

The circus, roller coasters, round-the-world travel and those crazy aliens...NED's adventure on the way to your school was an entertaining tale that engaged students and left them with a memorable message. We encourage you to take a step further with the lessons shared to impart a deeper understanding of what it means to **NEVER GIVE UP**, **ENCOURAGE OTHERS** and **DO YOUR BEST**. This recap page and the curriculum that follows offers suggestions for helping students reflect on how NED's tips can be used at school, home and in life.

Discussion Questions following the assembly

- 1 Why shouldn't you give up?
- 2 What happens when you encourage others?
- 3 What happens when you are encouraged?
- 4 Why should you do your best and how does it feel when you do?
- 5 What does it look like when someone is practicing NED's tips?
- 6 How do these behaviors create champions?

Ideas for going further

- 1 Use the worksheet to give students examples of historical figures who have displayed champion behavior and think about goals they would like to set for themselves.
- 2 Challenge each student to find someone they believe is a champion and research that person. What behaviors did that person demonstrate? What made that person a champion? Who saw that person as a champion?
- 3 Have students write three goals they would like to achieve and action steps for how they might accomplish each. Save these sheets and have students revisit at the end of each week for the next month to see how they are doing.

Visit www.theNEDshow.com/curriculum for additional grades & resources.

BIG IDEAS To Reinforce



Our own individual actions and character make us a champion.

Being a champion isn't the same as being famous or well-known.

Never give up • Encourage others • Do your best®

NED'S NEWS

NEVER GIVE UP · ENCOURAGE OTHERS · DO YOUR BEST

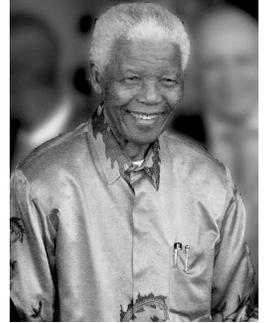
When we follow NED's advice, we can be CHAMPIONS. Champions take one step at a time. They work hard, set goals and take actions so they can do well in life. You can be a champion!

Helen Keller was blind, deaf and mute, yet she was a champion! Helen worked with a tutor through very frustrating and confusing steps to gain success in communication. She did not give up. She learned what things were by feeling their shape and what they were called by having them spelled into her hand. She had to do this over and over to achieve success. Helen did not give up. Others encouraged her to do her best. She practiced long hours, set goals with her teacher and took action. Over time, Helen not only learned to communicate, but went on to become a teacher



and an author. She passed on to others the skills she learned. Helen was a champion!

Nelson Mandela was born in South Africa, a country divided by apartheid (a system that separates people based on their skin color). He believed that the people in his country were not treated justly, so he organized protests, speeches and campaigns against the unfairness. The government blocked him from leaving the country and imprisoned him many times for his protests. He was sentenced to jail for 27 years because he publicly spoke of his concerns about the separation of white and black people (also called segregation). While he was in prison, more and more people and countries joined his cause. In 1994 apartheid officially ended in South Africa. Nelson Mandela, once a prisoner, became the president of the country. He said, "Nothing is black or white." He sacrificed his freedom to fight for a rainbow of color in his country. Nelson is a champion!



What would you like to be a champion at? _____

What specific goals do you need to set in order to become a champion at that? List some of them here:

- 1.
- 2.
- 3.

If you are having trouble setting goals, just think of them as steps you take to get to your ultimate destination. For example, if your goal is to spend less time watching TV and more time reading books, you can set a time or date for achieving your goal, so that you can track your progress.

I will achieve my goal of _____ by _____ (give a date) to help me on my way to becoming a champion at _____