**Activity 3: Who Are the Champions in My Life?**

**Learning Goals**

* Students will brainstorm a list of individuals in their lives with whom they can share their dreams for the future and who will encourage them on their path in various ways.
* Students will discuss how champions can help them on their path to their future.

**Materials Needed**

Handouts: *Who Are the Champions in My Life?* and *How Can Champions Help Us on Our Path?*

**Activities**

**Part 1: Who Are the Champions in My Life?**

1. Ask students to identify adults in their lives who are important (e.g., older siblings, cousins, aunts, uncles, parents, grandparents, neighbors, coaches, and/or teachers).
2. Model the completion of *Who Are the Champions in My Life?* handout.
3. Each person they include in their handout is a champion, cheering them on and supporting them on their path. Model for students that you, as their teacher, can be their first champion, and they can write your name in one of the circles because you believe in them and will help them on their path.
4. Distribute copies of *Who Are the Champions in My Life?* handout and have students complete it.
5. Have students share their answers with a partner and/or have students share with the class all the different kinds of people they identified in their lives as champions. Share examples of champions and let the students know that they can talk to champions about their future.
6. Encourage students to take home the handout to share with their families and champions.

Note to teacher: Be prepared to serve as a student’s champion in the event one cannot or does not feel comfortable identifying an adult they trust at home or in their community.

**Part 2: How Can Champions Help Us on Our Path?**

1. Share with students the *How Can Champions Help Us on Our Path?*handout.
2. Ask students: Who has a better chance of finishing first, the runner training on his/her own or the runner who has trained with a coach and has a support team? Why? How can champions help us?
3. Summarize their responses. End the discussion with the message that the path to their future can be challenging and that they need support from people around them.