

BOYS & GIRLS CLUB OF CENTRAL FLORIDA

2020

CHARACTER & LEADERSHIP DEVELOPMENT

JOIN US TODAY FOR:
PERSISTENCE & MOTIVATION -
Breaking Down Barriers



BOYS & GIRLS CLUBS
OF CENTRAL FLORIDA

NEW CONTENT
EVERYDAY @
BGCCF.ORG
5:30PM -6:00PM

BE SAFE. BE A TEAM. BE CARING. BE FUN. BE GREAT.

CHARACTER & LEADERSHIP DEVELOPMENT

Persistence & Motivation - Breaking Down Barriers

Purpose: Allows students time to reflect on the concept of internal motivation and how it relates to their ability to persist through the various challenges they have or will face at school.

Supplies:

1. Brown lunch bags so that each person has at least two.
2. Black permanent markers for each student.
3. Old sale papers/newspapers to use as paper balls and to also stuff the bags.

LET'S GET STARTED!

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Procedures:

- 1, Take two paper bags and write down a barrier or obstacle that you faced this school year. Examples could include: It is hard for me to make friends or Math is very hard for me.**
- 2. After writing down your barrier, fill the bag with old sale papers or newspapers. Close to the bag and try to shape it as close to a brick.**
- 3. Stack up the bags to form your brick wall. (You can lean the bags against a wall if they keep tipping over).**
- 4. Looking at all of these barriers, think of how you can overcome these barriers. Or ask a family member or friends for suggestions on how to overcome these barriers.**
- 5. Ball up some of the sale papers or newspapers into little balls. Each ball represent how you will overcome those barriers.**
- 6. Throw the paper balls and knockdown the wall, breaking down those barriers.**
 - a. These balls are like wrecking balls and they represent you ability to stay motivated and persist through challenges in school or life – collect your ball and use it as an “anchor” when times get tough.**
- 7. Now, that you have broken down these barriers think of a personal statement or mantra you can say to motivate yourself to overcome these barriers. Examples include:**
 - “Don’t be afraid to be great”**
 - “I am capable. I am strong. I believe in myself.”**
 - “You miss 100% of the shots you don’t take”**

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