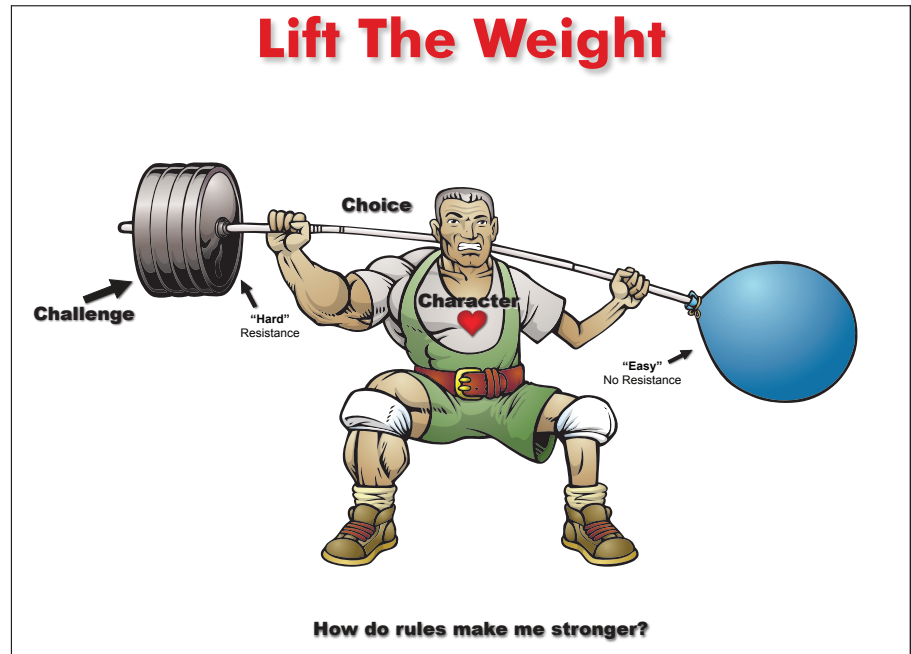


Lift the Weight

Introduction

Key Concept:

Living by laws and rules and developing self-discipline will make you stronger, opening the doors of opportunity for the future.



Vocabulary

- Rules
- Laws
- Resistance
- Expectations
- Easy choice
- Hard choice
- Self-discipline
- Society
- Potential

Secondary Concepts:

- Rules and laws, like all challenges, can make us stronger.
- Giving up makes us weak and limits our opportunities.
- Of all our muscles, the brain should be the one we exercise the most.
- When we put our time and effort into positive activities, we will become stronger and more capable of reaching our goals.

Personalize your Lesson:

- When you were your students' age, how did you perceive laws and rules? What made this perception change over time?
- How has following laws and rules made you stronger?
- What laws or rules are especially difficult for your students to follow? What elements of this lesson will help them change the way they view these rules?

Activity:

To introduce this lesson, complete the attention activity "The Paper and the Book." (See the "Learning Activities" section under "Lift the Weight.")

Lift the Weight

Lesson Plan: Introducing Lift the Weight

Lifting weights makes you stronger because the resistance of the weights stresses the muscle cells which grow back bigger and tougher. Lifting the weight of laws and rules makes you stronger by opening the doors of opportunity and building self-respect.

If your current workout program is leaving you weak and flabby because you are breaking society's laws and rules, you need to come up with a new workout plan.

Background Information:

This visual analogy shows a weight lifter whose right side is strong from lifting a heavy weight (rules, laws, self-discipline). The left side of the weight lifter's body is weak because this side is lifting only a balloon full of air, which gives no resistance. The balloon represents the things that get a person into trouble, or the rules and laws that one breaks. It also represents lack of self-discipline and giving up.

This visual analogy of the weight lifter teaches that to

become stronger, we must have some resistance. A weight lifter's muscles build up and become stronger because the weight (resistance) is pushing against the muscle.

The reality of life is that failure to follow rules and laws and to use self-discipline often leads to more challenges. The goal of the visual analogy is to help youth see that what feels like a burden or a restriction, if lifted, helps produce a better life. Although lifting the weight is hard, the positive results are worth the effort.

Lift the Weight

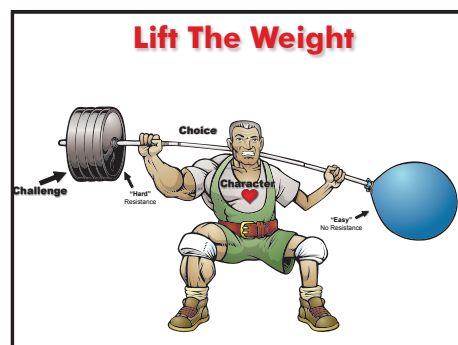
Lesson Plan: Visual Analogy Walkthrough

1. Poster

Question:

Show the "Lift the Weight" poster and ask, "What is wrong with this picture?"

Answers may include, "One arm is bigger and stronger;" "The other arm looks smaller and weaker;" "One side of his chest is bigger than the other side;" "One leg is bigger than the other leg;" or "One side of the bar has a balloon on the end."



Next ask, "Why does lifting weights make us stronger?"

Then ask, "Why do we need resistance to become stronger?"

Discussion:

Discuss with students the

physics of weight lifting. Stress that the weight pushes down on the muscle and the muscle grows stronger as it works to push the weight up. It takes effort and energy to make muscles stronger. If muscles don't have resistance pushing on them, they become weaker (examples: arm in a cast, the legs of a wheelchair-bound person).

Background:

Show examples of athletes and weight lifters and look at muscles. Explain that the weight pushes down on the muscle

and the muscle grows stronger as it works to push the weight up. It takes effort and energy to work muscles and make them stronger. If muscles don't have resistance pushing on them, they become weaker. For example, when astronauts go

into space, their muscles can become weaker because there is no gravity or resistance for the muscles to push against.

Activity:

Have two students come up. One will lift real weights and

the other will lift balloons. Discuss who will gain the most from lifting the two weights.

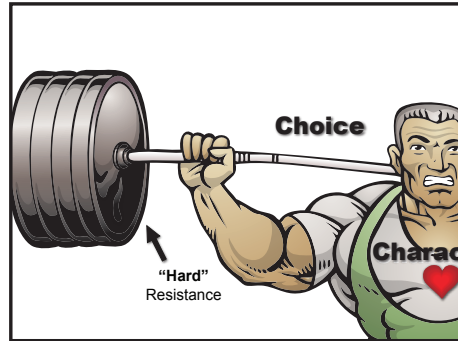
2. Resistance

Discussion:

Explain how the resistance we face in life makes us stronger. Some people look at resistance (rules and laws) as being bad, difficult, or repressive. Help the youth see that in reality, resistance is one of the best tools to becoming stronger. If needed, go into greater detail defining resistance. Help the youth identify the resistance they need in life to become stronger.

Write:

List examples of resistance (rules and laws) next to weight on the poster.



Stress to the students the importance of identifying positive resistance in their lives. Remind them that your definition of resistance is not something that limits you or holds you down, but it is something that opens doors and gives you more control and opportunity

in the long run! For example, going to school can seem like a ton of resistance pushing down on you, but if lifted it will give you a lot of opportunities in life.

You can also use the following analogy of "the kite and string principle." On a really windy day, the resistance on the kite from the string keeps the kite in the air. If the string was not giving the kite some resistance, the kite would quickly blow out of control and crash into the ground. With just the right amount of resistance, the kite can blow safely in the wind for hours.

3. Choice

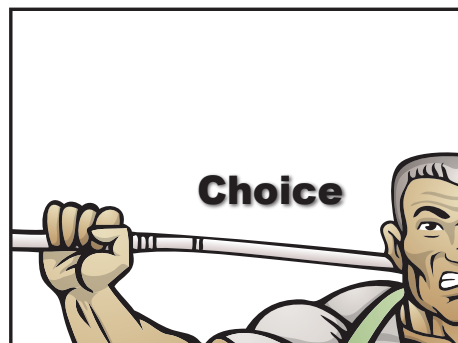
Discussion

Your brain needs to be your strongest muscle because it is where you decide whether or not to lift the weight.

Question:

How can you make your brain strong?

When you have a weight to lift,



you have a choice to either lift the weight or give up.

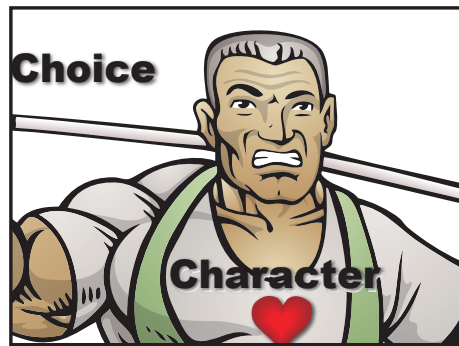
Write:

Write "Positive Self-talk" next to the brain on the poster. Your self-talk can be positive and motivate you to keep trying, or negative and make you give up and not try to lift the weight. You can decide that you will keep trying to lift the weight until you do.

4. Character and Heart

Discussion:

When your brain (muscles) get tired of lifting, you must tap into your heart. In the WhyTry Program, the heart represents your character, or what you like about yourself, and what you do to help yourself and others. Character represents your positive values and your motivation to do good out of respect for people who care about you. Your character also represents who you are and what you want to do with your



life.

When you are tired and frustrated and can't answer the question, "Why try?" you keep trying out of respect for yourself and those who care about

you. You keep trying anyway. Give 100 percent in everything you do.

Write:

Next to the heart on the poster write, "Out of respect for yourself and others."

Story:

Share an example from your life, the life of someone you know, or of a well-known figure, such as Rulon Gardner (see story in box below), to illustrate character of heart.

STORY: RULON GARDNER'S CHARACTER AND HEART

Rulon Gardner is an Olympic Greco Roman heavyweight wrestler who won the gold medal as a huge underdog after defeating the reigning champion, Alexander Karelin, from Siberia. Karelin had dominated the sport for more than a decade and was considered a shoo-in to win the gold again. Gardner took advantage of a mistake early on in the match, then fought hard to hang on for the win. When asked where he summoned the strength to beat Karelin, he said that he kept thinking of all his family members that had come to Sydney to support him. He wanted to keep trying because of his love and respect for them.

5. Conclusion

Write:

On the bottom of the poster, write:

CHALLENGE OR RESISTANCE
+ POSITIVE CHOICE AND
USE POSITIVE SELF TALK +
CHARACTER OF HEART =
STRONG BRAIN

Story:

Share an example from your life, the life of someone you know, or of a well-known figure, such as Jim Abbott (see

Lift The Weight

story in box below), to illustrate how overcoming challenges can make us stronger.

Activity

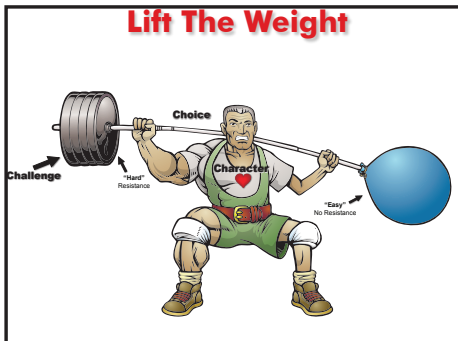
Have students turn to the introductory activity page in the Lift the Weight chapter of their WhyTry Journals.. Have them divide it in half. On the top half, have them write, "Me in 10 years if I follow the rules."

On the bottom half, have them write, "Me in 10 years if I don't follow the rules." Tell them to try and imagine what they will be doing in 10 years if they break rules at home, school or in the community. Then ask them to imagine what they will be doing in 10 years if they follow those same rules. Have them draw a picture or write about themselves in each situation under each heading. Help them think about the consequences that might occur for following or breaking certain rules or laws.

STORY: JIM ABBOTT'S OBSTACLE

Baseball player Jim Abbott was an Olympic gold medal winner; a great pitcher who threw a no-hitter for the Yankees. His obstacle? Abbott was born without a right hand.

6. Review Lesson



Vocabulary

For the review lesson, have students define the vocabulary words listed in the introductory page of this chapter in their WhyTry Journals. This will help increase understanding of the analogy and give you an opportunity to assess comprehension and retention from the overview lesson.

Visual analogy

In their WhyTry Journals, students have a copy of the visual analogy. Have students use this to do a review/walk-through of the analogy. Have them make notes, answer questions, or use a personal example to explain the concept.

7. Reflection Question

Until the next WhyTry class, ask students to consider the Lift the Weight reflection question:

How do rules make me stronger?

