



Curriculum Ring 3: Joy of Effort + Courage

*“Climb the mountain not to plant your flag, but to embrace the challenge, enjoy the air and behold the view. Climb it so you can see the world, not so the world can see you”*

**David McCullough Jr.**

## **JOY OF EFFORT + COURAGE**

**The importance of finding joy in the effort of physical movement, school and hobbies**

**Courage in the Classroom**

**Call it Out- Don't Scroll By Campaign**

**The Power of Vulnerability**



# Joy & Effort



## Class Activity

*Enjoy one of these short videos about some of Ireland's top Olympians*



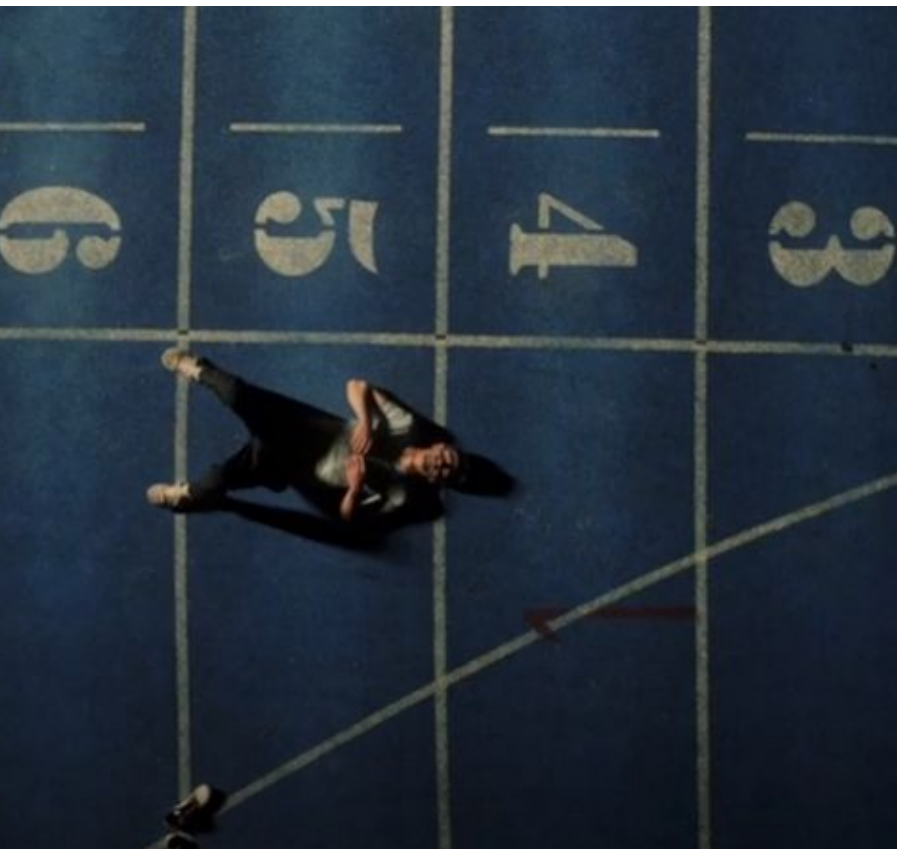
[Watch the video](#) about Thomas Barr – ATHLETICS 2min40sec



[Watch the video](#) about Katie Taylor – BOXING 23min36sec



[Watch the video](#) about Paul and Gary O'Donovan – ROWING 13min09sec



# Joy & Effort



Research + define these terms:

Intrinsic Motivation

Extrinsic Motivation

Flow

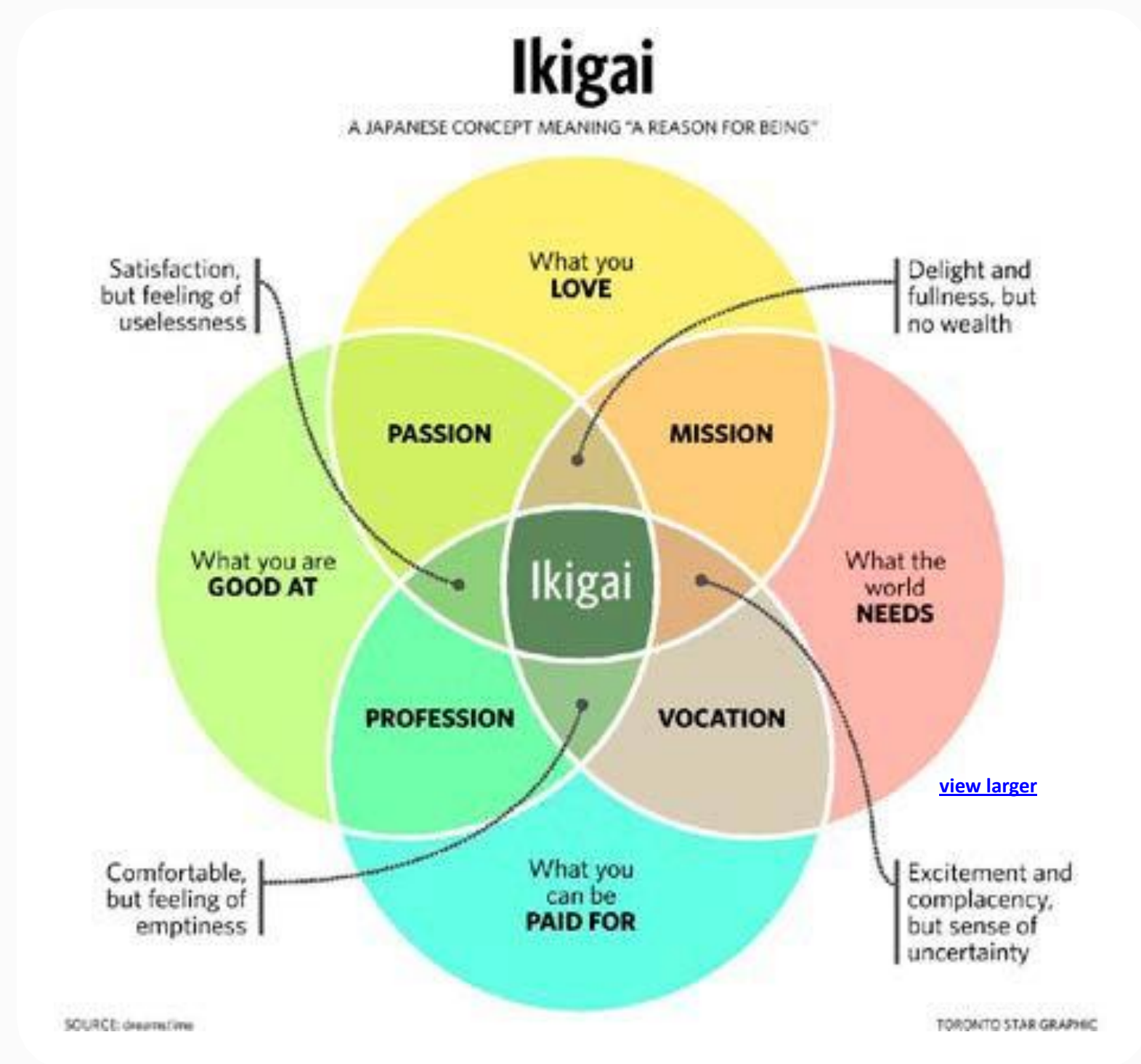
Ikigai

*What motivates you?*

*Do you think athletes are motivated by medals (extrinsic) or enjoyment (intrinsic) or both?*

*When you experience “flow”*

*What would your “ikigai” be?*



# Did You Know?

## The Benefits of Joy

- Promotes a healthier lifestyle
- Boosts immune system
- Fights stress and pain
- Supports longevity

## 10,000 Hours

Research says it takes approximately 10,000 hours of dedicated practice to become a master at something.

When exploring career choices it's worth thinking about what you enjoy and what you are willing to work hard on. Being passionate/enjoying what you do will help you find the grit necessary to be successful. Grit helps people to overcome setbacks and not give up easily.

***What would you happily spend 10,000 hours doing if you could?***



### Class Activity

*Take out a page. Write down the things you enjoy doing, loose track of time doing, are curious and interested in...*

***At School***

***At Home***

***As Hobbies***

*On the other side, write down what your strengths are.*

*(If you don't know what to write, ask two friends what they think your strengths are. It's good to know what you enjoy and what your strengths are when exploring future career choices.)*

# Courage

**Courage is one of the Paralympic Values.**



## Class Questions & Discussion

1. *Define Courage:*
2. *What is the difference between physical courage + moral courage?*
3. *There is one feeling that must be present to demonstrate courage. What is it?*
4. *Name people who have displayed courage.*
  - *famous examples?*
  - *personal examples?*



## Class Activity

*Discuss in small groups*



[Courage Exercise](#) (PDF)



### **Class Questions & Discussion**

*Discuss how superheroes show courage on the outside; have students reflect on what courage looks like on the inside.*

### **QUOTES ABOUT COURAGE FOR DISCUSSION:**

*“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; ...who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”*

**– Theodore Roosevelt**

*There’s always light, if only we’re brave enough to see it. If only we’re brave enough to be it.*

**– Amanda Gorman**

*“What matters is not the size of the dog in the fight, but the size of the fight in the dog.”*

**– Mark Twain**

*“May I have the courage today to live the life that I would love, to postpone my dream no longer, but do at last what I came here for and waste my heart on fear no more.”*

**– John O’Donohue**



### **Class Activity**

Find a quote about courage or joy. It can come from song lyrics, a poem, an advert or other. Share it with the class. Tell them why you chose it.

# Courage to Call it Out



## Class Questions & Discussion

*Can you think of a time that you should have told an adult or stood up for someone when they were being made fun of because of the color of their skin or their differences?*

*Have you ever treated someone differently because of the colour of their skin?*

*If you have not can you try and put yourself in that person's shoes and imagine what it must have felt like? Have you ever been treated differently because of the colour of your skin?*

*Have you been a bystander?*

*How did it make you feel? What did you do?*

*Do you have the courage to "call it out" when you see someone being bullied?*



### Further Reading:

OFT Don't Scroll by Campaign ( in student handout)

[Watch the video and read about](#) American Olympic Athletes talking about racism they've experienced.





## **Class Reflection + Discussion**

***It takes courage to be kind. SILENCE = VIOLENCE***

*It's easier to be friendly than to be a friend. Be a friend!!*

*What ways can you communicate your support for someone who is being bullied?*

*Verbally? Facial expressions? Body language? Words? Actions?  
(think big and small)*

***Be brave, be an ally, speak up!***

*“Remember there’s no such thing as a small act of kindness.  
Every act creates a ripple with no logical end.”*

**- Scott Adams**



**DEDICATION**  
**DESERVES RESPECT**

## How can you CALL IT OUT?

In the face of any abuse, discrimination and hate speech, apathy is always interpreted as acceptance, not just by the perpetrators and their victims but also by those who control the space in which it is expressed.

To eradicate this it is not enough to do nothing. We all need to actively oppose it and react purposefully whenever we see it.

So support Team Ireland by taking just two simple steps:

### 1. Don't Scroll by!

You wouldn't stroll by if you heard this abuse in person so don't scroll by when you see it on a screen.

### 2. Delete/Ban/Report

Take a screen grab of it but then DELETE the post, BAN whoever posted it and REPORT it to the social media platform involved, including your screen-shot. You may also report this to the official reporting tool on [www.iReport.ie](http://www.iReport.ie). Make sure you take the screenshot and link to the comment or post first before deleting it!

**More info on student handouts!.**



# THE IMPORTANCE OF VULNERABILITY

