

Excellence

EXCELLENCE means very high quality—something that sets a person or thing apart.

LESSON 1

Read the definition of **EXCELLENCE**. Discuss that excellence is looked at in everything we do, school work, chores, helping, playing, etc. Read the following scenarios to the class. Instruct the students to stand up if the scenario depicts excellence and stay seated if it does not show excellence. Read: **1) It's center time and you want to play with the blocks by yourself. A classmate chooses to play with the blocks too. You decide that the best thing to do is share. (stand up) 2) At home your mother expects you to pick up all of your toys before going to bed. You don't do it. (stay seated) 3) The teacher is giving directions for a task that needs to be completed. You choose to talk to your neighbor instead of listening to the instructions. (stay seated)**

School/Home Link Ask students to share what they learned about excellence with a family member.

LESSON 2

Review the definition of **EXCELLENCE**. Ask students to draw a picture of them doing something where they showed excellence. Have them share and discuss the picture with a classmate. Encourage students to visualize themselves doing excellent work throughout the day.

School/Home Link Ask students to bring their picture home and share it with a family member.

LESSON 3

Review the meaning of **EXCELLENCE**. Ask students to name some famous athletes and the sport they play, for example: Michael Phelps, Olympic gold medalist – swimming; Tiger Woods – golf, etc. Ask students to think of the one thing that all these athletes have to do to remain at the top of their game. (The answer is: Practice.) Elicit responses from students until someone responds with the word, “practice.” Write the following saying on the board: **Excellence requires practice.** Explain to students that excellence is seldom achieved without practice. As time allows, ask students why they believe this to be true and identify things they are willing to practice to achieve excellence.

School/Home Link Tell students to ask a family member to think of examples of how practice develops excellence.

LESSON 4

Review the definition of **EXCELLENCE**. Call on students and ask them what they would like to be or do when they grow up. (Examples include: being a basketball player, being a mom, being a singer, being a doctor, etc.) Ask the class to think of ways that they can show excellence now so that they may one day be able to be and do the things they'd like to in the future. (Examples include: do good at school, practice daily, learn from others, etc.) As time allows, invite students to describe someone they know who is in the profession they selected. Ask if this person influenced their decision and if so, to tell why.

School/Home Link Ask students to talk with a family member about what they would like to be or do in the future and discuss ways they can show excellence now.

LESSON 5

Review the definition of **EXCELLENCE**. Read the following quote by Aristotle: **“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”** Ask students to think of ways that they can practice excellence at school (examples include: studying daily, doing homework, working hard, etc.), home (examples include: having a good attitude, doing chores, helping out, etc.), and at play (examples include: sharing with others, being kind to everyone, taking turns, etc.) As time allows, ask students to describe a habit that they have developed. Encourage them to practice good behavior to develop good habits.

School/Home Link Have students talk to a family member about a way they can show excellence at home.