

# LIONS QUEST



A Program of Lions  
Clubs International  
Foundation

## Lions Quest *Skills for Adolescence*

### MORNING ANNOUNCEMENTS

Morning Announcements support each of the lessons in *Lions Quest Skills for Adolescence*. Each announcement includes a quote that aligns with the lesson skill and an action that staff and students can take to bring that skill to life in the home, school, and community. Feel free to replace these quotes and actions with ones of your own.

## UNIT 1

SEL Competency – Self-awareness, Self-management, Relationship Skills

**SEL Skills** – Accurate self-perception, self-confidence, communication, social engagement, building relationships, and impulse control

### LESSON 1.1

**SEL Competency** – Self-awareness, Relationship Skills

**SEL Skills** – Accurate self-perception, self-confidence, communication, social engagement, building relationships

#### **Announcement**

This week in our Lions Quest program we will focus on getting to know our classmates. Our quote for this topic is:

#### **Quote**

*There are no strangers here – only friends we have yet to meet.*  
–William Butler Yeats

#### **Action**

This week, let's look for opportunities to make new friends. We can greet people in class and in the halls, we can smile, reach out to new students, and make a point of making new acquaintances. Watch what a difference it makes in your feelings about school to be friendly, to get to know some new people, and to make school a welcoming place.

### LESSON 1.2

**SEL Competency** – Self-management

**SEL Skills** – Impulse control

#### **Announcement**

This week in our Lions Quest program we will focus on learning how to manage our own behavior and working together to create agreements for a safe and respectful learning environment. Our quote for this topic is:

#### **Quote**

*If it is to be, it begins with me.*  
–Author unknown

#### **Action**

Learning to manage our own behavior creates a safe place where everyone feels seen, heard, and valued. When we manage our behavior we all have a better school experience. This week let's make a point of working together to create shared agreements in our classrooms that promote learning and sharing and make our school a safe and supportive place to be.

## UNIT 2

**SEL Competency** – Self-awareness, Self-management

**SEL Skills** – Accurate self-perception, recognizing strengths, self-confidence, perseverance, self-motivation, goal setting, identifying emotions, stress management, impulse control, and self-discipline.

### LESSON 2.1

**SEL Competency** – Self-awareness

**SEL Skills** – Accurate self-perception, recognizing strengths

#### Announcement

This week in our Lions Quest program we will focus on the positive values that form the foundation for personal and social responsibility. Our quote for this topic is:

#### Quote

*Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.*

–Mahatma Gandhi

#### Action

Knowing what our values are and living our values helps us to have integrity, in other words – our actions match our words. This helps us make wise choices for ourselves. If we know what we stand for, we can speak up when we need to and do what we know is right. This week, let’s focus on “walking our talk” and demonstrating our positive values in everything that we do.

### LESSON 2.2

**SEL Competency** – Self-awareness

**SEL Skills** – Accurate self-perception, recognizing strengths

#### Announcement

This week in our Lions Quest program we’ll be focusing on the importance of being able to identify the personal skills and qualities that make us who we are. The quote for this topic is:

#### Quote

*If we were able to accomplish what we are capable of, we would astonish ourselves.*

–Thomas A. Edison

#### Action

We all have special skills and talents to share, and it is important to recognize them and offer them to others. This week take some time to think about what you love to do and what you’re good at, and look for at least one way to share your skills and talents with someone else. It could be as simple as helping a friend or listening to someone. It could be helping someone with a homework problem or scoring a goal for the soccer team. Whatever your talents and skills are, let them shine this week!

## LESSON 2.3

**SEL Competency** – Self-awareness

**SEL Skills** – Self-confidence, perseverance

### **Announcement**

This week in our Lions Quest program we will focus on the importance of perseverance and working hard to build self-confidence. Our quote for this topic is:

### **Quote**

*What lies behind us and what lies before us are tiny matters compared to what lies within us.*

–Ralph Waldo Emerson

### **Action**

We all have the strength and resources within us to reach our goals. Our ability to push through challenges with grit, determination, and hard work is called a Growth Mindset. The resilience that comes with a Growth Mindset helps us accomplish our goals and dreams. This week, think of something that you are currently trying to achieve, and give it your all! Keep a positive mindset, keep pushing through, ask lots of questions, and get people to help you. Try it -- you will amaze yourself and maybe start to achieve a dream!

## LESSON 2.4

**SEL Competency** – Self-awareness

**SEL Skills** – Self-motivation

### **Announcement**

This week in our Lions Quest program we will focus on what success means and how positive values contribute to our success in school and in life. Our quote for this topic is:

### **Quote**

*I won't do it. I can't do it. I want to do it. How do I do it? I will try to do it. I can do it. I will do it. Yes, I did it!  
Which step will you take?*

### **Action**

This week, think about a success story of your own. Recall a time when you had a purpose, set a goal, and used your positive values to guide your choices. What is your story of success? Take a moment to really enjoy that memory and then look for an opportunity to share that success with someone who might be motivated or inspired by hearing it. Celebrate your successes this week!

## LESSON 2.5

**SEL Competency** – Self-management

**SEL Skills** – Goal-setting

### **Announcement**

This week in our Lions Quest program we will focus on developing goal-setting skills to help us make an action plan for success in school and life. Our quote for this topic is:

### **Quote**

*Setting a goal is important but not the main thing. It's deciding how you will go about achieving that goal and then staying with that plan that counts.*

–Tom Landry

### **Action**

There is no time like the present for reaching for your dreams and setting a goal for yourself. Why not today? This week, make an Action Plan to accomplish something important to you. State your goal, list some steps, consider what could get in your way, deal with that stuff, create a timeline, and get others to help you. Then watch as your dream becomes a reality over time. It works. Good luck!

## LESSON 2.6

**SEL Competency** – Self-management

**SEL Skills** – Identifying emotions

### **Announcement**

This week in our Lions Quest program we will focus on identifying and naming emotions. Our quote for this topic is:

### **Quote**

*No matter who we are, no matter what our circumstances, our feelings and emotions are universal.*

–Josh Groban

### **Action**

Our emotions are what make us human and give us a way to connect with each other. The key is to recognize what we are feeling and have a vocabulary to describe and communicate our feelings accurately to others. This week, let's pay attention to how you're feeling and notice how others may be feeling through their words and body language. Respond with kindness and understanding. You may get to know yourself better and make some new friends!

## LESSON 2.7

**SEL Competency** – Self-management

**SEL Skills** – Stress management, impulse control, self-discipline

### Announcement

This week in our Lions Quest program we will focus on recognizing our stress levels and developing strategies for managing stress in healthy ways. Our quote for this topic is:

### Quote

*I can only give my best to others when I am in touch with the best in myself.*

–Rishika Jain

### Action

We are definitely not at our best when we're stressed out! Learning how to manage our stress helps us feel in control of our lives and to make healthy, wise decisions for ourselves and others. This week, pay attention to when you feel stressed out and find one quick way to calm yourself – it might be taking a few deep breaths, going for a walk, or spending time with a pet. Whatever it takes, practice managing your stress this week. Your body will thank you!

## LESSON 2.8

**SEL Competency** – Self-management

**SEL Skills** – Impulse control and self-discipline

### Announcement

This week in our Lions Quest program we will focus on self-talk and the ability to transform difficult emotions into more helpful ones by learning to perceive a situation in a more positive way. Our quote for this topic is:

### Quote

*Integrity is when what you say, what you do, what you think, and who you are all come from the same place.*

–Madeline Griffin-Haynie

### Action

The quote contains four words – say, do, think, and are – that build our integrity, which is when our thoughts, words, and actions line up. Our thoughts, the words we speak, and our actions can all come from our core beliefs and values. This week, let's pay attention to the thought-action-emotion connection. Watch what happens when you decide to have a positive thought about a situation and act on it – you may find that you feel a lot better and do better too. Try it!

## UNIT 4

**SEL Competency** – Self-management, Relationship Skills, and Responsible Decision Making

**SEL Skills** – Ethical responsibility, problem identification, situation analysis, problem solving, self-discipline, helping/seeking help

### LESSON 4.1

**SEL Competency** – Responsible Decision Making

**SEL Skills** – Ethical responsibility, problem identification, situation analysis

#### **Announcement**

This week in our Lions Quest program we will focus on looking ahead - thinking about our goals and overcoming the obstacles that stand in the way of achieving them. Our quote for this topic is:

#### **Quote**

*We shape our tomorrows by what we think and do today.*

–Author unknown

#### **Action**

It's true that middle school students experience the most rapid period of their development since infancy, and that means you have a lot going on! So it helps to have a plan to stay on track and get where you want to go. This week, think about one important goal that you want to be sure you achieve before you leave our school and take one action to make that happen. We will want to hear about it, so let us know how it goes.

### LESSON 4.2

**SEL Competency** – Responsible Decision Making

**SEL Skills** – Problem solving

#### **Announcement**

This week in our Lions Quest program we will focus on making good decisions to be responsible, accomplish our goals, and choose healthy behaviors. Our quote for this topic is:

#### **Quote**

*Good decisions don't make life easy, but they do make it easier.*

–Forever Strong – movie 2008

#### **Action**

This is the week to really focus on making good decisions that will help you thrive in the future. Pay attention to your decisions for the next week and notice what guides them. Is it your values? Your family? Your friends? The rules and laws? Something else? It helps to make a decision based on your own deep values and doing what you know is right for yourself and others. Make this the week for good decisions and watch good things happen!

## LESSON 4.3

**SEL Competency** – Responsible Decision Making

**SEL Skills** – Ethical responsibility

### **Announcement**

This week in our Lions Quest program we will focus on responsible decision making and recognizing the consequences of responsible and irresponsible behaviors on ourselves and others. Our quote for this topic is:

### **Quote**

*We shape our tomorrows by what we think and choose today.*

–Author Unknown

### **Action**

This week, let's all focus on Response-Ability – the ability to choose responsible and helpful behaviors and avoid irresponsible ones. When you are confronted with a decision, think about your possible actions and the consequences of each one. Take your time and know that you have time to make a wise choice. Then choose the one that supports your values and goals. Congratulations – you just made a responsible decision!

## LESSON 4.4

**SEL Competency** – Responsible Decision Making

**SEL Skills** – Problem identification, situation analysis, problem solving

### **Announcement**

This week in our Lions Quest program we will focus on making a responsible decision regarding tobacco use by learning about the risks, analyzing the influences, and considering the consequences. Our quote for this topic is:

### **Quote**

*When you light a cigarette, your life burns with it.*

–Author Unknown

### **Action**

We all know the health dangers of tobacco use by now, so it's important to act on that information. This week, think about reasons to never start using tobacco and realize advertisers try to trick teenagers into thinking tobacco use is cool. Choose your own health and be a role model of healthy decisions by saying "No!" to tobacco. You'll be glad you did.



## LESSON 4.5

**SEL Competency** – Responsible Decision Making

**SEL Skills** – Ethical responsibility, problem identification, situation analysis

### **Announcement**

This week in our Lions Quest program we will focus on making a responsible decision regarding adolescent alcohol use. Our quote for this topic is:

### **Quote**

*One reason I don't drink is that I want to know when I'm having a good time.*

–Nancy Astor

### **Action**

As we all know, alcohol use creates serious health challenges for adolescents and is also illegal to use until adulthood. Understanding why it's important to avoid alcohol use as a teenager and how to respond to the pressure to use it is one of the most important skills to learn to achieve your goals. This week, make a commitment to stay away from alcohol and choose your own healthy goals instead. Lead the way by being a healthy role model and choosing healthy activities. You'll see that others will follow!

## LESSON 4.6

**SEL Competency** – Responsible Decision Making

**SEL Skills** – Problem identification, situation analysis, problem solving

### **Announcement**

This week in our Lions Quest program we will focus on staying away from all illegal and illicit drugs and avoiding the misuse of drugs in general. Our quote for this topic is:

### **Quote**

*Addiction is the only prison where the locks are on the inside.*

–Author Unknown

### **Action**

Staying healthy means making good decisions when it comes to drugs and avoiding addiction and other problems that alcohol, tobacco, and other drugs can cause. This week, think about the rule of thumb that says that if a drug is not prescribed by your doctor and used exactly as the label says, don't take it! The negative consequences are never worth it. As we have been emphasizing in this unit, choose yourself, choose your health, choose positive friends, and give yourself every advantage in life. Only take drugs that are required for your good health and so "No!" to the rest. Strive to thrive in life!

## LESSON 4.7

**SEL Competency** – Responsible Decision Making

**SEL Skills** – Problem identification, situation analysis, problem solving

### **Announcement**

This week in our Lions Quest program we will focus on examining the pressures to use drugs in our lives. Our quote for this topic is:

### **Quote**

*The only person standing in your way is you. Others can stop you temporarily. You are the only one who can do it permanently.*

–Zig Zaglar

### **Action**

That is a quote to remember! The ability to resist drug use begins with YOU and your ability to identify and respond positively to situations and pressures that encourage drug use. Remember your talents and skills, your dreams and goals, and all the people who love and care about you, including all of us here at school. Notice those inside and outside pressures and then choose the best for yourself. Only you can do that, but we're all here to help you. Choose YOU!!

## LESSON 4.8

**SEL Competency** – Self-management, Relationship Skills, Responsible Decision Making

**SEL Skills** – Self-discipline, helping/seeking help, ethical responsibility

### **Announcement**

This week in our Lions Quest program we will focus on helping teens make healthy choices. Our quote for this topic is:

### **Quote**

*There comes a time when you have to plant your feet, stand firm, and make a point about who you are.*

–Pat Riley

### **Action**

Making the decision to be a healthy role model is the best decision you will ever make. Believing in yourself is how you create the life that you want and inspire others. This week, make some “I believe statements” about how to make healthy choices and share them with others. You never know when the example you set by being positive and healthy will be just what someone else needed to see to make that choice as well. Let your positive choices be an example to others!

## UNIT 5

**SEL Competency** – Self-management, Relationship Skills, and Responsible Decision Making

**SEL Skills** – Ethical responsibility, problem identification, situation analysis, problem solving, self-discipline, helping/seeking help

### LESSON 5.1

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Helping/seeking help, ethical responsibility

**Announcement:**

This week in our Lions Quest program we will focus on service-learning and why it's important to serve the needs of others in the school and community. Our quote for this topic is:

**Quote:**

*Life's most persistent and urgent question is: What are you doing for others?*

–Dr. Martin Luther King, Jr.

**Action:**

When we think about what gives our lives meaning, we think about doing something that makes a difference in the lives of others. This week we start our service-learning unit that will continue for the next few weeks. You'll have an opportunity to contribute a service to others in need. This week think about what you care about and how you might be able to contribute your skills and talents to making the world better for someone else. Remember that you can make a difference in small ways every day!



### LESSON 5.2

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Communication, working together, problem-solving

**Announcement:**

This week in our Lions Quest program we will focus on using our interests, skills, and talents to serve. Our quote for this topic is:

**Quote:**

*Everyone must have concern for self, and feel a responsibility to discover one's mission.*

–Author Unknown

**Action:**

This week, think of all the ways that you can use your unique interests, skills, and talents to serve the needs of others. Your class will be determining how to contribute to a service-learning project that makes the best use of the special abilities of you and your classmates. Identify what you are good at and like to do and then you can decide how you can best contribute. And while you're at it, interview others to find out what they're good at and how they might contribute. What a great way to build a team effort!

## LESSON 5.3

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Communication, helping/seeking help, problem identification, situation analysis, problem solving

**Announcement:**

This week in our Lions Quest program we will focus on learning about school and community needs. Our quote for this topic is:

**Quote:**

*Some people see things as they are and say "Why?" I dream of things that never were and say "Why not?"*

–Robert F. Kennedy

**Action:**

To serve well, we need to know about the needs of others. This week, we will be exploring school and community needs and deciding on the ones we are best able to address as individual classes and/or as a school. You can begin to think about some needs that you see around our school and in your community that you can suggest to the class. And think about one action that you can take to meet that need. Every positive action makes a difference!

## LESSON 5.4

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Communication, helping/seeking help, problem identification, situation analysis, problem solving

**Announcement:**

This week in our Lions Quest program we will focus on choosing and researching a service-learning project. Our quote for this topic is:

**Quote:**

*We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often can't foresee.*

–Marian Wright Edelman

**Action:**

Service-learning is a group effort, and it takes a team of people working together to carry out a project. Coming to a consensus will be necessary so that everyone is heard and feels part of the decision. This week, make sure that your voice is heard as your class discusses your service-learning project. Find your voice and speak up about the needs you discovered that matter to you. Then listen to others and come up with a decision that works for everyone. Good luck!

## LESSON 5.5

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Communication, helping/seeking help, problem identification, situation analysis, problem solving

**Announcement:**

This week in our Lions Quest program we will focus on preparing and planning for a service-learning project. Our quote for this topic is:

**Quote:**

*If you wish to move mountains tomorrow, you must start by lifting stones today.*

–African Proverb

**Action:**

Almost every successful accomplishment has a plan behind it that consisted of small steps toward a goal. Service-learning projects are no different. It takes thoughtful planning and preparation to carry out a service-learning project. This week, pay attention to what it takes to make a plan work – identifying the need, resources needed, possible obstacles and how to address them, and desired outcomes. Then watch how you contribute to the group effort and do your best!

## LESSON 5.6

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Communication, social engagement, building relationships, working cooperatively, resolving conflicts, helping/seeking help

**Announcement:**

This week in our Lions Quest program we will focus on carrying out the service-learning project. Our quote for this topic is:

**Quote:**

*Tell me and I forget. Teach me and I remember. Involve me and I learn.*

–Benjamin Franklin

**Action:**

Purpose, Plan, Action! What better way to learn than to apply our academic and social skills to carrying out our service-learning project. This week, you will have the satisfaction of seeing your efforts come to fruition as you and your classmates do your service-learning project and feel the satisfaction of having made a difference in your school or community. Pay attention to the skills and talents that you offer to your class to make your service-learning project a success. Notice your unique contribution and take pride in how you helped your team help others.

## LESSON 5.7

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skill** – Reflection

**Announcement:**

This week in our Lions Quest program we will focus on reflecting on our personal and group learning as a result of our service-learning project. Our quote for this topic is:

**Quote:**

*We can't see our reflection in running water. It is only in still water that we see.*

–Taoist Proverb

**Action:**

It's time to be still and reflect on the personal and group learning from the service-learning project. What did you learn about yourself? What did you learn about working with a group? What do you think your group learned from serving the needs of others? This week, reflect on your personal and group learning and how you are different now because of your service. Think about how the lives of others are different because you and your class chose to serve.

## LESSON 5.8

**SEL Competency** – Relationship Skills

**SEL Skills** – Communication, social engagement, building relationships, working cooperatively, resolving conflicts, helping/seeking help, problem identification, situation analysis, problem solving

**Announcement:**

This week in our Lions Quest program we will focus on demonstrating what we learned from our service-learning project and celebrating our success. Our quote for this topic is:

**Quote:**

*Our accomplishments show what kind of people we are.*

–Gil Scott-Heron

**Action:**

We have had an exciting time as we learned what it means to serve and learn through carrying out a service-learning project. And now it's time to demonstrate what we've learned and share it with others. It's also time to celebrate our success as we made a difference in our world. This week, take the time to share with others what you learned from the service and thank those who helped your class be successful. You rock!

## UNIT 6

**SEL Competency** – Relationship Skills, and Responsible Decision Making

**SEL Skills** – Communication, social engagement, reflection, evaluation

### LESSON 6.1

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Communication, social engagement, reflection, evaluation

**Announcement:**

This week in our Lions Quest program we will be reflecting on our experience in the Lions Quest program and what we have learned and accomplished this year. Our quote for this topic is:

**Quote:**

*Strengthening skill sets is one thing that a person trying to accomplish any goal should practice.*

–Sarfraz Sohail

**Action:**

This year, we have been focusing on building our social and emotional learning skills of self-awareness, self-management, social awareness, relationship skills, and responsible decision making. This week, think of one way that you are now more capable in each of these areas. Where are you more self-aware? Self-disciplined? Empathic? Friendly and helpful? Responsible in your decision-making? Take a few moments this week to notice where you are better, stronger, and more capable in these areas and practice demonstrating these skills throughout the week.

### LESSON 6.2

**SEL Competency** – Relationship Skills, Responsible Decision Making

**SEL Skills** – Communication, social engagement, reflection, evaluation

**Announcement:**

This week in our Lions Quest program we will be celebrating a really great year of Lions Quest! Our quote for this topic is:

**Quote:**

*The circle is a sacred symbol of life. Individual pairs within the circle connect with every other, and what happens to one, or what one part does, affects all within the circle.*

–Mahmawi Atoskiwin

**Action:**

This year, our Lions Quest program has been like a circle that connected us all and brought us together as we became more caring, respectful, and responsible people who served our class, school, and community. Reflect on what you have given and received from this class and your classmates. Identify one take-away that has made you a more self-aware, confident, caring, and wise person this year and that you will take with you into the future. Celebrate that! See you next year!