

ENCOURAGE THE HEART

Encourage The Heart is one of the five practices for exemplary leaders from the book, *The Student Leadership Challenge – The Five Practices for Exemplary Leaders.*

Grade Level: 6-12

Lesson Plan Timeframe: 1 to 3 - 45 minute class periods

Program Topic: Encourage the Heart

<p>Overview & Purpose Schools and society spend a lot of time recognizing individuals for outstanding accomplishments – we have awards for sport championships, beauty pageants, performing arts, and other activities that recognize the big things people accomplish. Through all this, we all too often forget it’s the little everyday feats that get us to that point. Young people accomplish many great things without receiving any type of recognition or without recognizing others. This lesson brings the focus to looking at the “little things.”</p>	<p>Relevance to STEM Careers</p> <p>ALL</p>
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Lesson Plan Goals & Objectives	<p>Identify strategies to encourage and support others.</p> <p>Create unique ways to encourage and support individual differences, abilities, and strengths.</p> <p>Examine the impact of recognition on others' self esteem and performance.</p>
Materials Needed	<p><u>Supplies</u> Plain paper Pen/pencil</p> <p><u>Handouts</u> Recognizing What Counts project description (one per student) Recognizing What Counts score sheet A list of names of each student in the class to use for a drawing</p>

**Introduction of
Subject**

Ask students to get out a blank sheet of paper and answer the following questions:

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America Pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last six Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

Now, answer these questions:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

“How did you do? The point of this exercise is to summarize the answers you gave to the first set of questions. None of us remember the headliners of yesterday. There are no second-rate achievers. They are the best in their field. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners. The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

<p>Activity 1</p>	<p>Explain to students that the fifth practice of the Five Practices is Encourage the Heart. Encouraging the heart is about recognizing and appreciating the contributions of those around us and celebrating each victory, no matter how big or small.</p> <p>Ask students if they have ever worked hard at something and been recognized for it. How did it make them feel? Have they ever worked hard or accomplished something they were proud but no one else noticed? How did that make them feel? Explain that we should not be motivated by reward, but as leaders we can encourage those around us by recognizing others' contributions and achievements.</p>
<p>Activity 2</p>	<p>As a class we are going to take some time getting to know each other and recognizing each other. Distribute Recognizing What Counts to each student and review the project guidelines. Complete and review the score sheet.</p> <p>Have students draw names. They are to observe this student for the next couple of weeks (or any designated amount of time) paying attention to their abilities, strengths, and interests. Towards the end of the first week, students will conduct an interview of their partner.</p> <p>You may want to generate a class list of questions that would be appropriate to ask in the interview and provide time for students to conduct their interviews.</p>
<p>Activity 3</p>	<p>Have an “awards ceremony” and have students present their awards to each other.</p> <p>Debrief and reflect on the process. Possible discussion questions:</p> <ul style="list-style-type: none"> <input type="checkbox"/> How difficult/easy was it to create the award? <input type="checkbox"/> What did you learn about yourself/your peers in this process? <input type="checkbox"/> How did you feel about what your partner recognized you for? <input type="checkbox"/> How can you apply this to your work/role in school or organization?

<p>Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)</p>	<p>As leaders it's important for us to recognize the day-to-day things that those around us contribute. While in this exercise we created an "award" to acknowledge the "little things" an award isn't always necessary or appropriate. How can we increase our awareness of the daily contributions and recognize these contributions sincerely? Think about how you can incorporate this as a part of your daily leadership practices.</p> <p>Students can be evaluated on:</p> <ul style="list-style-type: none"> • Recognizing What Counts Score Sheet • Achievement Award • Reflection
<p>Additional Resources for Teaching Encourage the Heart</p>	<p><i>The Student Leadership Challenge - The Five Practices for Exemplary Leaders</i>, Chapter 7</p> <p>Complimentary Closer activity</p> <p>Creating Your Team's Celebratory Crest activity</p> <p>Encourage The Heart Shield</p>
<p>Additional Notes</p>	<p>Class time will depend on how much time is designated for students to work in class versus homework.</p>
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