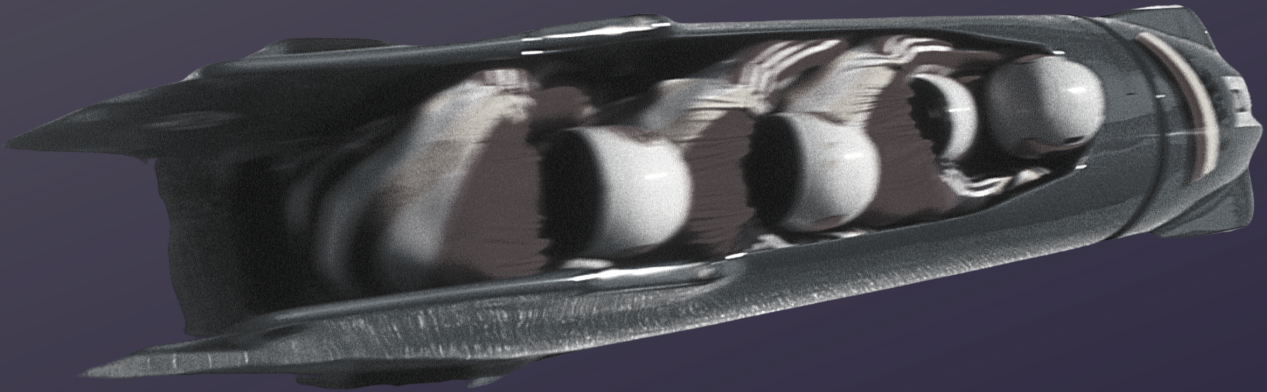


# COOL RUNNINGS

## COMPANION *ACTIVITIES*



JON BARTH

# COOL RUNNINGS

## COMPANION ACTIVITIES

### JON BARTH

#### OBJECTIVE

The objective of this lesson is to help students fully realize the depth of their humanness and how they can use their gifts to make a positive impact on the world.

#### STANDARDS

*Students will strive to improve and reach their potential according to the following purposes:*

- **INTELLECTUAL:** gaining knowledge to help us navigate the world
- **SOCIAL:** understanding the dynamics of relationships and human connections
- **EMOTIONAL:** increasing awareness of the feelings which result from our thinking
- **PHYSICAL:** using our bodies in a healthy and respectful manner
- **AESTHETIC:** recognizing the beauty of the world which we feel in our soul
- **TRANSCENDENT:** living out our purpose to help others and serve the world

#### SKILLS

*Activities in this lesson are designed to help students master the following skills through*

*DEEP LEARNING:*

Leadership	Cooperation with Others	Creativity
Critical Thinking	Emotional Intelligence	Problem Solving
Judgment & Decision Making		

Name: \_\_\_\_\_

# COOL RUNNINGS REFLECTION



*At one point in time, we are told we can do anything we set our mind to. Then, as we grow older people and society tend to tell us to be practical and it will only hurt us if we chase our dreams.*

**Journal about a dream you have to do something with your life using the prompts below for guidance:**

- What is something you want to do with your life that you feel deep within you?
- What are the signals you receive from society or people in your life that you shouldn't bother chasing your dream?
- How much are you willing to sacrifice to achieve your dream?

# COOL RUNNINGS ANALYSIS



**1.**

Summarize what happens in the 100 meter dash at the Olympic trials.



**2.**

Analyze why Derice has such a strong desire to go to the Olympics.



**3.**

Appraise what Yul means when he says,  
"I may be on your team, but I am nobody's teammate?"

# COOL RUNNINGS ANALYSIS



**4.**

Extract Yul's motivation for joining the bobsled team.

**5.**

Draw a conclusion as to why Irv made Derice the driver?



**6.**

Compare and contrast Junior's vision for his future and his father's vision for his future.

# COOL RUNNINGS ANALYSIS



**7.**

Describe how Irv is received by his peers when they arrive in Calgary.



**8.**

When they are being ridiculed before their first practice run, Yul says, "We are different and people don't like different."  
Do you agree with him? Why or why not?



**9.**

When Yul shares his dream to live in Buckingham Palace, interpret why Junior says Jamaica needs more people like Yul?

# COOL RUNNINGS ANALYSIS



**10.**

Infer what “Cool Runnings” means.



**11.**

Describe your reaction to Irv’s speech to the Olympic Alliance.



**12.**

If you were Junior, how would you respond to your father speaking to you like he did to Junior at the elevator.

# COOL RUNNINGS ANALYSIS



**13.**

Imagine you were the coach of the Jamaican bobsled team. Design a message to the team after their first run in the finals?

**14.**

Compare and contrast the first finals run and the second finals run for the Jamaican team.



**15.**

Analyze what Irv means when he says, "If you're not enough without it (the gold medal), you'll never be enough with it."



# COOL RUNNINGS ANALYSIS



**16.**

Explain why the Jamaicans “had” to finish the race.



**17.**

Draw a conclusion as to why the crowd cheered when the Jamaican team finished the race.

# COOL RUNNINGS

## PRACTICE & DISCUSSION



Partner/Group Activity  
PRIDE

*The Jamaicans had a tremendous amount of pride in their country that motivated them.*

#1

Reflect on your life and determine a group you have a lot of pride in. Is it your country? Is it your town? Is it your school? Is it your church?

Discuss where your pride in that group comes from and why it is important to you.

# COOL RUNNINGS

## PRACTICE & DISCUSSION



Partner/Group Activity  
PRIDE

#2

How does your pride affect your behavior?

#3

Analyze how your pride in your group helps you become a better person.

#4

Brainstorm a situation where a large amount of pride could be a bad thing.

# COOL RUNNINGS

## EXTENSION



### RAFT Writing Activity

**Role:** Olympic Athlete

**Audience:** Family, Friends, Fans

**Format:** Letter

**Topic:** Pretend you are an Olympic athlete who cheated (by taking illegal substances or through another measure) and had a gold medal stripped from you. Write an apology letter explaining why you did it and what you plan to do about it moving forward.

A large, empty rectangular box with a thin brown border, intended for writing an apology letter. The box has a folded-top-right corner effect and a yellow highlight at the bottom right.



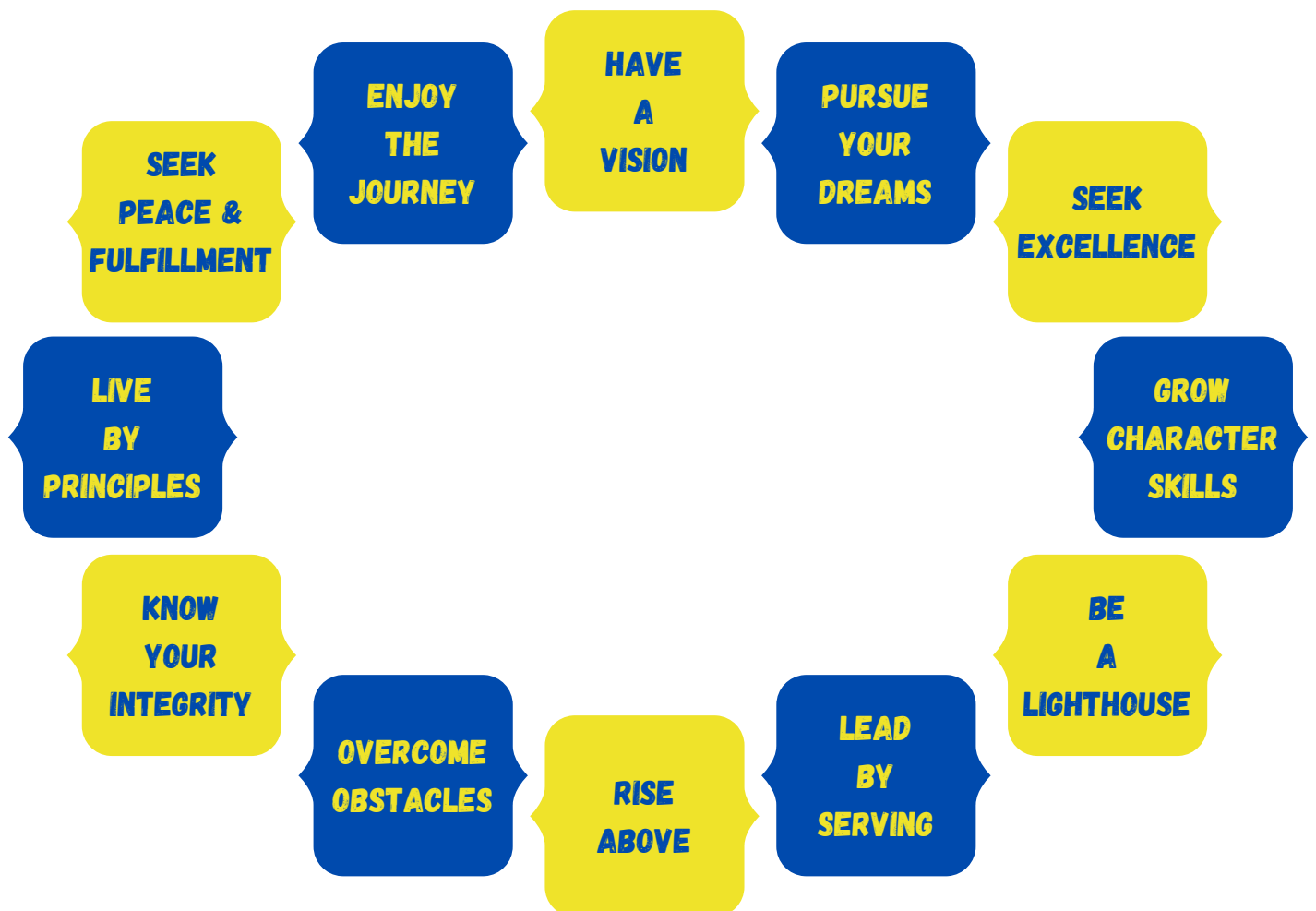
# LEAD FOR IMPACT

## The 12 Fundamentals of Success

Every story has a HERO.  
Every hero goes on a JOURNEY.  
Every journey gives the hero an opportunity to make an IMPACT on the world.

Our impact, whether great or small, comes from executing certain FUNDAMENTALS.  
These fundamentals work in pairs through an INSIDE-OUT format.  
Inside fundamentals help us employ MINDSETS of success.  
Outside fundamentals guide us to take ACTIONS which make a positive impact.

Ultimately, the journey always provides the leader opportunities to  
CREATE A BETTER VERSION OF THEMSELVES  
so they can give their gifts and abilities away to others and  
MAKE A DIFFERENCE  
in the world.





# LEAD FOR IMPACT

## The 12 Fundamentals of Success

We experience success in life when we give it our best shot to live the unique purpose we were created for and make a difference by giving away our gifts to others.

**ENJOY THE JOURNEY**  
*(Outside Fundamental)*  
While we are searching for our ultimate meaning we must relish every moment, so we do not allow the drive for results to rob us of the human experience.

**HAVE A VISION**  
*(Inside Fundamental)*  
It is important to know what we want to do and where we want to go in life, but it is essential to understand the person we want to become.

**SEEK PEACE & FULFILLMENT**  
*(Inside Fundamental)*  
Peace comes when we find the gifts and abilities to fulfill our purpose and we experience fulfillment when we give those gifts away through our relationships.

**PURSUE OUR DREAMS**  
*(Outside Fundamental)*  
We need to use faith and courage to take daily action as we move toward doing what sets our soul on fire.

**LIVE BY PRINCIPLES**  
*(Outside Fundamental)*  
The right thing to do is often the hardest thing to do but we must choose actions which are consistent with the integrity of our heart.

**SEEK EXCELLENCE**  
*(Inside Fundamental)*  
We must repeatedly search for way to give our best and become our best as we strive toward reaching our full potential in every role in our lives.

**KNOW OUR INTEGRITY**  
*(Inside Fundamental)*  
We must search the depths of our heart to find the truths and principles we believe in and continuously reflect on them so they become part of who we are.

**GROW CHARACTER SKILLS**  
*(Outside Fundamental)*  
Character skills are the building blocks of a life of excellence and they can be improved and strengthened with awareness and practice.

**OVERCOME OBSTACLES**  
*(Outside Fundamental)*  
The obstacles we encounter in life can create fear and cause us to stop, or we can use them as stepping stones to become the person we were designed to be.

**BE A LIGHTHOUSE**  
*(Inside Fundamental)*  
A lighthouse shines so others can create a path on their own and find their way during their journey using the lighthouse for direction, guidance, and hope.

**RISE ABOVE**  
*(Inside Fundamental)*  
We can use the storms of our lives to push ourselves higher and gain a new perspective which leads to greater knowledge and wisdom.

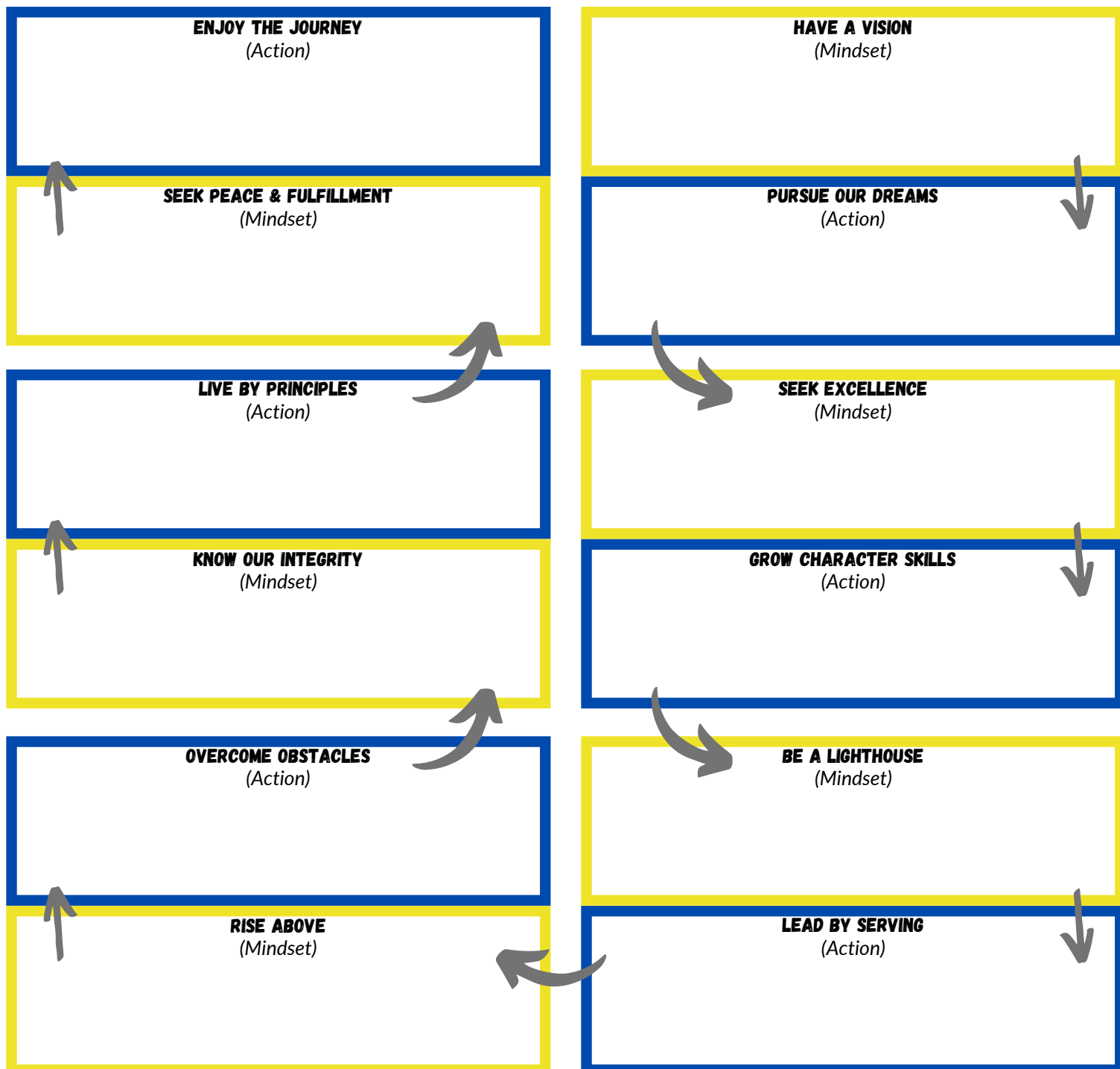
**LEAD BY SERVING**  
*(Outside Fundamental)*  
The most significant leaders put the needs of others before their own and endeavor to make sacrifices to help improve the lives of others.



# COOL RUNNINGS LEAD FOR IMPACT

## The 12 Fundamentals of Success

Complete the graphic organizer by writing down examples of how the hero of the story exhibited the fundamentals of success in their life.



# COOL RUNNINGS LEAD FOR IMPACT



Respond to the prompts to discover how you can apply the lessons from this story to help you  
WRITE YOUR OWN STORY.

**Describe how you are similar or different from one of the characters.**

**Compare and contrast a situation the hero experienced to something in your life.  
Explain how you agree or disagree with the hero's actions.**

*How can you take similar  
action to help you in your life?*

**OR**

*How would you make a  
different decision in your life?*

**What is the greatest lesson you have learned from this story?  
Summarize the lesson into ONE PHRASE that you can remember easily so you can  
apply it to your life.**

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[WWW.JONBARTHBOOKS.COM](http://WWW.JONBARTHBOOKS.COM)



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