

# Leadership Program

## June/July 2006

### Courtesy, Kindness & Respect

#### Lesson Plan

**NOTE:** For the adult lessons, please just change the words “parents” with “wives, girlfriends, or colleagues and peers.

#### **Week #1 (June 19 – 23): Respect**

- Welcome everybody to O’Sensei Pedro’s Leadership Program
- Let students know that Leaders and Champions are ALWAYS respectful and are the first to introduce themselves to others
- Review the Polite Greeting with the students

#### **Polite Greeting:**

Students should walk up to each other and/or adults in the dojo and bow, then hold out their hand for a handshake, look each other in the eye and say polite greeting, “Hello, my name is \_\_\_\_\_? I am a member of O’sensei Pedro’s Leadership Team. And you are? Very nice to meet you.”

Drill: Have students practice the Polite Greeting on each other and the adults in the dojo.

#### **Mental Attribute – Respect**

Sensei asks students, “How do we show respect in judo?”

Main Answer: By Bowing to each other.

Sensei should demonstrate the difference between bowing like we mean it vs. hurrying up to get it done (LACK of RESPECT).

Sensei should also mention that we don’t only bow when we win, but also when we lose. (BAD SPORTSMANSHIP)

Sensei then asks students, “What are other ways we can show respect in the dojo?” (Get all students to give you an answer.)

Cover the following answers:

- 1) We show respect by always paying attention in class (not talking or fooling around during class)
- 2) We show respect by picking up after ourselves and keeping our dojo neat and clean
- 3) We show respect by obeying the rules of the dojo and behaving while other classes are going on.

Sensei then asks students, "How can we show respect to our parents at home?" (Get all students to give you an answer.)

Tell them that it is very important to show respect for our parents.

Cover the following answers:

- 1) We can show respect by always talking politely to them, even when we are angry and upset. (Saying "please" and "thank you")
- 2) We can show respect by Always telling the truth and being honest.
- 3) We can show respect by keeping our rooms clean, taking care of our things, and helping out at home with chores.

Let Students know that respect is the willingness to show consideration and appreciation.

Homework: This week, all students are encouraged to try to show more respect in the dojo and at home. They are asked to track and write down 10 things that they did this week to be more respectful. Those that complete the task will receive a Blue Stripe on their belt. They must bring in the report to receive the stripe.

## **Week #2 (June 26 – 30<sup>th</sup>): Courtesy**

- Start session by asking students to come up and share with the class the ways they showed respect last week in the dojo and at home. Have students read from their list. Make sure to award BLUE STRIPES to students who brought in their lists.
- Review “Polite Greeting” with students.
- Drill: Have students practice Polite Greeting on each other and the adults in the dojo.

### **Mental Attribute – Courtesy**

Sensei informs students that All Great Leaders and Champions are courteous to others. Being courteous means that you are always finding ways to be polite to others.

Courtesy is a polite gesture or remark that we make to others.

Sensei asks students, “Tell me ways that we can be courteous to others in the dojo?” (Get all students to think of an answer).

Sensei shares the following ways:

- 1) Telling someone they did a Good Job
- 2) Holding people up when we throw them so they don't get hurt
- 3) Helping someone up off the ground
- 4) Bowing and shaking hands after a practice/contest

Sensei asks students, “Tell me ways that we can be courteous to our family at home?” (Get students to think of an answer).

Sensei shares the following ways:

- 1) Telling your brother/sister/wife that they look nice.
- 2) Offering to help out with chores or around the house
- 3) Bringing home flowers, candy, etc...for no reason at all
- 4) Saying Thank you, Please, and Your Welcome All the time

Homework: This week, all students are encouraged to try to be more courteous in the dojo and at home. They are asked to track and write down 10 things that they did this week to be more courteous. Those that complete the task will receive a Blue Stripe on their belt. They must bring in the report to receive the stripe.

## **Week #3 (July 5 – 14th): Kindness**

- Start session by asking students to come up and share with the class the ways they showed courtesy last week in the dojo and at home. Have students read from their list. Make sure to award BLUE STRIPES to students who brought in their lists.
- Review “Polite Greeting” with students.
- Drill: Have students practice Polite Greeting on each other and the adults in the dojo.

### **Mental Attribute – Kindness**

Sensei informs students that All Great Leaders and Champions always do their best to show kindness to others. Being kind means that you always help out others in need.

Sensei asks students, “Tell me ways that we can be kind to others in the dojo?” (Get all students to think of an answer).

Sensei shares the following ways:

- 1) Introducing ourselves to a new student & welcoming them to dojo
- 2) Helping someone tie their belt
- 3) Offering to help clean up

Sensei asks students, “Tell me ways that we can be kind to our family at home?” (Get students to think of an answer).

Sensei shares the following ways:

- 1) Not fighting with brothers/sisters
- 2) Cleaning the house – not just your room
- 3) Holding door open for elderly or handicapped person

Homework: This week, all students are encouraged to try to be more kind to others in the dojo and at home. They are asked to track and write down 10 things that they did this week to be more courteous. Those that complete the task will receive a Blue Stripe on their belt. They must bring in the report to receive the stripe.