



**Connect with Kids**

Educate the mind *and* the heart

## **Diligence**

### **Discussion Questions, Vocabulary and Activity**

#### **For Grades 3-5**

### **Diligence Segment Summary**

**Carmen Bandea diligently works toward her goal of becoming a world-class tennis player.**

Carmen Bandea has high aspirations: She not only wants to play professional tennis, but she also wants to become one of the top three tennis players in the world. Even though Carmen's parents support her, she's the one who must put forth the effort to achieve her goals. While Carmen has been playing tennis since she was 3 years old, she says that she really started to diligently work toward her goal at age 7. To reach her goal, she practices her sport every day for at least one hour, sometimes more. Now Carmen's diligence and hard work are beginning to pay off with invitations to play in several weekend tournaments.

#### **Discussion Questions:**

1. Why does Carmen have to be so diligent in order to accomplish her goal?
2. What are some of your goals?
3. Are you diligent in reaching your goals? Explain.
4. Why would you need to be diligent in order to accomplish your goals?
5. Does it help to have the support of family and friends when you are trying to accomplish a goal?

#### **Related Vocabulary Words**

accomplish    caring    courage    diligence    tormentor

## ***Diligence***

### **Vocabulary Words and Definitions**

#### **Accomplish (v.)**

**Definition:** to succeed in doing something, especially after trying very hard

**Context:** Maria practiced her kicking drills daily so she could accomplish her goal of earning a spot on the school's soccer team.

#### **Caring (adj.)**

**Definition:** being kind and loving; being concerned about someone because a person likes or loves him or her

**Context:** T.J. shows his caring nature by taking the neighborhood kids to the park to spend the day together.

#### **Courage (n.)**

**Definition:** bravery; the quality of being brave when a person is in danger, in pain or in a difficult situation

**Context:** Lifeguards must have a great deal of courage in order to pull drowning victims out of deep water.

#### **Diligence (n.)**

**Definition:** hard work; the quality of working carefully and thoroughly

**Context:** Yer's diligence in practicing the flute helped her earn a place in the all-state children's orchestra.

#### **Improve (v.)**

**Definition:** to make oneself or something else better than it was before

**Context:** Micah hopes to improve his math skills by using flashcards and memorizing the multiplication tables.

#### **Schedule (n.)**

**Definition:** a plan for what someone is going to do and when he or she is going to do it

**Context:** Alexandra's busy schedule includes swimming every morning before school, taking piano lessons twice a week after school, attending dance class three days a week after school and completing her homework in the evenings.

#### **Tormentor (n.)**

**Definition:** a person who deliberately treats someone cruelly by annoying or hurting him or her

**Context:** Billy's tormentors took pleasure in teasing him about his glasses and braces.

**Source:** *Longman Advanced American Dictionary*. Harlow: Pearson Education Limited, 2000.

## ***Diligence*** **According to Schedule**

### **Objectives:**

Students will be able to

- Identify personal health habits that need improvement
- Discuss habits that contribute to good health
- Set a personal goal for health improvement
- Develop a schedule for meeting a health goal

### **Materials:**

- Pens, pencils, crayons, markers
- Paper
- ***Schedule for Diligence*** worksheet

### **Procedure:**

1. Begin a short discussion about diligence and good health. Use the following questions as a guide:
  - What do you do to keep your body healthy and strong?
  - Give examples of activities that help keep your mind sharp.
  - How often do you participate in activities that benefit your mind and body?
  - How often must you participate in an activity before it becomes a habit?
  - What does diligence have to do with staying healthy?
2. Explain to students that the first step toward achieving good personal health is setting a goal and knowing what steps to take to reach that goal.
3. Ask students to list six ways they can improve their personal health.
4. Distribute the ***Schedule for Diligence*** worksheet. Assign students to pick one item that they would like to improve from their lists.
5. After each student picks an area for improvement, he or she will devise a schedule. Each student will be responsible for adhering to the schedule for a period of time to be determined by the teacher.
6. After the allotted time has passed, have students discuss or write about their experiences. Consider the following questions:
  - What was the easiest or most enjoyable part of applying diligence toward your health goal? What was the most difficult part?
  - Were there days when you wanted to give up? How did you handle those feelings?
  - What did your family and friends think about your new, diligent attitude?
  - Do you think you achieved your goal? Why or why not?
  - Will you keep up the good habits you started while you were following your schedule? Why or why not?

**Related Vocabulary Words**

diligence      improve      schedule

## Schedule for Diligence

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

**Directions:** It takes a lot of work to keep our minds and bodies healthy. Fill in the blanks below, and you will be on your way to changing your habits and improving your health.

**My goal is to** \_\_\_\_\_.

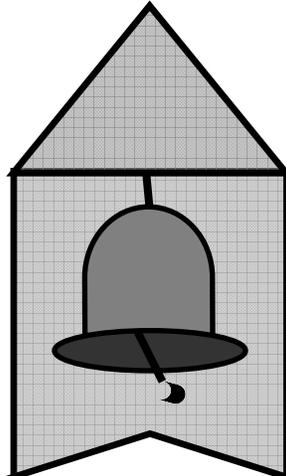
**In order to reach my goal, I will take the following actions each day:**

\_\_\_\_\_

\_\_\_\_\_

Day	Actions I Took Today	Time Spent on Achieving Goal	Comments and Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

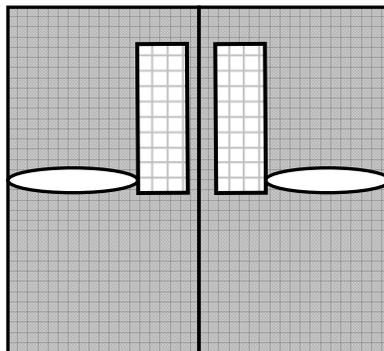
<b>Saturday</b>			
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## School-wide Connections

Research shows that the most successful character education programs are those that integrate character education throughout the school. Consider the following suggestions for bringing a school-wide emphasis to character education:

- **Student Newsletter:** Encourage your students to create a monthly or biweekly character education newsletter. Students could profile classmates who exhibit the qualities embodied in various character education words. They could also feature teachers and others in their school and community who demonstrate good character and who are committed to developing character in others.
- **Diligent Detectives:** With the help of your school's media specialist, use the library resources to locate a quote or fact about diligence. Then, challenge your students and faculty members to do some detective work by asking them to locate the source of the selected quote or fact. Change the selection each week, and/or choose different selections for the various grade levels in your school. Recognize students and faculty members who locate the correct sources by announcing your diligent detectives' names on the intercom or by giving them caps or T-shirts labeled "Super Sleuth."



## Assessment

1. Individual assignments should be evaluated using a set standard offering letter grades or points.
2. Group assignments should be evaluated using guidelines that address individual student participation and contribution, as well as evaluating the group as a whole.
3. The **Diligence Assessment/Evaluation** form serves as a guideline for assessing each student's performance within the activities and lessons. Additional evaluations may be added to the table, such as writing assessments for grammar, syntax, punctuation, style, etc. Reports may be graded on accuracy and analysis. Students may also be evaluated on their use of technology within key activities that encourage using the Internet for research and for the creation of a Web page.
4. Students should receive a copy of the evaluation form at the beginning of the program so that they are aware of the assessment standards and the necessity of participation in order to fully benefit from the program.

### ***Diligence*** **Assessment/Evaluation**

Name \_\_\_\_\_

Class \_\_\_\_\_

<b><i>Lesson/Activity</i></b>	<b><i>0</i></b>	<b><i>1</i></b>	<b><i>2</i></b>	<b><i>3</i></b>	<b><i>Total</i></b>
<b><i>Diligence According to Schedule</i></b>	No participation	Participated in class discussion	Participated in class discussion, established goal to improve health and developed schedule for improvement	Participated in class discussion, established goal to improve health, developed schedule for improvement, followed schedule for designated period of time and discussed overall experience	

**Additional comments:**