

Making Good Choices and Doing the Right Thing

Overview

Life is full of choices. Each and every day, you have the opportunity to practice **Using Good Judgment** and choosing honest behaviors. Sometimes acting and behaving honestly isn't easy or fun, but it is the right thing to do. When you have the courage to do what's right even when it's hard, you have integrity.

Activities

Introduction (5 minutes): Introduce basic stance, grip, and size of swings, allowing for exploration. Introduce First Tee, basic rules, and core lesson.

Putting (10 minutes): Play Capture the Target with an emphasis on honesty in the way the game is played. Work on distance control and following the rules

Chipping (10 minutes): Chip to variety of Velcro targets using SNAG clubs and SNAG balls. Use scoreboard to keep score with an emphasis on integrity and following safety rules.

Full Swings (10 minutes): Full swings on the hitting nets with SNAG clubs and balls with focus on safety rules and respecting equipment

Wrap up (5 minutes) Review the day's intentions. Complete daily behavior assessments

Coaching Tips

- Kids make nearly 3,000 choices in any given day. Remind participants that life is full of choices, and they have the opportunity to demonstrate honesty and integrity everyday through the choices they make on and off the golf course
- Coaches can connect the ideas of using good judgment to using **respect** and following the rules
- Coaches should create a variety of opportunities for participants to use good judgment to learn and demonstrate behaviors that are reflective of honesty and integrity

Guiding Questions

1. What does being honest look like?
2. Is integrity something you do or something you have?
3. Why do you think it sometimes takes courage to do what is right?
4. Why is it important to play by the rules?

Key Words

Judgement

Integrity

Honesty

Respect

Lesson Length: 45 minutes; x3 groups of kids

Key Commitment: Using Good Judgment

Number of kids: 24-36 max per group

Age range: Kindergarten – 5th grade

Partner organization: Boys and Girls Club of Southeast Georgia

Putting

Activity: Set up multiple putting stations in two lines with 1 ball and a basket. Spread a variety of targets in between the lines. Players will putt during a time frame. They will collect and target they hit BUT only one target despite how many they hit. They should leave their putting at their station

Emphasis on honesty and following the rules

Players can demonstrate using good judgment by:

- only picking up one target at a time
- being truthful about whether they hit a target
- being truthful with how many total targets they collected
- Starting at or behind the tee markers
- Setting their club down before collecting their target and ball

Chipping

Activity: Set up a variety of Velcro targets and 4-6 hitting stations with waiting zone. Each player should hit all 3 balls in their basket. Players should only collect their balls once all of their players have hit. Player who is not hitting can go and adjust the scoreboard for his or her team. (Scoring suggestions: 1 point if they hit any target; zero points otherwise)

Emphasis on honesty and following the rules

Players can demonstrate using good judgment by:

- following all safety procedures
- being respectful and supportive of their partner
- being truthful in their score keeping

Full Swings

Activity: Set up 4-6 hitting nets, hitting zones, and safety areas. Players should hit all 5 balls and reset their station before switching with their partner

Emphasis on respect and following the rules

Players can demonstrate good judgment by:

- following all safety rules
- being respectful to their partner
- being respectful to the coach and following all directions