



# Virtual Leadership Development

## Weekly Leadership Lessons for 4th and 5th graders

WEEK OF 6/8/2020

*Practice your social-emotional and leadership skills by completing the three items below this week!*

1. Complete this week's lesson and activity focused on Leadership!
2. Complete the Leadership Qualities Web
3. Teach others in your home some new exercises this week from the BFit with Playworks Activity Challenge.
  - This week the challenge includes:
    - Jumping Jacks & Bicycles
    - Line Jumps & Frogger
    - Crisscross Jumps & Hot Lizards
    - Power Skips & Push-Ups
    - Speed Bag & Spider Lunges





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### Leadership

A **leader** is someone who can inspire you or motivate you to meet a goal.

#### Guided Questions:

Answer the following questions as you watch two short videos.

[Leadership Video 1](#)

[Leadership Video 2](#)

Answer the following questions based on what you see and hear in [Video 1](#).

1. The student leaders in the video shared a number of ideas on how to create positive change and make the world “more awesome.” What are two of their ideas you like or agree with?
  - 1.
  - 2.
2. In the video from 1:38 - 2:10, the student leaders shared qualities that make a good leader. What are two qualities they shared that you like or agree with?
  - 1.
  - 2.
3. At the end of the video, Kid President asks, “What do you think would make the world more awesome for kids?” **Respond to the question with one action you could take that would make the world more awesome for kids you know:**



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Answer the following questions based on what you see and hear in [Video 2](#).

1. In the video, Kid President says: “Heroes are just ordinary people who have done extraordinary things.” Who in your life has done extraordinary things for you?

2. At 3:17, Kid President says, “It’s time to be the hero that you’re meant to be!” What is one way you can be a hero by making somebody else’s day more awesome?

3. Leading by example means: **to act in a way that shows others how to act.** That means you can be a leader just by doing the right thing! Name three ways you can lead by example in your day to day life:

1.

2.

3.





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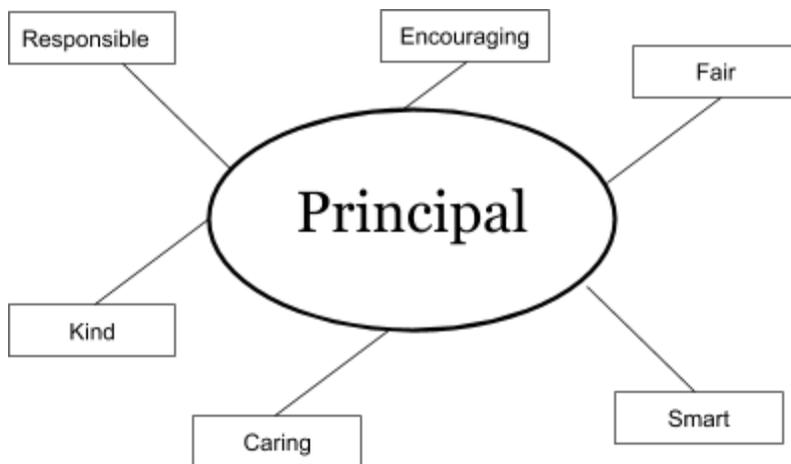
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### Leadership Qualities Web

Think about someone you know who is a good leader or role model. This can be someone in your family, a teacher, principal, coach, or anyone in your community **who inspires you or motivates you to meet your goals**. On a blank piece of paper, write the name of the leader you chose in the middle and draw a circle around it.

What makes that person a good leader? Think about their characteristics or the ways they lead by example. Create a word web (example below) connecting their name to their leadership qualities or actions that you have written around the page. How many leadership qualities can you think of?

#### Example of Leadership Qualities Web:



#### Examples of Leadership Qualities:

Good listener  
Committed  
Passionate  
Caring  
Kind  
Positive  
Smart  
Honest  
Courageous  
Engaged  
Respectful

Fair  
Loyal  
Mature  
Confident  
Trustful  
Patient  
Empathetic  
Collaborative  
Independent  
Responsible  
Assertive



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Draw your Leadership Qualities Web: