

Playing with Perseverance: Commit, Don't Quit!

Key Commitment- Growing Through Challenge

- I am discovering my inner strength.
- I am developing resilience.
- I can dig deep when things get tough

Overview

Learning to dig deep when things get tough and continue even when things are hard is called **perseverance**, it's an important skill to have. Without it, you might want to give up, but learning to work and grow through challenges will make you stronger.

Coaching Tips

- Encourage participants to focus on what they can do in the moment versus what they cannot do
- Use the word "yet". If participants say they "can't do this, add the word yet to their statement and remind them to keep going. They may not be able to perform a task or skill yet, but with practice and perseverance, they will learn and improve.
- Celebrate small successes and how participants are continuing to try

Transition to the Simulator

- Coaches can reference any mistakes/struggles from the previous week as a new program with new technology
- How does playing on a simulator provide more or less challenges than on a golf course?

Activities

1. Driving Range
2. Short Game Practice
3. Play on course

Guiding Questions

1. What does it mean to persevere?
2. What does it feel like after you persevere through something difficult?
3. Think about something that might feel challenging for you. What can you say to yourself to help you persevere in that moment?
4. How have you grown through challenges?
5. Which golf skill requires you to persevere the most? Which is easiest for you?

Lesson Length: 60 minutes
Number of Kids: 5
Key Commitment: Growing Through Challenge