

lesson **5** OVERCOMING OBSTACLES



COACH'S PEP TALK

Today's lesson is about how we deal with obstacles as we pursue our goals and how to draw on strengths and supports when we need them. In the Activity, the girls define obstacles and strengths/supports and identify some examples of each. During the Workout, the girls play a game where they face different types of obstacles and must make choices about how to proceed using their strengths and supports. (Be sure to pre-read the Workout for clarity.) In the Journal, we use the Girl Wheel to think about potential or real obstacles and begin to identify the strengths and supports needed to overcome them. This Journal exercise will help girls see what resources they already have and where they might need to find additional support.

Questions to consider as you get ready for today: What are some obstacles you face in your life? What strengths and supports do you draw on when faced with obstacles? What ways have you increased strengths and supports in your life? Have there been times when you were discouraged by the obstacles that appeared in your way? What kept you going? Are you willing to share this with the girls?



TODAY'S BIG IDEA

We can use our strengths and supports to overcome obstacles.



TODAY'S PLAN

Learning Goals

- Define strengths/supports and potential obstacles.
- Identify personal obstacles and strengths and supports.
- Understand how to use strengths and supports to overcome obstacles.

Target Life Skills

- Confidence
- Connection
- Competence
- Character
- Caring

Materials

- Girl Wheel Check-In signs
- Obstacles and Strengths/Supports cards (cut out)
- Scissors
- Journals (one for each girl)
- Writing implements



CHECK IN

5 MINUTES

Set Up

1. Get out the Girl Wheel Check-In signs.
2. Have the girls stand together in the center of your space.
3. Spread the Girl Wheel Check-In signs out in your space to make a large circle around the girls.

What is it?

A daily check-in and look ahead at the day's Big Idea. When prompted, girls move quickly to the corresponding part of the Wheel, then back to the center to discuss.

Steps

1. Say, "Let's check-in today using the Girl Wheel. Like last time, move to the part of the Wheel that answers these questions."
 - ◆ *Where did you feel strong today/this week/this weekend?* GGI.
 - ◆ *Where have you have struggled lately?* GGI.
 - ◇ *Why do you think you have struggled in this part of the Wheel? What's going on?*
2. Gather girls in a circle. GGI on what they remember from last practice. Last practice's Big Idea: **Our similarities and uniqueness make us a strong team.**
3. Introduce today's Big Idea: **We can use our strengths and supports to overcome obstacles.**

tips & TRICKS

GIVING GIRLS A ROLE

Give girls a role, a voice and leadership opportunities whenever you can. For example, let them help set up the Girl Wheel Check-In signs each day.

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POSSIBLE CONNECTORS

Making connections with others, like our teammates, helps us identify and build up our strengths and supports so we can overcome obstacles.



ACTIVITY

Definitions

10 MINUTES

Set Up

1. Have girls stand in a circle.

What is it?

Girls define Obstacles vs. Strengths/Supports and identify examples of each, as well how these concepts might help in their lives.

Connection to Big Idea

Girls understand how obstacles and strengths/supports are related.

Steps

Say, "Today we are going to be talking about obstacles and strengths and supports. For this activity, I am going to give you some examples of each of these, and I want you to identify which you think it is. First let's define these ideas."

1. GGI: *How would you define an obstacle?* (Something that blocks your way or slows your progress.)
2. GGI: *How would you define strengths and supports?* (Personal characteristics/qualities, people or systems that can help us when we are faced with an obstacle.)
3. Tell girls you are going to read some examples of either obstacles or strengths and supports.
 - ◆ If they think the statement is an obstacle, they should sit on the ground.
 - ◆ If they think it's a strength and support, they should give a teammate a high five.
4. GGI after the statements, as time allows.
5. Statements:
 - ◆ *Losing the house key/ your phone/ your wallet* (obstacle)
 - ◆ *Joining a team.* (S&S)
 - ◆ *Forgetting to set the alarm for the morning.* (obstacle)
 - ◆ *Being physically active.* (S&S)
 - ◆ *Creating a study group for school.* (S&S)
 - ◆ *Beating yourself up for making a mistake.* (obstacle)
 - ◆ *Doing something your peers are doing, even though you don't want to.* (obstacle)
 - ◆ *Choosing positive friends.* (S&S)
 - ◆ *Getting enough sleep.* (S&S)
6. Next, ask the girls to pick one of the obstacle examples and brainstorm strengths and supports for it (see example).

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OBSTACLE EXAMPLE

Losing the house key. Potential strengths and supports to overcome this obstacle: Leave it under a rock outside the house, put it on a necklace, keep it with something you'd never lose, work on personal organization.

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7. Ask the girls to pick one of the strengths and supports examples and think about obstacles it might help her address (see example).
8. Take a minute or so to help girls synthesize.

tips & **TRICKS**

STRENGTHS AND SUPPORTS EXAMPLE

Being physically fit. Potential obstacles this might help you overcome or avoid: Getting sick, low self-confidence, poor grades.

★ STRENGTH & CONDITIONING

7 MINUTES

**Circuit 2:
Girl Led**

Set Up

1. Ask a volunteer to help lead girls through four cold warm-up exercises and strength and conditioning Circuit 2 (see Introduction).



CIRCUIT 2:

- ★ In and outs
- ★ Tabletops
- ★ Burpies

tips & **TRICKS**

GROWTH AND PROGRESS

Only through repetition of the circuits will girls be able to see personal growth and progress. Keep circulating through 1, 2 and 3 in each subsequent lesson.



WORKOUT

Obstacles and Strengths/Supports

35 MINUTES (5 MIN. PREP/ 20 MIN. WORKOUT/ 5 MIN. COOL DOWN & LAP GOALS/ 5 MIN. DEBRIEF.)

Set Up

1. Get your Obstacles and Strengths/Supports cards, shuffle and divide equally between you and your assistant coach.
2. Get out the journals and writing implements.
3. After instructions are given: One coach will stand at the lap start line and hand out cards. One coach will stand at the midway to hand out cards.

What is it?

A game where girls try to reach their lap goal while encountering obstacles along the way. Girls will use Strengths/Supports cards to overcome the Obstacles cards.

Steps

Say, "Today's workout is a game that represents working toward a goal. Imagine that reaching your lap goal today is like reaching a big goal you have for yourself such as [provide example relevant to your girls], but there will be some obstacles on the way that might slow you down or even stop you from reaching your goal."

1. Explain the rules of the game.
 - ◆ The goal is for each girl to complete her lap goal while completing the course challenge and ending up with no cards.
 - ◆ At the beginning and middle of a lap, they will draw a card from a coach (it will be an Obstacle or a Strength/Support card).
 - ◇ OBSTACLE cards have to be completed right away and handed back to the coach.
 - An Obstacle card is considered complete either when the girl performs the task listed on the card or uses a Strengths/Supports card to override it.
 - ◇ STRENGTHS/SUPPORTS cards do not have to be used right away. They can be used at any time to overcome obstacles.
 - Girls may keep this card or give it to a teammate. (For example, they may not need the card immediately but may see a peer who is stuck or needs assistance. They may give her that card.)
 - After a Strengths/Supports card is used, it should be returned to the coach along with the Obstacle card it overrides.
2. Ask if girls have any questions.
3. Tell girls to set a lap goal and share it or record it.
4. Have one coach stand at the start and the other at the lap's midpoint, then start the workout activity.
5. After the workout, lead girls through some cool-down stretches (see Introduction).
6. Hand out journals and have girls fill out today's entry in the My Lap Goals and Progress page.
7. GGI.
 - ◆ *What did you think of the game?*
 - ◆ *What did you learn about yourself?*
 - ◆ *How did it feel to get an Obstacle card? A Strengths/Supports card?*
 - ◆ *How did you decide what to do with a Strengths/Supports card? (save it or give it away)*

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- ♦ Why would you not want to end up with any Strengths/Supports cards left? (e.g., it's good to have resources, but you have to use them to meet your goals, decrease stress, avoid burnout.)
- ♦ At any point did you feel like giving up? What made you keep going?

Take a minute or so to help girls synthesize. Use the key points below.

Key Points

- When we make a goal, it's good to think about obstacles as well as strengths and supports.
- We can both give and get support.
- Strengths and supports can help us overcome all kinds of obstacles.



JOURNAL

15 MINUTES

Obstacles and Strengths/Supports in the Girl Wheel

Set Up

1. Keep girls in a circle with their journals and writing implements.

Steps

Say, "Now we are going to do some personal writing in our journals about obstacles and strengths/supports in our Girl Wheel."

1. Have them open to Journal entry 5.
 - ♦ Ask them to identify an obstacle (current or future) in one or two parts of the Wheel (see example).
2. Give them a couple of minutes to think and write.
3. Ask girls to identify potential strengths and supports for the obstacle(s) they identified.
 - ♦ Explain that strengths and supports for an obstacle may be in another part of the Wheel.
4. Give them a couple minutes to think and write.
5. GGI. *Who wants to share?*
6. If time allows, repeat the process. Ask girls to identify another obstacle and related strengths/supports on their Wheel, then share.

Take a minute or so to help girls synthesize. Use the key points below.

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OBSTACLE EXAMPLE

"I have a hard time making friends" might go in the Social part of the Wheel. Strengths/supports for this obstacle might go in Heart for more self-acceptance, or Social for developing new relationships outside of school.

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OVERLAP

Remember that parts of the Wheel overlap and that sometimes an example could fall in several parts. GGI on where the girls think it goes.

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Key Points

- We can use our Girl Wheel to help us identify our obstacles and strengths and supports.
- We need to think creatively when faced with obstacles.
- Much of our strength comes from within, but we also need other support.

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GIVE MORE DETAILS

Refer girls back to "Get to Know Your Girl Wheel" for more details about the parts of the Wheel.



















WRAP UP AND TAKE HOME CHALLENGE

5 MINUTES

















Steps

1. CONGRATULATE girls on a great day. GGI, "Who remembers today's Big Idea?" (We can use our strengths and supports to overcome obstacles.)
2. Ask for volunteers to share their favorite thing from the day.
3. TAKE HOME CHALLENGE: Talk to someone about how he or she reached an important goal in life. Ask if he or she had to overcome any obstacles and what strengths/supports he or she used.
4. CLOSING RITUAL. Connect and celebrate!













OBSTACLES & STRENGTHS/
SUPPORTS CARDS

	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE Your math teacher is sick and can't tutor you for a week. Do 10 jumping jacks.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE Fitting in is more important than being yourself. Do 5 burpies.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE Your friend does not accept your apology. On your next lap run a circle around every girl you pass.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You've been saving money to buy something you really want. You have to use it to replace something you lost that wasn't yours. Stop and run a circle around every girl on your next lap.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You are failing a major class. Do 5 pushups.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You have to miss a week of Heart & Sole because you have the flu. Sit down and wait until 3 girls pass you before you go on.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE Your parent/guardian gets a new job and you have to move in a week. Do high-knee marches for 15 seconds.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You oversleep on the day of a big test and miss the bus. Do one set of running arms.</p>

OBSTACLES & STRENGTHS/
SUPPORTS CARDS

	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You don't get enough sleep so you're tired all day long. Run in place for 20 seconds.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You're feeling stressed/angry/sad and you keep it bottled up inside. Do 5 squat jumps.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You're with a group at school who is involved with bullying a girl at lunch. You get ISS for a day. Walk one lap.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE The soup kitchen says you are too young to volunteer there. Do two sets of arm circles.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You write your homework on your hand, and it gets erased. Do 5 pushups.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE Trying out for the school play is too scary so you don't do it. Do 25 bicycles.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You lied to a friend and damaged her trust in you. Do 10 superwomans.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You don't like to plan ahead because it takes too much time. Sit down & count to 50 before moving on.</p>

OBSTACLES & STRENGTHS/
SUPPORTS CARDS

	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You eat junk food morning, noon and night. Hold a plank for 10 seconds.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You respond with your emotions in the moment and don't think through an important decision. Jump rope for 20 seconds.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You have plans for Saturday but no way to get there. Do 5 superwomans.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE You want to get a job but you don't know how/ where to look for one. Hold a tabletop position for 10 seconds.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE Your best friend has been making really bad choices and it's affecting your reputation. Hold a plank for 15 seconds.</p>
	<p>STRENGTHS & SUPPORTS You use your strengths and supports to overcome obstacles. Keep moving.</p>		<p>OBSTACLE Lately you have been very crabby with everyone and don't understand why. Do 15 jumping jacks.</p>

