Resilience is when we are able to become strong, healthy, or successful again after something bad happens.
- When we are positive about our actions, decisions, and ourselves, we have the ability to inspire others to lead a more successful and happy life.

Key Words

Resilience:

Stinkin' Thinkin':

Self-Esteem:

Resilience in Action

Stinkin' Thinkin' Example 1:

Resilient Alternative:

Stinkin' Thinkin' Example 2:

Resilient Alternative:

Stinkin' Thinkin' Example 3:

Resilient Alternative:



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LESSON 7: PERSONAL RESPONSIBILITY

Lesson Goal: To understand that we, as individuals, are responsible for both the positive and negative consequences of our actions and decisions.

Keys to Sportsmanship

- There are always positive outcomes or negative consequences directly related to our actions or decisions.
- By accepting responsibility for our actions, we contribute to the success of the entire group, whether it's a class, a team, or an entire community.
- Responsible people are respected and try to follow through with all commitments and tasks, without making excuses if they fall short of expected outcomes or results.

Key Words

Responsibility:

Positive Outcome:

Negative Consequence:

Personal Responsibility in Action

Circle the quote to which you would like to respond:

“How wonderful it is that nobody need wait a single moment before starting to improve the world.” – Anne Frank

“All that is necessary for the triumph of evil is that good men do nothing.” – Edmund Burke

“In the end, we will remember not the words of our enemies, but the silence of our friends.” – Martin Luther King, Jr.

Why do you agree or disagree with this statement?



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LESSON 8: WORK ETHIC

Lesson Goal: To recognize that to be successful in life it takes hard work, energy and commitment to do your best and finish what you start.

Keys to Work Ethic

- Work ethic is our ability to dedicate ourselves to take on a task or goal and complete it no matter how difficult it may be.
- A strong work ethic shows others that you can be counted on to get the job done.
- If you find something you love, no matter what it is – dance, music, painting, or athletics – work hard at it with a positive attitude.

Key Words

Work Ethic:

Dedication:

Work Ethic in Action

How did having good work ethic help in the game?

What were some strategies your team developed to be successful in this game?

What are 3 ways that you can improve your work ethic in sports, in school, or at home?

1.

2.

3.



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LESSON 9: DEVELOPING GOOD LIFE HABITS

Lesson Goal: To recognize that building good daily habits will help us do well and avoid potential barriers to our success.

Keys to Developing Good Life Habits

- It is much easier to prevent bad habits than it is to break them.
- Good habits become just as hard to break as bad habits.
- If we take care of the little things in our lives, we avoid the big problems.

Key Words

Habits:

Developing Good Life Habits in Action

This guide is for:

Good Life Habits

1.

Because:

2:

Because:

3.

Because:

4.

Because:

5:

Because:



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LESSON 10: CHOOSING TO BE HEALTHY

Lesson Goal: To identify and understand that eating healthy, avoiding dangerous substances, and staying active helps us to achieve our goals.

Keys to Choosing to Be Healthy

- Our bodies are like cars. If we put good fuel in the engine and treat it right, it will perform the way we want it to perform. Fruits and vegetables are examples of good fuel. Snack foods that have added sugar and high fat content are not good for our engines!
- Staying away from dangerous substances like alcohol, tobacco, and illegal drugs will help us to reach our goals.
- If we use common sense and treat our bodies with respect, it will increase our ability to succeed.

Key Words

Dangerous Substances:

Moderation:

Developing Good Life Habits in Action

MENU

Beverage options:

Entrée options:

Sides:

Ingredients (including how much) that will be needed:



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LESSON 11: CHOOSING YOUR TEAMMATES

Lesson Goal: To learn to choose teammates on and off the field that have values and goals you respect and who, in turn, respect your values and goals.

Keys to Choosing to Be Healthy

- Every person with whom we associate is a teammate in some way. They can be friends, family, teachers, coworkers, or teammates.
- Teammates can have a positive or negative influence on our lives. It is important to identify the negative influences and avoid them.
- When choosing teammates, it is important to look for people who have values we respect, such as dependability, honesty, and trustworthiness.

Key Words

Detrimental Relationship:

Influence:

Developing Good Life Habits in Action

Name of Your Uncommon Teammate/Friend:

How do you know them?

Your friend's positive qualities:

What hobbies/activities do you enjoy together?



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LESSON 12: CHOOSING YOUR FUTURE

Lesson Goal: To understand that we all have the power to succeed in life and achieve the goals we strive toward.

Keys to Choosing to Be Healthy

- Be open to new opportunities, find what you love to do, and work at it.
- Stay away from things that are future killers like dropping out of school, doing drugs, getting involved with negative groups, or having an unplanned pregnancy.
- Stay positive and you'll be successful. None of us are born winners or losers – we are all born choosers, and you have the power to make good choices.

Key Words

Future Killers:

Developing Good Life Habits in Action

Answer as many of these as possible to start thinking about your future.

Favorite class(es) in school:

Things you're good at:

Hobbies/interests:

Jobs that sound interesting:

Where you would like to live:

3 words you want to describe your future:

Long-term goals:

3 short-term goals that will help you accomplish your long-term goal: