

How do I practice humility?

“I remember God cares for me so I think about helping others.”

What does God say?

“ ‘God opposes the proud but gives grace to the humble.’ So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor.”

1 Peter 5: 5b-6(NIV)

Fall 2021 CT 'Humility' Senior Version: "Royal Rooster"

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What does God say? 1 Peter 5b-6 (NIV):

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2021 Fall

HUMILITY

September 7 - December 4

Closed:

September 1- Fall Staff Training

September 2-6 (Labor Day Weekend)

November 22-26 (Thanksgiving Break)

September 2021						
Su	M	Tu	W	Th	F	Sa
			4	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Royal Rooster

Main Points Each Week:

- Lesson 1:** Show visual. Learn verse, declaration and sign language.
- Lesson 2:** Humble people look for ways to make others feel comfortable.
- Lesson 3:** Humble people think about others' needs and interests first.
- Lesson 4:** Humble people are confident in who they are and actively serve others.
- Lesson 5:** Humble people do the right thing even though they may suffer for it.
- Lesson 6:** Humble people follow through with their tasks because they know others depend on them.
- Lesson 7:** Humble people have many friends because they treat others the way they want to be treated.
- Lesson 8:** Humble people receive special help from God to treat mean people with kindness.
- Lesson 9:** I can either choose to be humble or be humbled by someone or something else.
- Lesson 10:** Humility accepts discipline and desires to change for the better.
- Lesson 11:** Humble people are happy people since true joy is found in serving others.
- Lesson 12:** Wrap up: record quotes from students about what they learned, videos, pictures.

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Fall 2021 CT 'Humility' Senior Version: "Royal Rooster"

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Week 1: Sep 7-11 (Week 1 has no story)

1. Introduce declaration & verse

a. We are studying humility this fall, which is the opposite of pride. We have a new character declaration. Memorizing our declaration can help you become a man or woman of true character by training your heart to think true thoughts.

i. *Proverbs 4:23 "Guard your heart above all else, for it is the source of life." (HCSB)*

2. (*Show visual of Royal*) Our story this fall will center around a very proud rooster who learns humility the hard way. What does it mean to be proud? (*A proud person thinks he is super talented, beautiful, smart, or in general, just much better and more important than others and makes others feel less important.*)

Planning:

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Week 2: Sep 13-18

1. Practice declaration & verse together

2. **Lead-in:** Have you ever been the 'new kid' in your class or on a team or in a neighborhood? How did you feel? Did anyone make you feel welcome or include you to feel part of the group? In today's story, there's a newcomer to the group and the way he acts will probably surprise you!

3. Share today's main point:

Lesson 2: *Humble people look for ways to make others feel comfortable.*

4. Listen to Chapter 1 of story: *A Royal Newcomer*

5. Questions (Choose one or more that best fits your class.)

- Why did the farmer get Royboy? (*To watch over his hens and protect them from enemies*)
- Why do you think Royboy wants Horse to call him Royal? (*Because he thinks he is better than others and is the boss*)
- How would you describe Horse? (*Humble, kind, friendly, helpful, wise...*)
- What does Royal think when he sees the mirror? (*The farmer placed it there just for him.*)
- What does Horse mean when he says, "These puffed up fellows usually end up eating dirt"? (*Calling Royal 'puffed up' refers to his pride and Horse knows that proud creatures will eventually be brought low.*)

6. Application

- A humble person does not spend all his time thinking about himself and is not interested in making himself look better than others. He is attentive to others' needs and tries to make them feel comfortable and part of the group.
 - Is there a new student in your class here or at school? Be like Horse! Be friendly, kind, and make them feel comfortable.

7. Wrap Up

- Repeat together: ***Humble people look for ways to make others feel comfortable.***

Planning:

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"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5b-6 (NIV):

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Week 3: Sep 20-25

1. Practice declaration & verse together

2. **Lead-in:** Who remembers what Royal was doing at the end of the first chapter? (*Looking in the mirror admiring himself, making sure he was perfectly groomed.*) What do you think he will say to the hens when he meets them?

3. Share today's main point:

Lesson 3: Humble people think about others' needs and interests first.

4. **Short review:** The farmer bought a new rooster to protect his flock of 30 hens. He named him Royboy but immediately Royboy changed his name to Royal and told Horse that is what he will be called from now on. Horse tried to make him feel welcome and wanted to show him around, but Royal proudly refused and spent the next 20 minutes grooming himself in front of a broken piece of mirror which he was sure the farmer had set there just for him.

5. Listen to Chapter 2 of story: *A Royal Scare*

6. Questions (Choose one or more that best fits your class.)

- What do the hens think of Royal when they first see him? (*They're very impressed and think he will be a great protector.*)
- Who else is spending too much time thinking only about themselves? (*Henrietta. She doesn't want others to see her weaknesses so she spends all her time trying to hide them. Both Royal and Henrietta are acting prideful. Henrietta's pride is called false humility. Neither she nor Royal are thinking about others - only themselves.*)
- The hens expected Royal to be a good protector and take care of them. What did they get instead? (*A harsh, proud, self-centered, bossy overseer who looked down upon the hens and demanded obedience.*)
- How do the hens feel at bedtime? (*Very frightened.*)

7. **Truth:** Philippians 2:3-4 says, "*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.*"

8. Application

- Examples of unselfishness and thinking of others' interests:
 - Cheer when someone gets a skill before you do.
 - Be quick to help your mom bring in groceries even though you're in the middle of a TV program or game.
 - If you see someone being left out, include them!

9. Wrap Up

- Repeat together: ***Humble people think about others' needs and interests first.***

Planning:

Humility in my students looks like: _____

Fall 2021 CT 'Humility' Senior Version: "Royal Rooster"

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What does God say? 1 Peter 5b-6 (NIV):

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Week 4: Sep 27-Oct 1

1. Practice declaration & verse together

2. **Lead-in:** Who do you spend the most time thinking about? (*Probably yourself! What do I want? What do others think about me? I am tired, hungry, angry, happy, sad. I want... I wish I had...people are born with a selfish nature. Humility does not just happen. We have to choose to be humble.*) Who is a good example of humility in our story? (*Horse. Pay attention to what Horse does in our chapter today.*)

3. Share today's main point:

Lesson 4: Humble people are confident in who they are and actively serve others.

4. **Short review:** The hens were very impressed with Royal's size and beauty at first and certain he would be a good protector. But once he spoke, his harsh manner and unreasonable demands that they lay perfect eggs by 6:45 every morning and that he would hold inspections struck fear into every one of them. Henrietta, who was already overly worried about what others thought of her, is now a nervous wreck.

5. Listen to Chapter 3 of story: *Quiver and Quake*

6. Questions (Choose one or more that best fits your class.)

- How would you describe the farmer? (*Kind, made them cozy nesting places, gave them a big yard to run in, takes excellent care of their needs.*)
- What is Horse doing? (*Trying to find ways to calm the hens. He lets them know **the farmer** is very pleased with them and that's all that matters.*)
- When Royal crowed the next morning, what did the hens do? (*They became stiff with fear.*)
- Who is really the protector of the hens? (*Horse*)
- What is Horse doing that Royal is supposed to be doing? (*He is very attentive to the hen's needs and is always quick to find ways to help.*)

7. Application

- One of the best ways to avoid pride is to actively serve others. It takes our eyes off ourselves and focuses on others.
 - Help get younger siblings to bed
 - Do an extra chore for your parents
 - Help a neighbor with yard work
 - Volunteer at the local animal rescue

8. Wrap Up

- Repeat together: **Humble people are confident in who they are and actively serve others.**

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Week 5: Oct 4-9

1. Practice declaration & verse together

2. Lead-in: Sometimes we are so busy thinking about ourselves we don't notice the needs of others. Who in our story is the opposite of that? (Horse) What are some things he has done that show he's paying attention to others' needs. (*He tried to make Royal feel welcome; he's always watching what's going on even from a distance; he takes a few minutes each evening to settle the hens; he reminds them of how pleased the farmer is with them.*) Today Horse is going to do something amazing!

3. Share today's main point:

Lesson 5: Humble people do the right thing even though they may suffer for it.

4. Short review: Royal demanded the hens lay perfect eggs by 6:40 am every morning. The hen's were a nervous wreck. Horse tried to comfort them as usual, which was somewhat helpful, but most of the chickens remained fearful. Henrietta became even more self-centered and buried her head in the straw and cried. At 6:45 in the morning, Royal was climbing the ramp.

5. Listen to Chapter 4 of story: *Inspections*

6. Questions (Choose one or more that best fits your class.)

- What did Royal do to the imperfect eggs? (*Pecked them apart.*)
- What happened when Royal came to Henrietta's nest? (*She had no egg so he was going to attack her but Horse quickly stepped in and took the nasty peck for her, leaving a hole in his nose.*)
- What does the farmer think has happened? (*Some intruder has gotten in and caused the problem.*)
- How does the farmer help? (*He hand-feeds the chickens and holds Henrietta until she settles down. He is gentle and kind, trying to calm them.*)

7. **Truth:** Psalm 12:5 says: *But the Lord says, "I will now rise up, because the poor are being hurt. Because of the moans of the helpless, I will give them the help they want."*

8. Application

- Anytime we help someone who is being left out, made fun of, or treated unfairly, we are acting in the same way Jesus would.
 - Be aware of others around you and be quick to help or find an adult who can help if you see someone in need.

9. Wrap Up

- Repeat together: **Humble people do the right thing even though they may suffer for it.**

Planning:

Fall 2021 CT 'Humility' Senior Version: "Royal Rooster"

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Week 6: Oct 11-16

1. Practice declaration & verse together

2. Lead-in: Read each sentence and ask if it shows a proud or humble attitude.

- I'm the strongest one here, so I'll make everyone else do all the work. (*Proud*)
- I'm the strongest one here, so I'll see if anyone needs help with their work. (*Humble*)
- We both worked really hard on our art project, but the teacher picked my friend as the winner. I'll go congratulate her. (*Humble*)
- I'm not a very good soccer goalie, so I'm just not going to show up at the game today. (*Proud*)
 - Which character in our story has this kind of attitude? (*Henrietta*)

3. Share today's main point:

Lesson 6: *Humble people follow through with their tasks because they know others depend on them.*

4. Short review: Royal pecked many of the hen's eggs to pieces, ridiculing every hen who laid an imperfect egg. When he came to Henrietta and saw she had not laid any eggs, he was going to attack her with his sharp beak. Horse thrust his nose in between her and Royal's beak and took the sharp blow, leaving a nasty, painful hole. The farmer thinks there is an intruder who has entered the barn. The farmer and Horse tried to calm the frightened birds.

5. Listen to Chapter 5 of story: *Lookouts*

6. Questions (Choose one or more that best fits your class.)

- a. What does Royal do at the beginning of this chapter that reveals his great pride? (*Royal was furious that his real name had been mentioned and he threw his head upward.*)
- b. How does Royal try to make himself feel important? (*He keeps the hens in fear. Every night he gives the hens a lecture regarding their poor performance along with threats of being pecked.*)
- c. Who does Royal spend his days with? (*Himself.*)
- d. What plan do the hens create? (*Every hen took a turn as a lookout and warned the others when Royal appeared.*)
- e. What happened when it was Henrietta's turn? (*She was so focused on her own safety that she ran away and left the other hens to suffer from Royal's attacks.*)

7. Application

- a. Pride thinks of self only. Humility considers how their decisions affect others. Henrietta's pride caused unnecessary pain for others.
 - i. Who will suffer if you don't take out the trash? If you don't check up on your 2 year old sister? If you don't put the chickens in the barn at night?
 - ii. When you are given a chore or responsibility, be sure to complete it so others don't suffer.

8. Wrap Up

- a. Repeat together: ***Humble people follow through with their tasks because they know others depend on them.***

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Week 7: Oct 18-23

1. Practice declaration & verse together

2. **Lead-in:** Who has ever heard this phrase: "Treat people the same way you want them to treat you."? (Luke 6:31) It is something Jesus said in the Bible which means it is a truth. Do you think it's possible to be proud and still treat others the way you want to be treated? Do you think Royal would like to be treated the same way he is treating others?

3. Share today's main point:

Lesson 7: Humble people have many friends because they treat others the way they would like to be treated.

4. **Short review:** The farmer is confused about what has happened to the chickens and Horse. He calms the flock and tells Royboy he will need to fend off whatever intruder got in. The 30 chickens are laying only 12 eggs a day because of their fear of Royal. They come up with a lookout plan to watch for Royal so they can scatter as soon as he appears. But when it's Henrietta's turn, she is so focused on her own fear, that she doesn't see him coming. When she finally notices him, she runs away, leaving the other hens open for his attacks.

5. Listen to Chapter 6 of story: *Selfish Creatures End Up Alone*

6. Questions (Choose one or more that best fits your class.)

- What important truth does Horse tell Royal? (*"Selfish creatures end up alone."*)
- Does Royal have a unique and important job? (*Yes, to protect the hens!*)
- How valuable is Royal to the farmer when he is only focused on himself? (*He has zero value!*)
- What would make him truly important? (*Royal's value will increase if he decides to serve the farmer by doing the job he was bought for - to protect the farmer's hens.*)
- Who would you like to be your friend: Royal, Henrietta, or Horse?

7. Application

- Everyone would like a friend like Horse! But not everyone wants to care for others in the same way Horse has cared for the hens because sometimes it is hard and painful. If you want to be like Horse, here are some things you can do:
 - Let others go first; let others choose what they would like to do; give others first choice of the snack they want; listen to others' ideas and not insist on your own all the time; be the first to offer help to parents, teachers, coaches.

8. Wrap Up

- Repeat together: ***Humble people have many friends because they treat others the way they would like to be treated.***

Planning:

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"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5b-6 (NIV):

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Week 8: Oct 25-30

1. Practice declaration & verse together

2. **Lead-in:** Show and read **Supplements 1 & 2 for lesson 8**, comparing the humble attitude and proud attitude. Use the statements to generate conversation appropriate for your class.

3. Share today's main point:

Lesson 8: Humble people receive special help from God to treat mean people with kindness.

4. **Short review:** The barnyard is now a place of fear. The farmer sadly tells Horse that he may have to butcher the chickens if they don't lay more eggs. Royal overhears and thinks life would be great without the hens. Horse quickly reminds him that without the hens he has no purpose. "Selfish creatures end up alone." Horse takes the nervous flock to the creek for a fun day of catching bugs to get their minds off their fear but does not mention the butcher.

5. **Listen to Chapter 7 of story: One Rooster Is Not That Important**

6. Questions (Choose one or more that best fits your class)

- How does Royal feel as he watches the happy hens follow Horse? (*Lonely. Sad. Wishing he was with them*)
- Why do you think he feels that way? (*His pride prevents him from treating others as valuable creatures so he must live alone with just himself.*)
- What happened when Royal heard the salesman say he should be butchered? (*He fainted and fell to the ground.*)
- Does anyone remember what Horse said way back in chapter one about these 'puffed up fellows'? (*"These puffed up fellows usually end up eating dirt." He was right!*)
- How do the farmer and Horse treat Royal when he faints? (*They still treat him the way they would want to be treated - with love and kindness.*)

7. Application

- God does not help the proud person, but He will give grace, a special kind of strength, to the humble person who chooses to serve others even when it is hard to do so.
 - The next time someone says something mean to you, ask God for His special grace to say something kind in return.

8. Wrap Up

- Repeat together: **Humble people receive special help from God to treat mean people with kindness.**

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Week 9: Nov 1-6

1. Practice declaration & verse together

2. **Lead-in:** Bragging is a type of pride. "Oh, I can do that! That's easy!" Or "I'm the smartest one in my class!" But at some point, you won't be able to do what you said was easy and you won't be the smartest person. What will you do then? (*Coaches - if you have a story about how your bragging ended up a humbling experience, please share it!*)

3. Share today's main point:

Lesson 9: I can either choose to be humble or be humbled by someone or something else.

4. **Short review:** Royal is beginning to feel the effects of his selfish, prideful behavior as he is left alone after Horse takes the flock on a fun trip to the creek. After the farmer talks to the salesman about his flock's behavior, he comes to the barnyard and discovers the problem is actually Royal, not an intruder. When he suggests getting rid of him, Royal faints and takes a hard fall to the ground. Horse and the farmer hover over him, hoping he is still alive.

5. **Listen to Chapter 8 of story: *Where's Royal?***

6. Questions (Choose one or more that best fits your class)

- What is Royal's dream about? (*He is the ruler over a chicken kingdom where thousands of hens chant his name. While he is busy exalting himself on his tower and proclaiming his greatness, a gust of wind blows him off and he falls to his death.*)
- How do the hens feel now that Royal is gone? (*They don't care what happened to him; they're just glad he's gone.*)
- What changes once Royal is gone? (*The barnyard becomes peaceful and happy again and the hens begin to lay more eggs.*)
- Where was Royal? (*At the vet's having his leg repaired.*)
- Why do you think the vet said, "I've treated a lot of hens and roosters in my day, but this one is special. Something different about him. Such a gentle fellow,"? (*Royal's pride had been broken along with his leg, and he was beginning to change.*)

7. **Truth** Jesus says, "*Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.*" - Matthew 23:12

8. Application

- No one likes to be humbled, but it can be the best thing that ever happened to you! You can however, practice humility by doing these three things every day:
 - Tell God every day that you need His help and want to obey Him.
 - Thank God and others often.
 - Serve other people instead of yourself.

9. Wrap Up

- Repeat together: ***I can either choose to be humble or be humbled by someone or something else.***

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Week 10: Nov 8-13

1. Practice declaration & verse together

2. **Lead-in:** Have you ever been mean to your brother or sister? When your parents catch you treating a sibling wrongly and they discipline you in some way, do you like the discipline? (After they answer, say: *Though no one enjoys being disciplined at the moment, what do you think your home would be like if your parents didn't care how you treated one another? What if they let you be mean any time you wanted? Would you ever be treated kindly by others? Would you enjoy being at home? Discipline brings peace and happiness!*)

3. Share today's main point:

Lesson 10: Humility accepts discipline and desires to change for the better.

4. **Short review:** When Royal heard he might be butchered, he fainted. He dreamed he was on top of a giant chicken coop ruling over a kingdom of hens. During that proud moment, a wind blew him off and he fell from the tower. Royal woke up when he hit the barn floor. He broke a leg and was taken to the vet. The hens were happy he was gone, though they didn't know what happened. They began laying eggs again and the barnyard returned to its former happy state. When the vet returned Royal to the farmer, he mentioned what a gentle fellow Royal was and that he would miss him.

5. Listen to Chapter 9 of story: *Hen Gone Missing*

6. Questions (Choose one or more that best fits your class.)

- Why was Royal so nervous about going back into the barnyard? (*He had been so full of pride and had treated the hens so brutally that he didn't know if they would ever accept him. If he caused them to stop laying again, it would mean the butcher for him!*)
- What is different about Royal's entrance into the barnyard this time in contrast to the first time? (*He tries to make himself as small as possible instead of staring in the mirror at his beautiful self; he didn't say anything, but just listened, instead of yelling and demanding obedience.*)
- Where was Henrietta? (*She ran off when she saw Royal in the cage.*)
- How does Royal respond when he hears why Henrietta took off? (*He cries, admitting it's his fault.*)

7. **Truth:** God says: *"To learn, you must love discipline; it is stupid to hate correction."* Proverbs 12:1

8. Application

- Humble people know when they have done wrong and will admit it and change. Proud people also know when they have done wrong, but they will **not** admit it, so they do not change into better people.
- Practice humility by accepting corrections when you're wrong. Remember: God gives grace to the humble, which means He will help you do what's right so you'll become a better person.

9. Wrap Up:

- Repeat together: ***Humility accepts discipline and desires to change for the better.***

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Week 11: Nov 15-20 (This is the last chapter. Week 12 will be for quotes of what kids learned, videos, pictures.) Thanksgiving break: Nov 22-26

1. Practice declaration & verse together

2. **Lead-in:** Do you remember what three things you can do to practice humility? (*Tell God every day that you need His help and want to obey Him. Thank God and others often. Serve other people instead of yourself.*) Royal is no longer the same proud rooster. Listen to the last chapter of the story so you can tell me how he has changed.

3. Share the main point:

Lesson 11: Humble people are happy people since true joy is found in serving others.

4. **Short review:** It was time for Royal to return to the barnyard, but he was afraid the hens would reject him and he would then need to be eliminated. He was determined to be different this time. He humbled himself, staying small and quiet as the hens stared at him in his cage. Henrietta was so afraid when she saw him, she ran away and did not return that night. Royal admitted it was his fault through tears. Horse would look for her in the morning.

5. Listen to Chapter 10 of story: *Royboy*

6. Questions (Choose one or more that best fits your class.)

- How did Royal treat Henrietta when they found her weak and cold by the creek? (*He was kind; helped get her on Horse; kept her warm when they got to the barn until she awoke.*)
- What changes did Royal make that proved he had given up his proud ways? (*Wanted to be called Royboy again; crowed out funny songs as he walked the aisle with Horse; watched over the hens like a father; shared his grain.*)
- What happened when Henrietta hid her eggs? (*Since she was sitting on them so no one would see them, baby chicks hatched.*)
- Why do you think the hens and Royboy the rooster were content, or happy, at the end of the story? (*Everyone had a place and job in the barnyard that the farmer had given them. They were all doing their part serving the farmer and one another.*)

7. Application

- God tells us in Galatians 5:13: "So don't use your freedom as an excuse to do anything you want; rather, serve one another **humbly** in love." *
- Humility is all about serving others. You have a place in your family, in school, and here at Emeth. Make it your goal to find a way to help others everyday in each of these places!

8. Wrap Up:

- Repeat together: **Humble people are happy people since true joy is found in serving others.**

*CEB & NIV

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"I remember God cares for me so I think about helping others."

What does God say? 1 Peter 5b-6 (NIV):

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Week 12: Nov 29-Dec 4

1. Serason Review

Supplements for Lesson 12.

2. Practice declaration & verse together

3. Today's main point reminds us what humility is:

Lesson 12: *When we put others' needs ahead of our own wants and interests, we are being humble. We think of others first.*

4. Today is a review day. Let's see what you remember from the story by playing "Who Said It?"

I'll read the sentence on each of these cards. Raise your hand if you know who said it.

If you're right, you can take the card and place it on the correct pile. If not, I'll call on someone else.

(Be sure to save enough time for #5. You don't need to use all of the quotes.)**

5. Questions *(During this part, record individual answers, including the question. This will help determine how well students understood and applied humility during the season. Choose a question that you think best fits each student's ability to answer it.)*

- a. Why is it better to choose humility over pride?
- b. What three things can you do to protect yourself from becoming proud?
- c. How have you practiced humility at home? At school? In the gym?
- d. Which character in the story was your favorite and why?

6. Wrap Up: Repeat together: ***When we put others' needs ahead of our own wants and interests, we are being humble. We think of others first.***

Planning:
