



Excellence

EXCELLENCE means that something is very good or exceptional.

Activity 1

Discuss the meaning of **EXCELLENCE** with your child. Explain that excellence means that something is very good or exceptional. Read the following saying to your child. Talk about what each line means and how it relates to excellence.

Excellence can be obtained if you:

...care more than others think is wise;

...dream more than others think is practical;

...expect more than others think is possible.

Together, think of examples that could support what each line says and apply them to your child's daily routine.

Activity 2

Share the following quote by Confucius with your child: *"The will to win, the desire to succeed, the urge to reach your full potential ... these are the keys that will unlock the door to personal excellence."* Briefly discuss its meaning. Ask your child if he or she has ever heard the expression: going the extra mile. Talk about what it means to go the extra mile. Explain how this expression relates to excellence. Talk about a time when you went the extra mile at work or at home. Ask your child if he or she is willing to "walk an extra mile" to achieve something and if so, what would it be.

Activity 3

Explain to your child that excellence is often related to things or people that are considered to be of high quality. Tell your child what it means to do quality work. Discuss the benefits of having a reputation for being a person who does quality work. For example, being a quality carpenter would mean that the things he or she built would be sturdy, strong and would be built to last. For a mechanic, it could mean that when a car is repaired, it was fixed correctly and would not leave its owner stranded on the road. Ask your child what being a quality student means. Explain that if students have a reputation for being quality students, it means they complete all their work on time, do it neatly, show a good attitude, etc. Together, make a "Quality Checklist for Students." Ask your child to complete the checklist to determine if he or she is a quality student. Discuss why or why not.

Activity 4

Ask your child to write the word ACE on a sheet of paper or note card. Tell your child that anyone can be an ACE because ACE stands for: Attitude + Commitment + Excellence. Explain that to achieve excellence, a person must have a good attitude, be committed to completing a goal, and strive to do his or her very best. Share a time when you experienced excellence. Ask your child to describe his or her achievements of excellence. Suggest that it could have been on a test, a performance, winning a game, a work of art, etc. Congratulate him or her for being an ACE!

Activity 5

Teach your child that striving for excellence will help accomplish a goal. Read and discuss the saying: "Begin with the end in mind." Explain that when a person decides what he or she wants, it is easier to know what steps are needed to achieve it. Illustrate the value of thinking about the end product by completing a jigsaw puzzle together. Use the picture on the box as a guide to know how and where to put the colors and pieces. Have fun together. Encourage your child to set goals that will help him or her know which way to turn to achieve excellence.