# Trigger Day Information

Homeroom teachers play a key role in the teaching and implementation of Athlos Performance Character Traits. The homeroom teacher is responsible for conducting a Trigger Day each time the school wide focus changes from the current Performance Character Trait to the focus on a new Performance Character Trait.

School Performance Character Trait Cycle

With the initiation of a Trigger Day each PCT will have approximately 3 weeks of focus in the school. At the conclusion of that period of time the homeroom teacher will conduct a Trigger Day in the classroom and summarize what was learned from the prior PCT and introduce the new PCT for the students.

Trigger Day → Huddle → Huddle → Huddle → Grading → Trigger Day
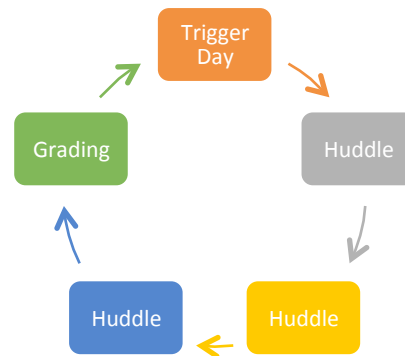
Trigger Day Step by Step Instructions for Homeroom Teachers

On the designated day (as determined by the school character coach) the homeroom teacher will complete the following steps for the Trigger Day:

Step One: Collect the completed student worksheets from the prior Performance Character Trait focus.

Step Two: Insure that all students have completed the worksheet and given themselves a grade at the bottom of the worksheet.

Step Three: Log on to Athlos Tools and print out the student worksheet for the new performance character trait focus.

Step Four: Provide enough copies of the worksheet for each of the students.

Step Five: Introduce the new Performance Character Trait by using the suggestion lesson plan noted below.   Trigger Day lesson should be no longer than 30 minutes in length.

Step Six: Enter student grade and homeroom teacher grade for each student on completed Performance Character Trait.

Suggested Trigger Day Lesson Plan

Homeroom teachers should encourage the students to actively participate in a group discussion centered on the PCT that is being finished and the new PCT being introduced.

Begin by reading the definition of the PCT being completed and ask the student any of the questions listed below.

1. How will this PCT make you a better person?
2. How will this PCT help you be a better student?
3. How will this PCT help you later in life?
4. Can you give an example of someone you know who has this Performance Character Trait and when you have seen them exhibit the Character Trait?
5. If you lack this PCT what could some of the consequences be in life?
6. Can you give an example of someone in history that had this Performance Character Trait and how they exhibited the Trait?
7. Can you define this PCT for me?
8. What other skills and habits do I need in order to have this Performance Character Trait?
9. How can you help others around you develop this PCT?
10. If you possess this PCT how will it help those you associate with?

Read the definition of the new PCT being introduced and ask the students any of the questions listed below:

1. Can you explain what the PCT means to you?
2. Why would it be important to have this PCT?
3. How will it help you be a better person if you have this PCT?
4. Can you give an example of someone you know that has this PCT?

Have the Student Complete the goal section of the Student Worksheet for the current PCT.