

WRITE YOUR OWN KEY LESSON

We've provided you with a Key Lesson—if you wish to design your own, here are suggestions. This will also give you insight into the lesson provided.

Character development is as important as content development and when it precedes content, it further supports the learning process. We know the impact a child's character has on his/her ability to learn. Attitude, commitment, and responsibility as well as other positive traits play a significant role in academic achievement. The Key Lesson and the Key Story you use to introduce each of the 8 Keys of Excellence will play an important role in your students' "connecting" with the Keys—and through living the Keys, in building excellence.

One of the most effective ways to design a Key Lesson is with the Quantum Learning® Design Frame: **Enroll, Experience, Label, Demonstrate, Review** and **Celebrate**. Use the following guidelines and examples to create your own successful Key Lesson and Key Story (also see "Write Your Own Key Story."

Enroll

Grabbing students' attention and focus is essential so they tune in to what you have to say. Ask yourself, *How will I hook them? What would answer, from the students' viewpoint - What's In It For Me? (WIIFM)*

Purpose

- Tap into your students' lives.
- Stimulate their curiosity.
- Cause them to say, *I'm interested.*

Strategies/Examples

- Ask questions that tap into your students' lives and connect to situations where the Key would be applied.
 - *Who has ever felt pressure from friends to do something you did not want to do? (Integrity)*
 - *How many of you have ever been called a name or been put down? (Speak with Good Purpose)*
 - *Raise your hand if you'd like to be very successful? (Flexibility)*

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- *Who has had a time where even though something was hard to do you stuck with it?* (Commitment)
- Make a statement that you know your students would find familiar.
 - *I remember the first time I really got into an argument with my mom.* (Speak with Good Purpose)
 - *I just got something I've been working so hard for.* (Commitment)
 - *Sometimes I wonder whether or not what I do is really my best because I'm so busy with so many things.* (Balance)
 - *Wow! I didn't think I'd make it through that.* (This Is It!)
- Have props near you that you'll use later in the lesson.
 - box (Integrity)
 - hula hoop (Balance)
 - megaphone (Speak with Good Purpose)
 - dumbbells (Commitment)
- Laughter is enrolling. Humor is on purpose when it relates to the content. Tell about an embarrassing or awkward moment to which your kids can relate.
 - *I remember the time when ...*
 - *You wouldn't believe what happened to me the other day.*
 - *Want to hear something kind of embarrassing?*

Experience

What students *experience* about the Key will likely be the most memorable aspect of the lesson for them. Recalling their experience will always remind them of the Key and its meaning. (Note: Often the *experience* and the *enroll* portions of the QL Design Frame overlap.)

Purpose

- Build and/or elicit a common experience.
- Tap into a variety of learning styles such as visual, auditory, kinesthetic, logical-

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mathematical, interpersonal, intrapersonal, and/or musical to create a lasting impression.

- Cause students to say, *I wonder what's coming next?*

Strategies/Examples

- Tell your Key Story as a way to enroll and create a shared experience.
- Tell a story about another person.
- Read a poem or listen to lyrics.
- Watch a short video clip. YouTube is one place to find short videos that will illustrate a Key and be relatable to your students.

- Role-play situations common among your students.
- Use volunteers to tell of a time when ... (pre-rehearsed, oh course!).
- A small or large group game—board games, puzzles, human tic-tac-toe, four square, dodge ball, jump rope, etc. Note: Just about any activity/game can be debriefed using one of the Keys. Here are a few questions you can use:
 - *What happened during the activity?*
 - *When did you see the Key of _____ used by someone? What were his/her actions? What did he/she say?*
 - *Where in your life can you use the Key of _____?*
- Use props to illustrate a point metaphorically. For example, fill up a large jar with objects of varying sizes to represent different areas of our lives. (Balance)

Label

Following the experience, tell and/or show your class the Key's definition. You can tell them how it connects with the previous experience or ask questions that prompt them to make the connection. (We prefer the "asking questions" approach, ourselves.) Ask yourself, *What are the salient points and distinctions of this Key?*

Purpose

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- Identify the content, in this case the Key.
- Elaborate on the concept (Key), its characteristics and attributes.
- Cause students to say, *Oh, I understand!* or *Oh, I get it!*

Strategies/Examples

- Tell your Key Story as an illustration of the Key.
- Always use body motions. Note: Each Key has a corresponding motion. Review the video.
- Student(s) read the definition and/or affirmation from a pre-made card.
- Journal to a prompt such as, *What does "ownership" mean to you?*
- A few students are each given a word from the definition and "popcorn" read aloud.
- A "coded" version of the definition is given to each student to decode. Here are two examples: scramble the letters or words; number each letter of the alphabet (A=1, B=2, etc.) and write the definition using the numbers.
- Use your prop(s) to create a visual anchor.

Demonstrate

Students need to know for themselves that they understand. (Of course, that would be helpful for you to know as well!) Ask yourself, *How do students show what they know?*

Purpose

- Clarify what was learned.
- Identify areas for "re-teaching."
- Cause students to say, *Watch this! I know I know this!*

Strategies/Examples

- Check for understanding. Ask questions addressed to the class, small groups and individuals.
 - *Who's willing to share a time you felt in complete integrity? When else do we use flexibility in our lives?*

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- Role-play: students can act/speak in a way where they “show they know” the meaning of the Key.
- Scenario-solve: students pull scenario cards and then work in small groups to apply the Key.
- Using excerpts from history or literature text, students find examples of the Key.
- Create a short skit or a play—or even a YouTube video! We’d love to see what you and your class are doing so please post it at our Teacher Community web page.

Review

Ask yourself, *How do students cement it in?*

Purpose

- Reinforce what was learned.
- Cause students to say, *I know I know this!*

Strategies/Examples

- Students share with a partner the definition of the Key and a personal example.
- Hand out relevant journal pages for completion.
- Optional: If using KeyCards, present them to students and review Key definition, affirmation, and body motion.

Celebrate

Acknowledge or congratulate students for taking a step toward a life of greater excellence. Ask yourself, *How can we acknowledge every person and every effort?*

Purpose

- Celebrate their learning.
- Cause students to say, *I did it!* or *I get it!*

Strategies/Examples

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- High fives to classmates as they say, *I will make the most of every moment* or *I will Speak with Good Purpose* or *I will learn from my mistakes*, etc., or the affirmation for the Key you're teaching.
- Acknowledge the class for the way they demonstrated today's Key during the lesson.
- Create a cheer. For example, *We've got Commitment, yes we do. We've got Commitment and we'll show you!*
- Optional: If applicable, distribute the KeyCards. Then address the class and say, *Let's use this card to remind ourselves to live the Key of _____ every day.*

Enjoy creating your own personal Key Lesson and then using it to build rapport and teach your students about the 8 Keys of Excellence!