

# League of Champions

Suggested Grades: 7-12. / Subject: Any. / Time: 50-120 minutes.

## Suggested Materials



White Board  
or Projector



KWL Handouts



Magazines  
and Newspapers



Markers



Internet



Rubrics

**Lesson Overview:** Students will learn about what it means to be a person of good character through the 7 Elements of the *because I said I would* Philosophy. They will also be able to identify people that are making a positive impact on the world around them. Students will then have new role models to emulate. Observing how students learn about what it means to be a person of good character will be of great benefit to teachers. Teachers can adapt their teaching styles based on what they have learned.



## Goals and Objectives

1. Identify people that embody the 7 Elements of the *because I said I would* Philosophy.
2. Compare and contrast the qualities that make a good character.
3. Recognize heroes, mentors, role models and leaders in the community and in the world.



## Anticipatory Set

- Ask students to name someone they consider a hero.
- Ask students to provide examples of mentors, role models and leaders.
- Ask students to describe the characteristics of a hero, role model and leader.
- Ask students to independently research heroes, mentors, role models and leaders, and then include 3 examples in their League of Champions.



## The Task

- Fill out a KWL.
- Research, identify and choose heroes, role models, mentors and leaders.
- Share with the class.
- Reflect and write a promise.

# The Process

- 1. Introduction video.** Show TEDxYouth@Austin 2014 "What all great superheroes have in common" <https://www.youtube.com/watch?v=KUviUikVh-U> (or see suggestions on page 3.)
- 2. Use anticipatory set questions.** Have students rethink their original definitions of a superhero.
- 3. KWL worksheet.** Ask students to complete the K column.
- 4. 7 Elements of the *because I said I would* Philosophy.** Discuss how these 7 Elements relate to your class and the goal of this project.
- 5. Discuss Vocabulary terms.** See page 4. How do these words relate to the 7 Elements of the *because I said I would* Philosophy? Ask the students to suggest people that fit into each category. Offer a few suggestions to get students thinking, such as: world leaders, parents, coaches, tutors, teachers, etc. Ask students what characteristics these people have in common.
- 6. My League of Champions document.** Instruct the students to choose four people to include in their League of Champions. Define and distinguish the difference between a role model, mentor, hero and a person of good character. Newspapers and magazines are optional.
- 7. League of Champions document.** Ask students to choose at least one of the people they picked and complete the handout.
- 8. Present.** Ask students to present their League of Champions to the class.
- 9. Follow-up questions.** Can anyone be a leader, hero, role model or mentor? Why or why not? Does it matter if a person is rich or poor? Famous? Do the person's physical characteristics matter?
- 10. Handout the promise cards.** Ask the students to write a promise about how they could be a leader, hero, role model or mentor. Collect the cards and then post them on the wall.
- 11. Finish KWL worksheet.** The students will write their promises and complete the rest of the KWL.



# Outcomes



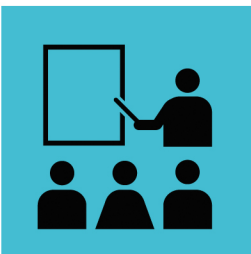
## 1. Evaluation

Create a visual essay using Movie Maker or something similar. The essay can be created individually or in groups. The essay should illustrate how the film speaks to the values of *because I said I would*.



## 2. Impact

Heroes, mentors, role models and leaders are developed over time. Through promises and the 7 Elements of the *because I said I would* Philosophy, students will recognize characteristics that give them the ability to be a hero, mentor, role model or leader. The lessons they've learned throughout this course will stay with the students for years to come.



## 3. Lesson

By the end of this lesson, students will have a new understanding and the ability to identify qualities and characteristics of heroes, mentors, role models and leaders. Once students learn to recognize positive qualities in themselves and others, they will have a powerful influence on the people in their lives and communities.

# Suggested Introductory Videos



TEDxYOUTH@Austin: What all Great Super Heroes Have in Common (14:27)  
<https://www.youtube.com/watch?v=KUviUikVh-U>

For the Heroes: A Pep Talk from Kid President (4:16)  
<https://www.youtube.com/watch?v=tgF1Enrgo2g>

Hero Tribute by Action Painter Michael Israel (7:07)  
<https://www.youtube.com/watch?v=QZFkZiwMLZ4>

*Because I said I would* video series:  
<https://becauseisaidiwould.com/category/apromisestory/>

Humans of New York Facebook:  
<https://www.facebook.com/humansofnewyork/>

# Vocabulary



**Leader**

A person who has commanding authority or influence.

**Role Model**

A person whose behavior in a particular role is imitated by others.

**Mentor**

Someone who teaches or gives help and advice to a less experienced and often younger person.

**Hero**

A person who is admired for great or brave acts or fine qualities.

**Character**

The way someone thinks, feels and behaves.

**League**

A small group of people who are each identified to have leadership qualities.

**Trait**

A quality that makes one person or thing different from another.



a) **Physical Trait:** Features about your body. The first thing you see when you look at someone. Ex: hair, clothes, nose or figure.

b) **Personality Trait:** Actions, attitudes, behaviors of a person.



## Positive Personality Traits

Honesty

Responsibility

Perfectionist

Adaptable

Compassion

Tenacity

Compassion

Patience

Courage

Loyalty

Adventurous

Affable

Conscientious

Valiant

Cultured

Dependable

Discreet

Fair

Fearless

Observant

Impartial

Independent

Optimistic

Intelligent

Keen

Gregarious

Persistent

Capable

Charming

Precise

Confident

Dutiful

Encouraging

Reliable

Exuberant

Helpful

Humble

Suave

Imaginative

Meticulous

Obedient

Trusting

# Assignment #1

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Know-Wonder-Learn

What I <u>K</u> now	What I <u>W</u> onder (or want to know)	What I have <u>L</u> earned
<u>Compassion:</u>		
<u>Self-Control:</u>		
<u>Sacrifice:</u>		
<u>Honesty:</u>		

# Assignment #1 (continued)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Know-Wonder-Learn

What I <u>K</u> now	What I <u>W</u> onder (or want to know)	What I have <u>L</u> earned
<u>Hope:</u>		
<u>Contemplation:</u>		
<u>Accountability:</u>		

# Assignment #2 My League of Champions

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Compassion

\_\_\_\_\_

Accountability

\_\_\_\_\_

Self-Control

\_\_\_\_\_

**Who's  
in my  
League?**

Contemplation

\_\_\_\_\_

Sacrifice

\_\_\_\_\_

Hope

\_\_\_\_\_

Honesty

\_\_\_\_\_

# Assignment #3

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## League of Champions

I choose:

I chose this person because he/she exhibited (one of more the *because I said I would* Elements):

Is this person a hero, mentor, role model or leader (or more than one)? Explain:

How can I use a promise to become more of a leader, a role model, a mentor or a hero?

Now share with the class!



# Elements of the *because I said I would* Philosophy

The following seven principles guide the *because I said I would* movement. As a social movement and nonprofit about the importance of a promise, it's important that we state our values and make a sincere attempt to live by them. Released on March 25th, 2016, this text is open for review and feedback from our supporters and thought leaders around the world. This review process will last for one year. Please email us your feedback at [contact@becauseisaidiwould.com](mailto:contact@becauseisaidiwould.com).

- 1. Compassion:** Through my actions I seek to alleviate suffering, establish peace and build happiness with others and in myself. I recognize that the world is in great need. Because of this need, I am needed. My belief in the importance of a promise is strong; however, I know that doing what is right will always be more important than keeping a promise. Commitment holds me accountable to my compassion; it does not blind me of it.
- 2. Self-Control:** My greatest battle lies within. Control over one's own emotions, desires and actions often defines the success or the failure of a promise. I work to build self-control so that I may better myself and the world around me.
- 3. Sacrifice:** It is an unfortunate reality that the betterment of humanity requires sacrifice. Voluntarily giving away what we cherish, even if for a greater cause, is difficult. I accept that life is not easy. Decisions must be made, and so sacrifices as well.
- 4. Honesty:** I seek to live a life where what I believe, what I say and what I do are all in harmony. I should treat others the same way I think I should be treated. As I work to be honest with others, I cannot forget that I must also be honest with myself. The truth is often both hard to deliver and desperately needed.
- 5. Hope:** I believe that both I and the world around me can get better. I have hope and I wish to be what others have hoped for. I may not be around to see the impact of my promises, but I have faith that my actions were needed then and that they are needed now. I believe in the impact of a single individual. I have hope that others can believe the same.
- 6. Contemplation:** I reserve time to understand the world and attempt to understand my place in it. When I see that my commitment is needed, I remember that promises are not easy to keep. I believe in planning and careful consideration. My words and actions have consequences. I should be patient with both.
- 7. Accountability:** I must be willing to accept personal responsibility for what I have done and what I have failed to do – both in what is good and what is not. Accountability helps me understand that my decisions have consequences. I help hold others accountable, but before I become too upset with the broken promises of others, I remember that I too have weakness.

# Acknowledgements

*Because I said I would's* Character Education Lessons were created by a dedicated committee of educators and counselors in addition to the staff at *because I said I would*. We would like to acknowledge and thank the committee who volunteered their time and expertise to help create the *because I said I would* Character Education Lessons.

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because  
I said  
I would.