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Ring 3: Joy of Effort + Courage

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 do you experience "flow"? What would your "ikigai" be? What would you happily spend 10,000 hours doing if you could?

Class Activity



In the chart below on the left, write down the things you enjoy doing, lose track of time doing, are curious and interested in and 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.)

	ENJOY	STRENGTHS
At school		
At home		
As hobbies		

Courage in Class

Class Activity



Discuss the following statements in small groups.

Section A

Answer the following questions True or False.

You can use courage in positive or negative ways

It is easier to be courageous if you are in a popular group

Students at school are often courageous

Peer pressure is overrated

It takes courage to admit to others when you made a mistake

It is always better to keep out of things unless it directly involves you



Section B

Rank the following from most courageous (1) to least courageous (6).

To try a new sport or when your not sure if you will be good at it

To be the new student at school

To say no to peer pressure when all your other friends are going along with the crowd

To try to an exercise in front of your friends when you have never tried it before

To admit to your parents that you told them a lie

To help someone who is being bullied

Courage to Call it Out

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.
- Scott Adams

What ways can you communicate your support for someone who is being bullied? Verbally? Facial expressions? Body language? Words? Actions? (think big and small)

Class Activity- Find a Quote

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

Reflection/Debrief

- What did you think about this ring?
- What did you like most about it?
- What did you least like about it?
- What's something you'd like to remember?