TBBF QUEST

THE BLACK BELT FOUNDATION

# TBBF QUEST

# CLUE #1

QUEST 01

SELF-DISCIPLINE

## PANDA LEFT SOMETHING BEHIND...

BEFORE THE ADVENTURE BEGAN.

FIND THE PLACE IN THE DOJO THAT IS STRONG, RED AND STANDS WITHOUT MOVING.

LOOK CAREFULLY –
PANDA'S MARK IS WAITING FOR YOU.



## PANDA'S CLUE #1

I BECOME STRONGER EVERY
TIME YOU REPEAT ME.

MISS ME ONCE
AND I WON'T DISAPPEAR.

FORGET ME OFTEN
AND I NEVER GROW.

**WHAT AM I?**

FIND THE MARK. SOLVE THE CLUE.
COMPLETE THE QUEST.

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# INSTRUCTOR SUPPORT PACK
# QUEST 01
# SELF-DISIPLINE



## QUEST PURPOSE

BUILD SELF-DISCIPLINE THROUGH EVERYDAY CHOICES, ROUTINES AND REPITITION - HELPING STUDENTS LERN TO DO WHAT NEEDS TO BE DONE, EVEN WHEN NOBADY IS REMINDING THEM.

## MAIN CLUE

PANDS'S CLUE LEADS STUDENTS TO DISCOVER THAT HABITS GROW STRONGER THROUGH REPETITION - REINFORCING THE MESSAGE: " WHAT YOU REPEAT, YOU BECOME."

## 8-WEEK LESSON INTEGRATION

| WEEK | FOCUS / ACTIVITY / CONNECTION |
|---|---|
| 1 | INTRODUCE SELF-DISCIPLINE |
| 2 | CHOICES - DOING THE RIGHT THING |
| 3 | PRACTICE - REPITITION BUILDS SKILL |
| 4 | ROUTINE - CREATING GOOD HABITS |
| 5 | RESPONSIBILITY - OWING YOUR ACTIONS |
| 6 | CONSISTENCY - KEEP GOING |
| 7 | APPLY SELF-DISCIPLINE IN TRAINING |
| 8 | REFLECT - QUAEST COMPLETION |

## WHAT TO LOOK FOR

Observable behaviours and key moments.
What shows they are living the Quest?

LOOK FOR STUDENTS MAKING POSITIVE CHOICES WITHOUT PROMPTING, STAYING FOCUSED DURING PRACTICE AND FOLLOWING ROUTINES CONSISTENTLY. RECOGNISE WHEN THEY TAKE RESPONSIBILITY FOR THEIR ACTIONS, PRACTISE WITHOUT BEING REMINDED, MAINTAIN STANDARDS WHEN TIRED OR DISTRACTED, RECOVER POSITIVELY FROM MISTAKES, AND KEEP TRYING WHEN SOMETHING BECOMES DIFFICULT.

COMPLETE THE CHALLENGE. EARN THE RECOGNITION.

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## BETWEEN-QUEST ACTIVITIES

Ideas to keep the momentum between lessons.

- STICKERS
- RECKOGNITION
- EXTRA CHALLENGES
- HIDDEN CLUES
- PARENT INVOLVEMENT
- QUEST REMINDERS

*KEEP IT LIGHT, KEEP IT FUN AND WOVEN INTO NORMAL TRAINING*

## EXTRA CHALLENGES

Optional Side Quests (A/B/C) or bonus challenges.

**A. THE EARLT BIRD**
**B. FOCUS MASTER**
**C. KINDNESS CHAMPION**

## FAMILY / SCHOOL / COMMUNITY

Ways to involve and reinforce at home and in the community.

**ENCOURAGE STUDENTS TO PRACTICE SELF-DISCIPLINE BEYOND TBBF . PARENTS, TEACHERS, GRANDPARENTS - YOU CAN SET A SMALL CHALLENGE ....**

## FACEBOOK INTEGRATION

How we'll share wins, examples and reminders.

**SHARE PANDA CLUE'S, SIDE QUESTS AND STUDENT ACHIEVEMENTS TO KEEP FAMILIES ENGAGED BETWEEN QUESTS**

## NEXT QUEST TEASER

Give them a hint of what's coming next to build excitement.

**PANDS'S JOURNEY CONTINUES .... A NEW QUEST IS COMING. WATCH THE CLUB AND SOCIAL MEDIA CAREFULLY FOR THE NEXT CLUE THAT MAY BE WAITING.**

## INSTRUCTOR NOTES

Your reflections, adjustments and key takeaways.

- KEEP IT FUN & POSITIVE
- INTERGRATE INTO LESSONS
- RECOGNISE EFFORT
- ADAPT CHALLENGES
- ENCOURAGE INVOLVEMENT
- FOCUS ON LEARNING

**COMPLETE THE CHALLENGE. EARN THE RECOGNITION.**

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A

# THE EARLY BIRD

**START YOUR DAY WITH PURPOSE! COMPLETE YOUR MORNING ROUTINE WITHOUT BEING ASKED AND BE READY FOR CLASSES ON TIME, FOR A WHOLE WEEK.**




COMPLETE THE CHALLENGE - EARN THE RESPECT

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# SIDE QUEST B

# FOCUS MASTER

**DURING CLASS, GIVE FOUR FULL FOCUS FOR 10 MINUTES AT A TIME. NO DISTRACTIONS, JUST DISCIPLINE AND DETERMINATION!**










COMPLETE THE CHALLENGE - EARN THE RESPECT

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# SIDE QUEST C

# KINDNESS CHAMPION

**DO ONE KIND THING EACH DAY FOR SOMEONE AT HOME, IN SCHYOOL OR IN THE COMMUNITY. GREAT LEADERS LIFT OTHERS UP!**










COMPLETE THE CHALLENGE - EARN THE RESPECT