

LIONS QUEST



A Program of Lions
Clubs International
Foundation

Lions Quest *Skills for Growing*

MORNING ANNOUNCEMENTS

Morning Announcements support each of the lessons in *Lions Quest Skills for Growing*. 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 be getting to know our classmates.

Our quote for this topic is:

Quote

The only way to have a friend is to be one.

–Ralph Waldo Emerson

Action

This week, make a point to smile, greet new classmates, and learn something about them.

Who knows, you might make a new friend.

LESSON 1.2

SEL Competency – Self-management

SEL Skills – Impulse control

Announcement

This week in our Lions Quest program we will focus on establishing shared agreements for a respectful classroom. Our quote for this topic is:

Quote

In this world of ours, we must be kind and courteous to others if we want to find kindness and courtesy for ourselves.

–The Adventures of Pinocchio

Action

When we treat others with kindness and respect, they will treat us with respect in return. This week let's work together to make our classrooms kind places where everyone feels respected, cared for, and safe. Let's also be kind and courteous not only in the classroom but in the halls, on the playground, in the cafeteria, and at home. See what a difference it makes!

LESSON 1.3

SEL Competency – Relationship Skills

SEL Skills – Communication, social engagement, building relationships, working cooperatively

Announcement

This week in our Lions Quest program we will focus on building a learning community. Our quote for this topic is:

Quote

All for one and one for all!

–Alexander Dumas, *The Three Musketeers*

Action

“All for one and one for all” means that we understand that we depend on and count on each other for help and support. This week, notice all the ways that we can be “All for one and one for all” in our classes and at our school.

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 guide our actions. Our quote for this topic is:

Quote

Values aren't buses. They're not supposed to get you anywhere. They're supposed to define who you are.

—Jennifer Crusie

Action

Values are like road signs that guide our actions and shape who we are. This week, become aware of one value that guides your life. It might be kindness, courage, responsibility, trustworthiness, respect, or something else. Notice how that value shapes the actions you take and the way you treat others.

LESSON 2.2

SEL Competency – Self-awareness

SEL Skills – Recognizing strengths, communication

Announcement

This week in our Lions Quest program we will focus on identifying our special skills and qualities that make us unique. The quote for this topic is:

Quote

Do what you can, with what you have, where you are.

–Theodore Roosevelt

Action

This week, take some time to think about the special skills and talents that you have to offer. This is not bragging – it’s finding out what you like to do and what you’re good at. Then think about ways to do your best with the skills and talents you have. Then when you have a chance, share those talents with others.

LESSON 2.3

SEL Competency – Self-awareness

SEL Skills – Sense of self-confidence, perseverance

Announcement:

This week in our Lions Quest program we will focus on being responsible and working responsibly with others to accomplish great things. The quote for our topic is:

Quote:

Response-ability means that we can’t always control what happens to us but we can always respond in a positive and helpful way.

Action:

Being responsible is one of the most important traits we can build. It makes us trustworthy so that others can depend on us and we can depend on ourselves. This week, let’s all try to be a little more responsible and do what we say we’re going to do. Notice how being responsible helps both ourselves and others.

LESSON 2.4

SEL Competency – Self-awareness

SEL Skills – Self-motivation

Announcement

This week in our Lions Quest program we will focus on what motivates us to do well in school and life. Our quote for this topic is:

Quote

Whether you think you can, or think you can't - you're right.

–Henry Ford

Action

This week, think about a time it was hard for you to learn something new. Maybe something new in math, reading, or science, or a new sport, or dance, or musical instrument. What pushed you to keep trying? What goes on inside of you that pushes you? Who else supports you from the outside? Congratulate yourself and thank the people who helped push you to accomplish something that was not easy.

LESSON 2.5

SEL Competency – Self-management

SEL Skills – Goal-setting

Announcement:

This week in our Lions Quest program we will focus on goal-setting to help us reach for our dreams and goals and to be successful. Our quote for this topic is:

Quote:

A goal without a plan is just a wish.

–Antoine de Saint-Exupery

Action:

Goal-setting helps us make our wishes and dreams come true instead of just staying a wish! That's because goal-setting skills help us take action steps to get to our goal. This week, think about one important goal in your life and take one action step toward achieving it, no matter how small. Goals are achieved one small step at a time!

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

Our feelings are like colors and make life beautiful.

Action

Our emotions are what make our lives full of richness and wonder. Understanding that everyone has normal ups and downs is a great relief! The important skill is to be able to name our emotions so that we can understand and communicate them. This week, pay attention to your feelings and try to find words to describe them. Do this with your friends and have fun with it!

LESSON 2.7

SEL Competency – Self-management

SEL Skills – Identifying emotions, stress management, impulse control, self-discipline

Announcement:

This week in our Lions Quest program we will focus on calming our emotions and developing ways to manage stressful situations. Our quote for this topic is:

Quote:

A calm person is a trustworthy person.

Action:

Strong emotions are a normal part of life, but they can get in the way of being at our best. Learning how to calm down and think clearly will help us in class, in the halls, on the playground, and at home. This week, let's practice naming our emotions, taking deep breaths to calm down, and reflecting on how we feel when we do this. Pay attention when you are feeling strong emotions and use your calming skills on the spot. Notice the peaceful feelings that follow.

LESSON 2.8

SEL Competency – Self-awareness, Self-management

SEL Skills – Impulse control and self-discipline

Announcement

This week in our Lions Quest program we will focus on how our thoughts impact our actions which affect our emotions. Our quote for this topic is:

Quote

When I feel happy, good things seem to happen. When I feel lousy, things go wrong. Is the world a mirror?

Action

This week, we will be learning about the connection between our thoughts, our actions, and our emotions. That means that what we think affects what we do and that affects how we feel. This week, make a point of identifying how you are feeling at any given time and then decide to have a positive thought and take a positive action. Do you feel better? Is the world a little brighter?

UNIT 3

SEL Competency – Relationship Skills, Social Awareness

SEL Skills – Communication, empathy, respect for others, perspective-taking, appreciating diversity, seeking help, working cooperatively, social engagement, resolving conflicts

LESSON 3.1

SEL Competency – Relationship Skills

SEL Skills – Communication

Announcement

This week in our Lions Quest program we will focus on listening skills. Our quote for this topic is:

Quote

A good relationship starts with communication, and good communication starts with listening.
–Author unknown

Action

This week, let's be the very best listeners that we can be throughout the school day and at home. Take a little extra time to show that you really care about others and want to hear what they have to say. See what a difference it makes.

LESSON 3.2

SEL Competency – Social Awareness, Relationship Skills

SEL Skills – Empathy, respect for others, perspective-taking, appreciating diversity

Announcement

This week in our Lions Quest program we will focus on building friendship skills. Our quote for this topic is:

Quote

Do more than listen; understand.

–John H. Rhodes

Action

Let's make this Friendship Week at our school! Remember that last week we worked on our listening skills. This week we want to practice those good listening skills in building our friendships with both our current friends and new friends that we want to get to know. Let's practice giving our friends compliments when they do something well or help us out. And let's say "Thank you" when someone notices our friendship behaviors.

LESSON 3.3

SEL Competency – Social Awareness, Relationship Skills

SEL Skills – Empathy, seeking help,

Announcement

This week in our Lions Quest program we will focus on responding to bothersome behavior with empathy and respect. Our quote for this topic is:

Quote

Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.

–Alfred Adler

Action

Empathy is the ability to feel what another person is feeling. Someone may be bugging us with their words or actions and not even know it. We can describe the behavior that is bothering us without attacking the person and share what would be more helpful. That way, we speak up for ourselves and show caring for the other person. Let's practice showing empathy in the way we talk to each other this week.

LESSON 3.4

SEL Competency – Relationship Skills

SEL Skills – Working cooperatively, social engagement

Announcement

This week in our Lions Quest program we will focus on teamwork. Our quote for this topic is:

Quote

Teamwork means Together, Everyone, Achieves, More.

–Unknown

Action

Get it? The first letters of Together, Everyone, Achieves, More spell T-E-A-M. We know that teamwork helps everyone accomplish their goals. And we know that just because we're in a group doesn't mean we're working together as a team. It takes listening, taking turns, giving everyone a role to play, and encouraging each other to make a group cooperate well. This week, let's be part of the A-Team and contribute to making our groups work for everyone!

LESSON 3.5

SEL Competency – Relationship Skills

SEL Skill – Social engagement, working together

Announcement

This week in our Lions Quest program we will focus on building healthy relationships.

Our quote for this topic is:

Quote

I think, team first. It allows me to succeed; it allows my team to succeed.

–LeBron James

Action

Last week we focused on team work and this week we are exploring how to get along together to make our teams work well. LeBron says that it's important to think about the needs of others when building a strong team or group and to give of ourselves. We can share things, compliments, and skills to help others be successful. This week, let's practice giving of ourselves to help make others successful.

LESSON 3.6

SEL Competency – Relationship Skills

SEL Skills – Resolving conflicts

Announcement

This week in our Lions Quest program we will focus on handling conflicts, including bullying and others difficult situations. The quote for this topic is:

Quote

Conflict cannot survive without your participation.

–Wayne Dyer

Action

Conflict is normal. It is how we handle it that makes the result positive or negative. This week, if we find ourselves in a conflict, let's use our new skills to be patient and caring and find a peaceful solution that works for everyone. Conflict cannot continue if we continue to search for ways to make things better.

LESSON 3.7:

SEL Competency – Relationship Skills,

SEL Skills – Communicating, Resolving Conflicts, Seeking Help

Announcement

This week in our Lions Quest program we will focus on dealing with bullying behaviors. The quote for this topic is:

Quote

Seek first to understand, then to be understood.

–Stephen Covey

Action

Learning to deal with bullying behaviors in an appropriate way is an essential skill in life. It's important to seek to understand what is happening and then to take care of ourselves. This week we will be learning helpful skills to deal with bullying behaviors. Bullying is not acceptable behavior in our school. If you are confronted with bullying behaviors, use your bullying prevention skills and seek help from an adult. Everyone deserves to feel safe, happy, and free from bullying behaviors at school!

LESSON 3.8

SEL Competency – Relationship Skills

SEL Skills – Communication, resolving conflicts, seeking help

Announcement

This week in our Lions Quest program we will focus on putting a stop to bullying! The quote for this topic is:

Quote

The Law of Win/Win says, "Let's not do it your way or my way; let's do it the best way.

–Greg Anderson

Action

This week, our school will be looking for ways to put a stop to bullying behaviors so that everyone has the best possible experience in school. Make it a point this week to be part of the solution and find a way to make others feel like a winner. It's not about being right or wrong, but about supporting each other to create the best possible school environment that works for everyone.

▶ UNIT 4

SEL Competency – Responsible Decision-Making

SEL Skills – Responsible decision-making, problem identification, situation analysis, problem-solving, ethical responsibility, self-discipline, and help/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 healthy habits. Our quote for this topic is:

Quote

Habit is the intersection of knowledge (what to do), skill (how to do), and desire (want to do).

–Stephen Covey

Action

This week, let's get excited about our health! Choose two healthy habits you would like to develop. Take time this week to start practicing those healthy habits at school and at home.

LESSON 4.2

SEL Competency – Responsible Decision-Making

SEL Skills – Ethical responsibility, problem identification, situational analysis

Announcement

This week in our Lions Quest program we will focus on making good decisions. 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 practice the steps of decision making we are learning in our Lions Quest lesson for this week.

LESSON 4.3

SEL Competency – Responsible Decision-Making

SEL Skills – Ethical responsibility, problem identification, situational analysis

Announcement

Last week in our Lions Quest program we learned some important steps for making decisions. This week will continue to explore what it means to make wise decisions. Our quote for this topic is:

Quote

We all make choices but in the end our choices make us.

–Ken Levina

Action

Responsible decision-making is an important part of growing up. It's important to know our options and the consequences that come with the decisions we make. As you make decisions this week, think about the both the positive and negative consequences before making your choice.

LESSON 4.4

SEL Competency – Responsible Decision-Making

SEL Skills – Problem identification, situational analysis, problem-solving

Announcement

This week in our Lions Quest program we will focus on the facts about tobacco. Our quote for this topic is:

Quote

Be Smart. Don't start.

–Unknown

Action

Maybe you think if you start smoking, you can quit any time. Wrong. The nicotine in tobacco is addictive, and it keeps people smoking long after they want to stop. The best way not to smoke is to never start. Here are some ideas to up you be smart and not start: Say no to peer pressure, do something else (sports, dancing, walking), talk to someone you trust, take public action (advocacy).

LESSON 4.5

SEL Competency – Responsible Decision-Making

SEL Skills – Problem identification, situational analysis, problem-solving

Announcement

This week in our Lions Quest program we will focus on the truth about alcohol. Our quote for this topic is:

Quote

It's easier not to start drinking, than to stop drinking.

–Unknown

Action

Last week we focused on the truth about tobacco and this week we are exploring the truth about alcohol, how it affects our bodies and how to make responsible decisions when it comes to underage drinking. This week, let's take the conversation out of the classroom, share with a family member the facts that you learned about alcohol.

LESSON 4.6

SEL Competency – Responsible Decision-Making

SEL Skills – Problem identification, situational analysis, problem-solving

Announcement

This week in our Lions Quest program we will focus on the harmful effects of drugs. The quote for this topic is:

Quote

A healthy me is drug free.

–Anne Arundel County elementary school student

Action

For the past three weeks we have learned the truth about tobacco, alcohol, and other drugs. This week we want students in each class to work together on a door decoration on the theme – *Why I live drug free.*

LESSON 4.7

SEL Competency – Responsible Decision-Making

SEL Skills – Problem solving, situational analysis, problem identification

Announcement

This week in our Lions Quest program we will focus on dealing with negative peer pressure to use alcohol, tobacco, and other drugs. The quote for this topic is:

Quote

Our fate lives within us. You only need to be brave enough to see it.

–Princess Merida, Brave

Action:

Learning to deal with negative peer pressure is an essential skill in life. It's important to practice what to do when you feel pressured to do something unhealthy. This week, teach a friend or family member the skills you learned this week in Lions Quest that will help you say no to peer pressure to use tobacco, alcohol, and other drugs.

UNIT 5

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

SEL Skills – Helping/seeking help, ethical responsibility, social engagement, reflection, evaluation, communication, working cooperatively, problem-solving, problem identification, situation analysis, building relationships, resolving conflicts

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

If we do not dedicate ourselves in the service of others, whom shall we serve?

Action

Something exciting is about to happen at our school. We are about to start our unit on service and leadership! During this unit we will identify needs in the school and community that we can meet through exciting service-learning projects. This week, think about ways that you can be of service and helpful to everyone you meet. You may discover that people will be helpful to you. Service starts with small acts of kindness. Begin now!



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

I can serve with what I have and where I am.

Action

Everyone can make a difference because everyone has skills and talents to contribute to others. This week, spend some time identifying what you are interested in, what skills you have developed, and what talents come easily to you. Those are all special ways you can contribute something unique to a service-learning project.

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

Meeting needs means I'm needed!

Action

Meeting real needs in the school and community is one of the first steps to creating a great service-learning project. This week, turn on your eyes in a new way and look around our school and community. What are some needs that your class can help meet? What can you do to help? Start to list some needs and identify the ones you care about the most. Bring your ideas to class!

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 working together to choose a service-learning project. Our quote for this topic is:

Quote

When spider webs are woven together, they can tie up a tiger.

–Ethiopian proverb

Action

Together we can make a difference! This week we will be working as a class team to look at the needs we have discovered and decide on our service-learning project. Take some time this week to identify what you care about and want to address through service-learning. Then work as a class to reach consensus on a service-learning need and project that everyone is excited about. We're excited to hear what you come up with!

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

There are no passengers on spaceship Earth – only crew.

–Buckminster Fuller

Action

This week we will be getting ready for our service-learning project. That means that your class will be coming up with a plan. Think about the quote. Everyone has an important role to play in taking care of others and our world and bringing a plan to life. Make sure that you bring your talents and skills to the planning process and let your light shine.

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

Everyone can be great because everyone can serve.

–Dr. Martin Luther King, Jr.

Action:

Places, everyone! This week, we offer our service-learning projects to the school or community. What will happen? What will we learn? Pay attention to everything that is happening as you engage with your classmates in carrying out your service-learning project. You are about to change the world!

LESSON 5.7

SEL Competency – Relationship Skills, Responsible Decision Making

SEL Skill – Reflection

Announcement

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

Quote

We need to be still to see what is happening.

Action

This week, we will be still and reflect on what we learned from our service-learning project. Think about what you learned about yourself. Reflect on what you learned about working with a group to accomplish something important. And take a moment to feel how the world is a little better because of what you and your classmates did for others. Soak in the service and learning. You made a difference this week.

LESSON 5.8

SEL Competency – Relationship Skills

SEL Skills – Social engagement, reflection, evaluation

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

The measure of success is, did we make a difference in the lives of others?

Action

This week, we will be demonstrating what we learned in a variety of ways. And we'll be celebrating our success with others who shared our journey. Tell a caring adult what you learned from participating in the service-learning project and say a big thank you to everyone who helped your class be successful. Congratulations to all!

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 celebrating and honoring someone special in our lives. Our quote for this topic is:

Quote

*Friends and neighbors, classmates, our families, and school staff too,
Let's take time to honor them for helping me and you!*

Action

Celebrating and honoring someone goes beyond saying thank you. It's an opportunity to acknowledge all the ways that person has helped and cared for us. This week, we are taking the time to honor some special people in our lives. Think of someone here at school who is special to you and find a way to publically celebrate them. Be creative and know that you will make them very happy.

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 great year of Lions Quest! Our quote for this topic is:

Quote

Never doubt that a small group of thoughtful people can change the world; indeed, it is the only thing that ever has.

–Margaret Mead, anthropologist

Action

This year, our Lions Quest program has been a small group of thoughtful students who have changed themselves and the world! Let's reflect together on what you have learned and experienced and what has been the best part of being in Lions Quest. Tell someone and spread the word! Share why Lions Quest is the best.