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Ring 3: Ring 3, Joy of Effort + Courage

Slide #1-2: Joy of Effort + Courage

JOY & EFFORT

Courage

Call it Out

Vulnerability



Slide #3-5: Joy & Effort



VIDEOS:

Short videos about some of Ireland's top Olympians:

Thomas Barr – ATHLETICS ~2min40sec

Katie Taylor – BOXING ~23min36sec

Paul and Gary O'Donovan – ROWING ~13min09sec

Fintan McCarthy – ROWING

Tess Arbez - joy of effort, resilience

Slide #4

Research + define these terms:

Intrinsic Motivation: Intrinsic motivation refers to behavior that is driven by internal rewards. In other words, the motivation to engage in a behavior arises from within the individual because it is naturally satisfying to you.

Extrinsic Motivation : Extrinsic motivation involves engaging in a behavior in order to earn external rewards or avoid punishment.

Flow: In positive psychology, a flow state, also known colloquially as being in the zone, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

Ikigai: Ikigai is a Japanese concept referring to something that gives a person a sense of purpose, a reason for living. Class Questions: 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?

Slide #5

Benefits of Joy:

- Promotes a healthier lifestyle
- Boosts immune system
- Fights stress and pain
- Supports longevity 10,000 Hours



CLASS QUESTION:

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, lose 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.

Slide #6-7: Courage

Slide #6

Courage is one of the Paralympic Values.



CLASS QUESTIONS & DISCUSSION:

Define Courage. Write the different definitions on the board. Use a student definition for courage or one of these: Courage: the ability to face your fears OR Courage: to face fears with determination and confidence.

Ask the class what is the difference between physical courage + moral courage? "Physical courage" is courage in the face of physical pain, hardship, threats. "Moral courage" is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement.

There is one feeling that must be present to demonstrate courage. Ask the class to name that feeling. Answer: The feeling is fear. Explain to the class that you can't demonstrate courage without having fear.

Ask the class to define fear. Use one of the student's definitions of fear or this one: Fear: To be afraid of something.

Ask the class to name people who have displayed courage. Try to get famous examples (e.g. Malala Yousafzai, Nelson Mandela, Micheal Collins, Irish Olympians and Paralympians) and personal examples (e.g. someone who stopped a bully, someone who tried out for a play or a team)

Slide #7 - Courage Quotes + Examples



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...." - 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:

Students must 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 the class why they chose it.

Slide #8-12: Courage to Call it Out

Slide #8



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 or how they look or sound? 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? Or how you look or speak? 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?

Slide #9 - New Boy Video



VIDEO:

Watch the award winning short film "New Boy" by Roddy Doyle. 11min33sec

Slide #10

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

**CLASS REFLECTION
& DISCUSSION:**

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

Slide #11**VIDEO:**

*Video by Olympic Federation of Ireland for their "Call it Out" campaign.
46sec*

Slide #12

More information on the Don't Scroll By, Call it Out Campaign - by the Olympic Federation of Ireland.

Slide #13: Vulnerability**VIDEO:**

The importance of Vulnerability 4m35s.

