



## Lesson 1 | Welcome to First Tee: Let's Work Together

At First Tee, we care about the impact of our words and actions. The things we say and do matter, and when we show care for how our words and actions make others feel, we demonstrate **respect** and **courtesy**. First Tee participants are encouraged to not only collaborate and work with others, but also to learn from and appreciate both our similarities and our differences, accepting fellow players for who they are and the unique qualities and characteristics they bring to the course.

Our world is filled with opportunities to learn from and **Collaborate with Others**, while having fun! When we treat one another with respect, we help them to feel valued and important, and when we act with courtesy, we show kindness, consideration, and care. In the game of golf, and in the game of life, we have opportunities to demonstrate respect and courtesy for ourselves, others, and our surroundings each and every day. Welcome to First Tee: Let's Work Together!

## Lesson 2 | I Can Be Responsible: Respecting the Rules

A **responsibility** is something you are expected to do or even a way that you are expected to act. Whether you are on or off the golf course, demonstrating responsibility and respect for rules is a way of **Using Good Judgment**

- You can have responsibilities.
- You can act responsibly.
- You can take responsibility for your actions. Responsibility is a choice.

Acting responsibly is a commitment. Choosing to play the game of golf includes accepting the responsibility to respect the rules and keep the golf course and its surroundings in better shape than you found them, and to keep up with the pace of play.

### Lesson 3 | Welcome to First Tee: Let's Work Together

Life is full of choices. Each and every day, you have the opportunity to practice Using Good Judgment and choosing honest behaviors. What does this mean?

- You choose to do and say things that are truthful, not only when playing golf, but in everything you do.
- You tell the truth to others, and you are also truthful with yourself.
- Being honest means you act in a way that you know is right.

Sometimes acting and behaving honestly isn't easy or fun, but it is the right thing to do. When you have the courage to do what's right, even when it's hard when no one is looking, you have Integrity. Golf is the perfect sport to practice being honest because it relies on you and your fellow players to keep your own score, and to call penalties on yourselves when needed. Unlike other sports, there is no referee. You must put your good judgment skills to use! Acting with both honesty and integrity is one of the most important commitments you can make as a Game Changer both on and off the course.

### Lesson 4 | I'm a Good Sport: Being a Team Player

Winning is fun, isn't it? It feels good to celebrate an achievement or a victory! But, is winning the most important thing? Being a good sport and demonstrating **sportsmanship** is an important part of Collaborating with Others. We know that our personal attitudes and how we treat others have an impact.

- Congratulating somebody when they do a good job
- Being honest and not cheating
- Being kind and not name-calling
- Giving positive feedback to your teammates and fellow players
- Learning how to listen to feedback from others without getting upset
- Showing respect to your fellow players

It's normal to feel disappointed if you don't win, but it's not OK to be rude or disrespectful to others because of it. A good sport understands the importance of playing fair, following the rules, and respecting your fellow players.

## Lesson 5 | Developing Confidence: I can Do It

**Self-confidence** is a belief in yourself and in your abilities. When you are confident, you know what you are good at and you're excited to try new things. The good news is, the more you try new things and practice new skills, the better you get! Confidence is not something you are born with; it is something that develops over time. In the game of golf and in life, confidence in yourself and your abilities comes when you have the chance to try new things, learn new skills and then practice what you have learned successfully.

When you have self-confidence, you appreciate your unique skills and talents, and you accept yourself as you are. But what happens when you aren't feeling confident? Sometimes it's hard to believe in yourself when you are busy comparing yourself to others. Developing self-confidence comes with practice and will require you to keep a positive attitude and push away negative thoughts that might come into your mind. Remind yourself that "I Can Do This!", even if it takes time and practice to get it right.

## Lesson 6 | Using Good Judgment & Making Smart Decisions

In Lesson 3, we talked about the importance of **Using Good Judgment** when making choices and doing the right thing. Using good judgment also relies on your ability to make smart decisions. Decisions can be hard, but you actually have a lot of experience making decisions! Whether you are deciding where to sit, which color cup to drink out of, which shirt to wear, or which clubs to use on a variety of golf shots, you are making decisions all the time. Some decisions are simple, but some will be bigger. At First Tee, it's important for our participants to learn to make smart decisions both on and off the golf course.

How do you decide what to choose? We learn through practice, and learning to use good judgment and make smart decisions is no different. By practicing your decision-making skills with smaller decisions, you'll find that it's not so tough when bigger decisions come along. Sometimes you can rely on others to support you in making a decision, whether it's a parent, coach, teacher or other trusted adult. In the game of golf, you can also use resources like the Rules of Golf to help you decide what to do. Even if your decisions (or golf skills) aren't perfect, the more you practice, the better you'll get

## Lesson 7 | On Your Mark, Get Set, Goals!

Have you ever worked hard to achieve something? Then you probably already know what it feels like to reach a goal. A goal is something that you want to do, be or have, but it's not something that you can do, be or have right at this moment. A **goal** is something you must work to get in the future, and you can apply that same effort to any challenge in life. For example, have you ever worked to save up your money for a toy or game that you really wanted? Maybe you wanted to get a good grade on a test in school. What steps did you need to take to accomplish that? How good did it feel once you accomplished it?

At First Tee, Game Changers pursue goals as a way to grow, and you will learn from both your achievements and your setbacks, from both the wins and the losses. Goals are a way of setting expectations, and that starts with identifying the things you are good at, as well as the things you would like to improve. Once you have identified those, you can begin to set goals for what you want to accomplish, and then decide what steps you need to take to do it. Ultimately, by focusing on what you want to achieve and taking steps every day toward achieving that goal, you are bringing your best self to the game.

## Lesson 8 | Playing with Perseverance: Commit, Don't Quit!

Life is full of challenges and struggles, and you are likely to face many of them whether they are struggles at home, school, or on the golf course. Learning to dig deep when things get tough and continue even when things are hard is called **perseverance**, and it is an important life skill to have. Without it, you might want to give up, but learning to work and **Growing through Challenge** will make you stronger.

You might think you've never had to persevere before, but you have! Think about when you learned to tie your shoe or ride your bike. Were you able to do that on your first try? Or did you have to practice? You may have failed many times before you were successful? See? You already know how to persevere!

Just because you can't do something on your first try doesn't mean you won't be able to do it soon. You just can't do it yet! But if you keep going, keep working and keep trying your best, you will succeed.