

Journal Prompts

Jumping Hurdles

Elementary Journals

Elementary Art Prompt #1: Draw a picture of someone or something that motivates you or reminds you to jump back up.

Elementary Art Prompt #2: *Wheaties Box*: Explain to students that when an athlete accomplishes something great, like winning a gold medal, often they put them on a Wheaties box because the slogan of Wheaties is "Breakfast of Champions." Have them think of an accomplishment they would like to achieve (it doesn't need to be athletic) and have them design a cereal box that celebrates them accomplishing that thing.

Elementary Art Prompt #3: Everyone likes to wear t-shirts sporting some favorite slogan. Have students design a t-shirt with a slogan like, "Quitters never win," "You only lose if you don't get up," or "You always win if you jump back up."

Elementary Art Prompt #4: *Team Pennant*: Explain to students that sometimes people like to hang a pennant that represents the ideals of a favorite school or team. Have them design a pennant that includes the steps for jumping hurdles.

Elementary Intro Activity: Have students cut out a gold medal that says, "You can only lose if you give up, and you will always win if you jump back up." Staple this medal to a ribbon they can hang around their necks.

Elementary Journal Overview: Have students complete the following activity on the Introductory Activity page for Jumping Hurdles.

Elementary Vocab List: Define different terms related to Jumping Hurdles

Elementary Journal #1: What are "hurdles"? Who has hurdles? Why should we try to jump over our hurdles?

Elementary Journal #2: The first step in jumping the hurdles is to identify it. List some hurdles you have had or are now facing. Pick one of those hurdles and list 5 options that could help you jump over that hurdle.

Elementary Journal #3: Do you think it means you are weak if you need or ask for help? List some people who would help you jump over your hurdle. Who might you be able to help jump over their hurdle?

Elementary Journal #4: Why is it important to believe you can jump the hurdle? How can positive self-talk help you jump your hurdle? What are some examples of positive self-talk you have used to get over a hurdle?

Elementary Journal #5: What does "Perseverance" mean? Why will quitters never win? Tell about a time when you used perseverance.

Elementary Journal #6: What does it mean to start where you are and move forward?

Elementary Journal #7: Tell about the hardest physical thing you have ever done.

Elementary Journal #8: Tell about the hardest mental thing you have ever done.

Elementary Journal #9: Tell about someone you know who has jumped back up from challenges.

Elementary Journal #10: Is it important to get something right or to try you best? Why?