



MATA
MARTIAL ARTS
TEACHERS' ASSOCIATION

Martial Arts Teachers' Association
Life Skills and Leadership Curriculum

LOYALTY

*"There is enough in the world for everyone to live on happily
and to be at peace with his neighbor."*

Harry S. Truman

Loyalty is this module of success
in the Martial Arts Teachers' Association Curriculum.

What and to whom we are loyal tells the world what kind of person we have become. Loyalty is consistency or steadfastness in our attachments to those persons, groups, institutions, or ideals with which we have chosen to associate ourselves. To be a loyal citizen or friend means to operate within a certain framework or caring seriously about the well being of our country or comrade. This does not mean we give blind loyalty, but rather loyalty that is anchored within our life's values.

In this module we will discuss what loyalty is and how it affects us. In addition to educating your students about loyalty, hopefully this module will help your students become more loyal to you and your martial arts program.

- ☐ Loyalty Worksheets
- ☐ Loyalty Lesson Quotes
- ☐ Pre-Test Letter
- ☐ Post Test Letter

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

the big picture

Week 1:

- | | |
|-------------------|-----------------------|
| Lesson # 1 | Loyalty to Family |
| Lesson # 2 | Loyalty Story / Drill |

Week 2:

- | | |
|-------------------|-----------------------|
| Lesson # 3 | Loyalty to Country |
| Lesson # 4 | Loyalty Story / Drill |

Week 3:

- | | |
|-------------------|-----------------------|
| Lesson # 5 | Loyalty to Country |
| Lesson # 6 | Loyalty Story / Drill |

Week 4:

- | | |
|-------------------|-----------------------|
| Lesson # 7 | Loyalty to Friends |
| Lesson # 8 | Loyalty Story / Drill |

Week 5:

- | | |
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| Lesson # 9 | Loyalty to Yourself |
| Lesson # 10 | Loyalty Story / Drill |

Week 6:

- | | |
|--------------------|----------------|
| Lesson # 11 | Loyalty Review |
| Lesson # 12 | Loyalty Review |

TEST

Recommended study for instructors teaching this course:

The Power of Positive Thinking
by Norman Vincent Peale (Balantine Books)

Karate-Do My Way of Life
by Ginchen Funakoshi (Kodansah International)

sample pre-test letter

Dear Mr. & Mrs. (insert name),

(Insert name) has completed nearly all the requirements for (his/her) next rank and will be testing for his/her new belt shortly. In conjunction with his/her new martial arts skills, (insert name) has also learned to demonstrate the ability to demonstrate and define the appropriate types of respect.

We're sure that you agree that respect is necessary for our children to develop in society today. In fact, respect is necessary for our society to survive. Someone once said, "You may be sorry that you spoke, sorry you stayed or went, sorry you won or lost, sorry so much was spent. But as you go through life, you'll find – you're never sorry you were kind or respectful to another human being". At (YOUR SCHOOL) our programs are designed to help develop the appropriate type of respect. By helping your child understand what respect is, and the importance of it in their life, we hope that we've helped them to develop a better sense of how respect affects the many aspects of their lives.

We're excited that we could be part of sharing such valuable life skills with (insert name) and we encourage you to continue to discuss how respect affects you and your life as well. Armed with an understanding of how to develop appropriate respect and the other positive traits we teach here, we believe that (insert name) can achieve almost anything!

Yours Sincerely,

The Staff at (YOUR SCHOOL)

P.S. Don't forget (insert name)'s graduation on (date). I look forward to seeing you there!

sample post-test letter

Dear Mr. & Mrs. (insert name),

Congratulations!

(Insert name) has passed (his/her) (insert belt) test which not only demonstrates (his/her) mastery of the martial arts techniques required, but also means he/she has accomplished the Focus requirements of our Life Skills & Leadership Curriculum.

Over the following few weeks (insert name) will be working towards his/her next belt and the completion of our very important Respect curriculum. Developing the proper respect for one's friends, family, community and beliefs is key for ongoing success in life.

At (YOUR SCHOOL) our programs are designed to help develop the proper type of respect. As you know, respect is necessary for our children to develop in society today. By helping your child understand what respect is, and the importance of it in their life, we hope to help them develop a better sense of respect in all aspects of their lives.

Over the next few weeks help us in our goal helping your child know what you respect. Point out to them the things that you see are proper ways of showing respect. Comment frequently on the little things you like about how they are showing respect, and, as always, let us know if there is anything we can do to help.

Yours Sincerely,

The Staff at (YOUR SCHOOL)

PS. If you have any questions at all about our program or your child's progress, please don't hesitate to call us at (insert phone number).

curriculum notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"I'll take fifty percent efficiency if I can have one hundred percent loyalty."
— Samuel Goldwyn

week one
LESSON 1

What is Loyalty?



- Students will learn how to define loyalty.
- By the end of the lesson, the students will be able to tell you the definition of loyalty.

ages 4-7

What is loyalty? When we are loyal to something or someone, it means that we have a strong liking for it, and that we really care about it.

Have you ever felt close to another person? Maybe it was a special friend or a family member. You felt a sense of devotion toward that person. That's loyalty.

Do you feel special toward something you have? Sometimes kids feel close to a blanket or a toy and carry it with them wherever they go. That's loyalty toward the blanket or toy.

Do you feel loyal to someone or something? The answer is probably yes. I'd bet you show your loyalty toward your parents by listening to them and caring about them.

Over the next few weeks we'll talk about loyalty to your family, to your country, to your friends and to your beliefs. By the time we're done, you'll be able to describe what loyalty is in these areas of your life.

Ask your students:

- **What is loyalty?**

(Loyalty is having a special feeling toward a person, place or thing.)

- **How can you demonstrate loyalty?**

(By showing people how much you care about a special person in your life, like going with your brother to his 1st band practice because he asked you to, even though you thought it would be boring.)

What is loyalty? When we are loyal to something or someone, it means that we develop a strong liking for it, and that we sincerely care about its well being.

Have you ever felt a certain dedication to another person? Maybe it was a special friend or a family member. You felt a sense of devotion toward that person. That's loyalty.

Have you ever had a special feeling about a certain place or thing? Some of us have a special feeling toward a T-shirt or a pair of jeans. No matter what people said about how often you've worn those jeans, you would always have a special feeling toward them. In other words, you were loyal to your jeans.

What or who do you feel loyal to? You can demonstrate loyalty by supporting your sister when you go to her dance recital, even though you think it's a little bit boring. You show loyalty when you stand by a friend when others are calling him

names or making fun of him because he looks a little different. You show loyalty to your country by standing up and putting your hand across your heart when you go a ball game and they play the national anthem.

Over the next few weeks we'll talk about loyalty to your family, to your country, to your friends and to your beliefs. By the time we're done, you'll be able to describe how to demonstrate loyalty in these areas of your life.

Ask your students:

- **What is loyalty?**
(Loyalty is having a special feeling toward a person, place or thing.)
- **How can you demonstrate loyalty?**
(By showing people how much you care about a special person in your life, like going with your brother to his 1st band practice because he asked you to, even though you thought it would be boring.)

adults

What is loyalty? Loyalty signifies a person's devotion or sentiment of attachment to an ideal, a duty, or a cause. When you are loyal to a particular object, which may be another person or group of persons, you develop a strong affection for it. You sincerely care about its well being. Loyalty is a common, and important, part of being human.

Loyalty is readily seen through the thoughts and actions of the loyal person. Loyalty becomes fanaticism when it becomes wild and irrational; and becomes resignation when it is shown as reluctant acceptance.

One thing is certain, a person without loyalty does not exist. Having loyalty brings meaning, direction, and purpose into a person's life. Loyalty also has a social function. Through a person's willingness to cooperate with others in something beyond

his own narrow circle it becomes possible for communities to not only emerge, but to thrive, whether the community be a family, a church or a nation.

Over the next few weeks we're going to ask you to examine your loyalties to your family, your country, your friends and your beliefs. By looking at what you're loyal to, and why, we hope you'll be able to better define your loyalties.

Topics for Discussion

- **Who can describe loyalty?**
(Loyalty is being devoted toward another person, a place or thing, or your beliefs.)
- **Is it unusual to have loyalties?**
(No. It is very common for adults to have loyalties. What is important as adults is to examine these loyalties to make sure they still fit.)

"There is a great deal of talk about loyalty from the bottom to the top. Loyalty from the top down is even more necessary and is much less prevalent. One of the most frequently noted characteristics of great men who have remained great is loyalty to their subordinates."

— General George S. Patton

week one
LESSON 2

What is Loyalty?



- Students will learn, through stories, how to define loyalty.
- By the end of the lesson, the students will be able to tell you the definition of loyalty.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is loyalty?
2. How can you demonstrate loyalty?

children's story

The Cap That Mother Made

Master Woo began, "Once upon a time there was a boy named Anders who had a new cap that his mother made him. As he walked down the road with his new cap he met Lars who also had a cap and a pocketknife. Lars asked Anders to trade him caps, telling him he would even give him his pocketknife. Anders wouldn't trade because his mother had made the cap.

Next, Anders met an old woman that asked him if he was going to the royal ball. "With that beautiful hat", she said, "you must be a Duke or a Prince." Anders thought going to the ball would be a good idea, so he went to the royal palace.

As he started to enter the palace the princess saw him and escorted him to the dining table to eat with her. She told him to eat he must take off his cap, but Anders was afraid that someone might take it. The princess

then told him that she would give him a kiss if he would take his hat off and let her hold it. Although Anders thought a kiss from the princess might be nice, he just shook his head no."

Master Woo continued, "When the King entered, he also tried to trade his crown for Anders' cap. In fact the King said he would give him a chest full of gold and jewels along with the crown for his hat.

At this point Anders took off running because he knew the King would take his hat from him if he wanted it so badly. After escaping from the palace, Anders ran home and told his mother what happened. His mother was so proud of his loyalty to her she told him she would rather have her little boy in a cap that she made than all the riches in the world."

Ask your students:

- **What was Anders loyal to?**
(Anders was loyal to his mother's work making him his cap.)
- **How did Anders show his loyalty to his mother?**
(By refusing to trade his hat for anything, even a chest of gold.)

Thunder Falls

The Kickapoo Indians, a tribe of Native Americans from the Midwest, tell a story about two of their women who were taken captive in a raid by the Shawnee tribe. A small band of men were hunting, with a few women to help skin the animals when they were surrounded by a big war party of Shawnee. The Kickapoo hid in a cave beneath the thundering falls of a mighty river. They had discovered it on a hunting trip and had decided that this would be the spot where they would meet in case of an emergency, such as this one.

The two captured women were brought to the camp of the Shawnee. The Shawnee searched for six days but were unable to find the well-hidden Kickapoo. The Kickapoo's decided that they would attempt an escapee on the seventh day. On the same day, a Shawnee medicine man told the chief that he had a dream the night before that told him that the two women knew where the survivors were hiding.

The chief had the women brought before him and asked where the survivors were. They refused to tell, so the chief had them tortured. Under the bite of blazing twigs held to their wrists, they cried out they would reveal the hiding place. They then told the Shawnee that the hiding place was far away and could be best found if they went by canoe. When pushed toward the forest, the women signaled they only knew how to get to the hiding place by canoe.

Believing the women, the chief entered the canoe, along with the medicine man and six of his best warriors. The rest of the party followed close behind, in many canoes. After a while they could hear the roar of the falls, the chief asked the women if they were not yet near the hiding place. The women signaled that it wasn't too far. As the noise of the falls became louder the chief had the women turn to look at him, but he could see that they were smiling peacefully, so he knew he didn't have to worry. The water became swifter, then suddenly narrowed to where the jutting rocks of the falls forced them straight ahead. There was no time to turn now, even if they could, and the canoes followed each other over the falls to the water far below.

As the Kickapoo tell it, the tale of those two loyal and brave women will be remembered, "as long as grass grows and water runs."

Topics for Discussion:

- **These women were extremely loyal to their tribe. What in your life can you think of that would deserve this kind of loyalty?**
(Family, country, friends, etc.)
- **How can you demonstrate this loyalty?**

DRILL

Team Sets

This drill is designed to help your students understand that part of loyalty is belonging to a team. It is also to teach them how to work together as a team versus working as an individual. They will learn to understand that as part of a team, they need to stay focused on the goals and purpose of the team rather than personal objectives.

Divide the class into groups or teams of three or four. Choose a form or combination for each group to practice. Have each person in the group take turns being the leader. Remind them that their goal is to practice until they can perform the set as a "Synchronized Team." Emphasize the importance of working together. Everyone in the group must follow the pace of the leader. When they demonstrate for the entire class each group can decide on their own, who will be the leader.

Note: For lower ranks and younger children, give them material they already know. This will allow them to focus on working as a team rather than learning new material.

As an option for older or advanced students, and to add an additional challenge to the exercise, create or give them something to do that they haven't done before.

*"You can always tell a real friend or family member;
when you've made a fool of yourself he doesn't
think you've done a permanent job."
- Will Scott*

week two
LESSON 3

Loyalty to Family



- Students will learn how to be loyal to their family.
- Students will learn how to demonstrate loyalty to their family.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is loyalty?
2. How can you demonstrate loyalty?

ages 4-7

You learn loyalty first in life through your family. This is because your family has the people you knew first, and who know you best.

Nobody knows you or loves you more than your parents. That's probably the best reason to be loyal to them. Your parents love you no matter if you're sick, if you've had a bad day, if you do poorly at school, they love you no matter what. So be loyal to your parents by listening to them and obeying their rules. They made the rules because they love you.

You should also be loyal to your brothers and sisters. Now that doesn't mean you always have to like what they do. There isn't a boy or girl in the world that doesn't become angry with their brothers or sisters from time to time. It just means

that you should try to support them, like listening to them, or doing things with them you might not do by yourself. Maybe you have an older brother or sister who likes to play a board game that you don't especially like. You can demonstrate your loyalty by sitting down and playing with them.

Be loyal to your family. Listen to them. Obey the rules. By showing loyalty you should receive loyalty back from them.

Ask your students:

- **Why should you be loyal to your parents?**
(They love you and want the best for you.)
- **How can you show loyalty to your parents?**
(By listening to them and obeying your family rules.)

You learn loyalty first in life is toward your family. This is because your family contains the people you knew first, and who you know best.

Nobody knows you or loves you more than your parents. That's probably the best reason to be loyal to them. Your parents love you no matter if you're sick, if you have a bad day, if you do poorly at school, no matter what. So be loyal to your parents by listening to them and obeying their rules. They made the rules because they love you.

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should try to support them, like listening to them, or doing things with them you might not do by yourself. Maybe you have an older brother or sister who likes to play a board game that you don't especially like. You can demonstrate your loyalty by sitting down and playing with them.

Be loyal to your family. Listen to them. Obey the rules. By showing loyalty you should receive it back from them.

Ask your students:

- **Why should you be loyal to your parents?**
(They love you and want the best for you.)
- **How can you show loyalty to your parents?**
(By listening to them and obeying your family rules.)

adults

As adults, loyalty to family means loving and believing in them. It means helping build your family up, instead of constantly criticizing or finding fault with others within your family. Does this mean there should be no disagreements in your family? No, just the opposite. Any group of people that feels close to each other must feel safe enough to give differing opinions, which can lead to disagreements. But being loyal to your family means listening to those disagreements and allowing that the other family member might be right too.

Another important part of being loyal to family members is helping another member who may be making choices that are not positive for them. Or when

there is behavior that needs to be addressed. If a family member is using alcohol to excess, or illegal drugs, it is the responsibility of family members to intervene. Loving and caring for another person means sometimes making the hard choices that people with these habits may not be able to make for themselves.

Finally, show your loyalty to your family by spending time with them. Relationships are built through interaction, and that takes time on a regular basis. When you're with them, build your family up, help them see the best in themselves and help them focus on the positive. These are probably some of the best ways for anyone to demonstrate loyalty to the ones they love the most.

Topics for Discussion

- **How important should loyalty to your family be?**
(It should be one of the most important loyalties in your life.)
- **Can you disagree and still be loyal?**
(Of course, loyalty allows people to have disagreements, no matter what the relationship.)
- **What is one of the best ways to demonstrate loyalty?**
(By making time to spend with the ones you are loyal to, in this case, your family.)

"A loyal friend or family member speaks to you freely, advises justly, assists readily, adventures boldly, takes all patiently, defends courageously, and continues a friend unchangeably." - William Penn

week two
LESSON 4

Loyalty to Family



- Students will learn, through stories, how to be loyal to their family.
- Students will learn how to demonstrate loyalty to their family.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?

children's story

The Royal Pain

Master Woo began, "The inside of the bus was hot like an oven. Sandwiched between an old man on his left and a little kid on his right, who was holding an even smaller kid on his lap, Timothy could feel his anger at his mother growing by the minute. He wouldn't be on this hot, smelly ride if his life wasn't made complicated by that royal pain of a little sister named Annie, and his little brother Joey. He would be on his way home from karate class in the air-conditioned car right now if 'The Royal Pain' hadn't had her ballet lesson at the same time. The bus came to a stop and Timothy could see his friend Sean, head and shoulders above the crowd, getting on the bus. He called to him, and Sean squeezed his way down the aisle with his basketball in hand.

"How was practice?" Timothy asked as the kid next to him looked up at Sean in awe, and the little kid happily slapped the ball.

"Great," Sean replied. Then he added, "It sure is hot. Where's your ride?"

Timothy started to tell his sad story about 'The Royal Pain,' and how he wished he didn't have any brothers or sisters. As he spoke, he realized that although Sean had a kind of 'faraway' look, he was listening, and, at the same time, Timothy could see that he now had the attention of the old man and the two kids. For a moment he felt great, knowing that his audience would have to agree that life had been unfair to him. When he looked at the old man, however, he did not see agreement - only sadness. The man shook his head, then leaned over and said, "I never had any brothers or sisters. My parents passed away when I was about your age. I've been alone ever since."

Master Woo continued, "Embarrassed, Timothy turned away and looked at the kid on his right. The little brother had his head on the kid's shoulder, and they were clinging tightly to one another. Timothy could feel the rumble of the bus and hear the voices of the tightly packed passengers, but he could see nothing but the scenes playing inside his head.

There was Annie jumping up and down at his last baseball game when he got a hit. Joey grinning up at him when he had let his little brother put the final touches on the fort in their back yard. His worried mom rushing into the school office after he had gotten sick in class. His dad going over and over the science questions with him, before the big test.

Sean said, "The most important thing we have is our family. Be the first one to see the good things about them. See you later."

Timothy looked out the window as the bus approached his stop. To his surprise his Mom, Annie and Joey were leaning against the car waving to him. He knew that a sense of loyalty to his family made him feel good. It was also a feeling he wanted to keep."

Ask your students:

- **Why was Timothy angry with his mother and his sister?**
(Because he had to ride in the hot bus.)
- **When did Timothy begin to realize how lucky he really was?**
(When the old man told him the story about being alone his whole life.)
- **Was he happy to see Mom, Annie, and Joey waiting for him?**
(Yes.)

Tom's Brother

During the First World War, one of two brothers from the same company in France was shot and mortally wounded by a German bullet. The one who had escaped, Tom, asked permission of his commanding officer to go bring his brother back to their lines.

"He is probably dead," said the officer, "and there is no use in your risking your life to bring in his body."

"But he is my brother", protested the man, and he continued to plead his case. After further pleading from the brother, his commanding officer consented. Risking his life, he crawled to his brother and carried him back to their line. Just as the soldier returned with his brother on his shoulders, the wounded man died.

"There you see," said the officer, "you risked your life for nothing."

"No," replied Tom. " When I crept up to him and took him in my arms, he said, 'Tom, I knew you would come... I just felt you would come. Then he smiled at me and closed his eyes. I did what he expected of me and I have my reward.'"

Now you have the heart of it all; a family member expects something fine and noble and unselfish of us; they expect us to be faithful.

Topics for Discussion:

- **Would you risk your life for your family members?**
(Why or why not?)

DRILL

Jumping Rope

Two thick, colorful ropes

The purpose of this drill is to show students how to develop group loyalty. Groups can consist of family members, martial arts students, friends, etc. This is a strength, coordination and endurance drill.

Line up everyone in the class in front of the two ropes, facing forward. If your class is larger than twelve or fifteen, it might be a good idea to break your class into two groups. Explain that the group(s) should act as a family, encouraging the group member who is doing the drill. This means everyone should be encouraging the active student. In the first part of this drill the students will jump from side to side over the ropes facing forward. Once the student is 1/3 to + the way through, have the next student start. As the student comes back to the group, have the first person in the line give them a high five and say something like "great job!"

After everyone goes through the line once, have the students jump side to side over the rope but this time facing sideways. Again have the next student start at about 1/3 to + the way through and have the student in front give the high five and words of encouragement.

Next, pull the ropes apart and have the student jump, facing forward from one side, to the middle, to the other side, back to the middle, etc. All the time keep the students moving and have the other, waiting students encourage those who are actually doing the drill.

Finally, explain that part of being a family is constantly encouraging other members of the family. Also, explain that they are part of another family at Martial Arts America and these family members also need to have their encouragement.

"An officer's ultimate commanding loyalty at all times is to his country and not to his service or his superiors." - General Douglas MacArthur

week three
LESSON 5

Loyalty to Country



- Students will learn what being loyal to their country means.
- By the end of the lesson, the student will know how to demonstrate loyalty to their country.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?

ages 4-7

Being loyal to your country is very important. That is because your country, the United States of America, gives you freedoms and opportunities, and chances, to live a good life, that are not found anywhere else in the world.

How can you show loyalty to your country? You can show loyalty by obeying rules. You can show loyalty by picking up litter. You can show loyalty when you go to a baseball game and take off your cap and put your hand over your heart when the national anthem is played.

When you show loyalty for your country you are also showing loyalty for the people who helped your country grow. It is a loyalty that you can be proud of for your whole life.

Ask your students:

- **Why is it important to be loyal to your country?**

(You should be loyal because your country allows you the chance to have freedom and opportunity.)

- **How can you show loyalty to your country?**

(You can show loyalty by obeying rules or by picking up litter. You can also show loyalty when you go to a baseball game and take off your cap and put your hand over your heart when the national anthem is played.)

After loyalty to your family, one of the most important loyalties we will talk about is your loyalty to your country. That is because your country, the United States of America, gives you freedoms and opportunities, or chances, to live a good life, that are not found anywhere else in the world.

What are some ways to demonstrate your loyalty to your country? People who are loyal demonstrate it by obeying rules at home and at school. They also demonstrate it by picking up litter, or volunteering to help clean up the neighborhood. When you go to a baseball game and take off your cap while putting your hand over your heart when the national anthem is played you are demonstrating your loyalty to your country.

When you show loyalty for your country you are also showing loyalty for the people who helped your country grow. A good time to think about the people who have given so much to our country is on Veteran's Day or Memorial Day, or even on the Forth of July. By remembering those people we develop our loyalty to our country. It is a loyalty that you can be proud of for your whole life.

Ask your students:

- **Why is it important to be loyal to your country?**
(You should be loyal because your country allows you the chance to have freedom and opportunity.)
- **How can you show loyalty to your country?**
(You can show loyalty by obeying rules or by picking up litter. You can also show loyalty when you go to a baseball game and take off your cap and put your hand over your heart when the national anthem is played.)

adults

Through the history of the world there are examples of loyalty to country. Some have been misplaced, such as the loyalty of the German people to Adolph Hitler, or the followers or other fanatical dictators of history. But in a democracy, such as the United States, it is hard to misplaced loyalty.

What is loyalty to your country in a democracy? Its supporting your nation in times of need, such as those who have fought in the wars our country has gone to. It's also bringing your disagreements to the attention of others, especially to our elected officials. Democracy is built upon dialog and that dialog is brought about by the thoughtful input of every citizen.

Loyalty to your country means voting. But that's not just showing up on Election Day, it's the careful examination of the issues and candidates and voting in an informed manner. That's not only your right but also your responsibility as a member of this

democracy. This means you must make every effort to stay abreast of the issues through reading, not just watching sound bites on the television.

Being involved at a local level, in boy scouts, the feeding of the homeless or other civic duties are also the mark of a person who is showing loyalty to their county. Loyalty to your country means constant involvement on a monthly, weekly and daily basis. When this happens not only are you loyal, but you can also affect the world around you.

Topics for Discussion

- What suggestions can you make to show your loyalty to your country?

*"Those who expect to reap the blessings of freedom
must undergo the fatigue of supporting it."
- Thomas Paine*

week three
LESSON 6

Loyalty to Country



- Students will learn, through stories, what being loyal to their country means.
- By the end of the lesson, the student will know how to demonstrate loyalty to their country.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?
5. Why is it important to be loyal to your country?
6. How can you show loyalty to your country?

children's story

Nathan Hale, American Patriot

Nathan Hale was a soldier in the United States army a long time ago. George Washington, the general in charge of the United States army asked Nathan to become a spy, or a person who looks for secret news about the other army. The other army was the British army.

Just before he was ready to return to his army with the secret news about the British army, he was caught. Because he was a spy, the British killed him. Right before he died he told the British, "I only regret, that I have but one life to lose for my country." Today, this is still thought of as a very good example of loyalty to your country.

Ask your students:

- **What did Nathan Hale do?**
(He was a spy for the United States army against the British.)
- **What were Nathan Hale's last words?**
("I only regret, that I have but one life to lose for my country.")
- **What did that mean?**
(It meant that Nathan Hale was very loyal to his country and he was willing to give his life for it.)

Nathan Hale, American Patriot

Ever since the British executed him on the morning of September 22nd, 1776, Nathan Hale has been recognized as one of the great examples of American patriotism. He graduated from Yale and taught school in his native Connecticut until July 1, 1775, when he was commissioned as a lieutenant in the Continental Army.

In the fall of 1776, after being soundly trounced by the British at Long Island, Washington needed to know what the British were planning and their strength. Hale and other officers from Knowlton's Rangers were asked to volunteer for an intelligence mission behind the enemy lines. On the first call, no one responded; on the second, Nathan Hale was the only one to step forward.

Hale exchanged his uniform for a plain suit of citizen's brown clothes, with a round broad-rimmed hat, assuming the character of a Dutch schoolmaster. From there he began his duties as a spy.

When Hale attempted to return to the Continental army, he was stopped at the final guard post and searched. The British found under the inner soles of his shoes the drawings of the British Army's positions and strength. It was said that his cousin, Samuel Hale, a British sympathizer, betrayed him.

After being executed, Captain John Montresor of the British Army approached the enemy lines under a flag of truce to report the incident. He told of Hale's last moments, which he had personally witnessed.

"He asked for writing materials, which I furnished him: he wrote two letters. He was shortly summoned to the gallows. Only a few persons were around him, yet his characteristic dying words were remembered. He said, "I only regret, that I have but one life to lose for my country."

When we think of loyalty to country, we cannot proceed without remembering the courage of this great man. A man who's spirit helped to create this great nation of ours.

Topics for Discussion

- **Why did Nathan Hale volunteer to become a spy?**
(He knew it could help his country win the Revolutionary War.)
- **Can you see how this demonstrates loyalty for country?**
(What would you do in the place of Nathan Hale?)

DRILL

Crab Fighting

Equipment needed: Mats

The purpose of this drill is to show students how being part of a team requires loyalty. That team could be in the classroom, at home or as a community or nation. This is a strength, coordination and endurance drill.

Start by dividing your class into two or four teams, depending on the number of students you have in a class. Each team should consist of a minimum of three and a maximum of seven students. Have each team choose a King or Queen. Explain to the students that the purpose of their team is to protect the King or Queen.

Show your students how to get into a crab position, on the floor with their hands on the floor behind them. Each King or Queen will be protected at the back half, or quarter, of the floor. Explain that the idea is to push and pull the other students off balance. A student is considered down, or out of the drill, if any part of their body touches the floor except for the bottoms of their hands or feet.

Note: To knock the other students off balance, the students may push with their bodies, knees or elbows, but the bottoms of the hands and feet must stay on the ground. They may use their feet to hook legs or arms to pull another student off balance, but there must be no kicking or pushing with the bottoms of the feet or punching or pushing with the hands.

Now each team is encouraged to be loyal to the King or Queen by defending him or her. The strategic part of this game is to knock the King or queen off balance. The team that protects their King or Queen the longest wins.

"The only way to have a friend is to be one."
— Ralph Waldo Emerson

week four
LESSON 7

Loyalty to Friends



- Students will learn what being loyal to a friend means.
- By the end of the lesson, the student will know how to demonstrate loyalty to a friend.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?
5. Why is it important to be loyal to your country?
6. How can you show loyalty to your country?

ages 4-7

What is loyalty to a friend? It is sticking up for them, even if they do or say something different. Perhaps you make a friend over the summer who comes from a different country and looks or talks a little different than the other kids in your class. Some of the kids in your class start to make fun of him, or start to pick on him, just because he's a little different. Being a loyal friend means sticking up for him and letting him know you are there for him.

Being a loyal friend can also mean making some other hard choices. Maybe you have a friend who takes something that doesn't belong to her. Being a good friend would mean telling her to give it back, and if she didn't, you would have to decide if you could be a friend with someone who does things you know are wrong. If your friend

were doing something you knew that could get her hurt, like taking candy from a stranger, being a good friend would mean telling your parents or your teacher about what happened. Good friends care enough to help their friends stay safe.

Learning to be a good friend is important because as you grow older your friends will become more and more important to you. And being a good friend means you are loyal to him or her.

Ask your students:

- **What is being a good friend?**
(Sticking up for them, even if they say or do something different.)
- **What should you do if your friend does something that could get her hurt?**
(You should tell your parents or teacher.)

How can you demonstrate loyalty to a friend? Suppose you have a friend who is doing things a little differently than the rest of the kids at school. Maybe he plays a strange instrument or his family comes from a different country. Some of the kids in your class start to make fun of him or start to pick on him. As a loyal friend you would stick up for him, perhaps telling the other kids that you think it's okay to be a little different. It's also letting your friend know you are there for him.

Sometimes being a loyal friend means you having to make some hard choices. Maybe you have a friend who is picking on smaller kids in your school. Of course, you don't like it so you tell him you don't think that what he is doing is right. If he continued to do it you would have to make the choice not to be his friend any more because being a friend means sharing similar values.

Or maybe your friend is doing something that you know is bad for her, like taking drugs. Being a good friend would mean telling your parents or your teacher about this. Good friends care enough to help their friends stay away from danger.

It's very important to be loyal to your friends. As you grow your friends will become more and more important to you. So make sure you pick the right friends and then be loyal to them.

Ask your students:

- **What is being a good friend?**
(Sticking up for them, even if they say or do something different.)
- **What should you do if your friend does something that could get her hurt?**
(You should tell your parents or teacher.)

adults

Everyone loves a good friend. The loyalty of a good friend is irreplaceable. How do we develop loyalty to our friends and they to us?

One of the best ways to develop loyalty in a friendship is just by being there. A woman was having a bad time of it with her teenage daughter, and the pressures that are put upon her family. She called her friend to ask her to walk with her. When they met she asked her friend, "Please, don't say anything while we walk".

They walked for about 45 minutes and when they returned the friend who had asked for silence turned to her walking partner and said, "Thanks just for being here today". Then she went on to tell her friend of the challenges she was facing. Just being there made the difference.

Sometimes being a friend means becoming more involved. When a friend is doing things that are self-destructive it's important to point it out to your friend. For example if a friend is constantly drinking too much or staying out at night when he has a family at home, a good friend would point out his observations. Reminding a friend of what's acceptable behavior and what's not is just being a good friend. Like the saying goes, "Friends don't let friends drive drunk." neither should they ignore self-destructive behavior.

Being a loyal friend. We all want them, and we desire to be them. It takes lots of work to earn the title of "good friend".

Topics for discussion

- What examples can you think of that would make one a good friend?
- What would your reaction be if a good friend of yours were to tell you about something that they found disturbing about your lifestyle or habits?

"You can't be loyal to your friends some of the time."
- Will Scott

week four
LESSON 8

Loyalty to Friends



- Students will learn, through stories, what being loyal to a friend means.
- By the end of the lesson, the student will know how to demonstrate loyalty to a friend.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?
5. Why is it important to be loyal to your country?
6. How can you show loyalty to your country?
7. What is being a good friend?
8. What should you do if your friend does something that could get her hurt?

children's story

The Quest

Master Woo began, "It was the ache in his wings and the steady, driving rain that finally forced him to seek shelter in the hollow of the old oak. He could never remember feeling this tired. It was the kind of tired that makes everything feel like it's happening in slow motion. He felt each drop of water as it slid off his feathers. They kept him dry but not quite warm enough. He was so grateful to have found shelter; it was a few moments before he realized that he had not yet released his precious burden from his beak. As he placed the bark on a pile of wood shavings in the hollow tree, he noticed a trail of ants working feverishly to bring their eggs in from the rain. They worked steadily and with precision, but he could sense their urgency.

He thought of the reason for his flight. The Great Owl in the willow tree had said that the rare tree bark was the only thing that could cure the broken leg of his friend, Badger. He had gladly volunteered to help find some; so had Wolf, Raccoon and Otter. Great Owl had sent each of them in a different direction in hopes that the cure would be located quickly. Although it had not taken him very long to find the special bark, his journey had seemed endless because of the rain. All he could think of was the numbness that spread from the very tips of his wings to his quivering legs. He thought, "If I could just sleep for a while." Surely Wolf had found the bark and, under the cover of trees, was running back to the willow right now. Perhaps Raccoon, with his thick warm fur, was scampering through the trees with his arms full of bark. Maybe Otter, who loved the water anyway and wouldn't be the least bit bothered by the rain, was swimming toward the willow at this very moment. It would not hurt to settle in the warm hollow and rest for a while.

Ask your students:

- **Why was the bird in the story flying in such terrible weather?**
(To bring back the bark to help heal his friend's leg.)
- **What did the bird notice about the ants?**
(The ants worked hard, even in the rain.)
- **Why did the bird decide not to take a rest?**
(He thought that he should be loyal to his friend and not think about how tired and cold he was.)
- **Would you do something difficult or uncomfortable to be loyal to a good friend?**

As he started to close his eyes, he caught sight again of the trail of ants scurrying along their path, all working together to achieve their goal, and he was instantly wide-awake. What if Wolf or Raccoon or Otter had been unable to find any of the special bark? What if they were all counting on his dependability to help their friend? He looked out and saw that the sky showed no signs of clearing. The dull ache in his wings was urging him to stay in the warmth. Then he thought of his friend, Badger.

Gently but firmly he reached for the bark and made sure he had a good grip with his beak. With new found strength and determination, he hopped to the opening of the hollow and perched for a moment to get his bearings. Then he took flight and headed toward the willow and his friends."

Yuda at Heaven's Gate

King Yuda had ruled over his people for a long time. It was now time for him to go up to the Kingdom of the Immortals. The journey he made up the mountain was very long and treacherous, but the King found a dog that accompanied him up the mountain. The dog not only provided good companionship for King Yuda he also helped to keep him safe.

When the King and the dog reached the gates of the Kingdom of the Immortals, the keeper of heaven's gate told the him that he could come in, but not the dog. The King was saddened and could not understand why. He did not want to go into the Kingdom of the Immortals without his friend, the dog, that had been so loyal to him.

The keeper of the gate urged him again to abandon the dog, but the King stayed strong to his commitment. Suddenly, the dog turned into the god Darma who told Yuda that, because he had such great loyalty to his friend, he would be honored in the kingdom of the Immortals. Yuda then followed the keeper of the gate through into the Land of the Immortals.

Topics for Discussion

- How might you show loyalty to your friends?

DRILL

Stand By Me

Equipment needed: Rope, belts, soft foam balls and blockers or boppers.

The purpose of this drill is to show students how support and dependability relate to loyalty. This is a self-defense drill. Choose two students to be partners. Have them stand side by side with their backs against a wall. Choose three to six other students to form a semicircle facing them.

Note: Emphasize to everyone that this is a drill and everyone should act in a way that will prevent injury to themselves or anyone else.

The pair of students will be asked to defend themselves against the group of attackers. At first, have the students attack one at a time. As the defenders get better, the attackers can begin to attack in multiples. Emphasize to the defenders that they must work together to protect the team. If one of them loses, they both lose.

The attackers could use blockers, boppers or foam balls to attack. If you would like, the defenders could be tied together with a belt or soft rope.

Option: As an option for small children, have the attackers stand at a distance and toss soft foam balls at the defenders. They must block the balls as a team.

"If we sew a thought we gain an action. If we sew an action we gain a habit. If we sew a habit we gain a life style." - Anonymous

week five
LESSON 9

Loyalty to Yourself



- Students will learn why being loyal to their self and beliefs are so important.
- By the end of the lesson, the students will know how to demonstrate loyalty for themselves and their beliefs.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?
5. Why is it important to be loyal to your country?
6. How can you show loyalty to your country?
7. What is being a good friend?
8. What should you do if your friend does something that could get her hurt?

ages 4-7

Being loyal to yourself means making decisions that help you in your life. Making a decision is when you chose or decide for yourself which thing you want or what you want to do.

There are two kinds of decisions. One kind is easy because it's a choice between a right and wrong thing, like whether we should lie or whether we should steal.

The second kind of decision gives lots of choices, and different ones are right for different people. These choices are what kind of instrument to choose to play, or what sport to become involved with. As you become older, these choices would be what job to take or who to marry.

What you need to know is that the first kind of decisions the kind that is a choice between right and wrong, have to be made now. You need to know what is right or wrong, in advance of something coming up, so you can make the right decision. When you have a question about what is right or wrong you need to ask your parents or a trusted teacher to help you make the right decision. When you have made these decisions before something happens you are showing real loyalty to yourself and your beliefs.

Ask your students:

- **What is the first kind of decision?**
(Decisions about right and wrong.)
- **What are some right or wrong decisions?**
(Decisions about telling the truth, stealing, etc.)

Being loyal to yourself means making decisions that help you build a successful life. Making a decision is when you chose, or decide, for yourself which thing you want or what you want to do.

There are two kinds of decisions. One kind is easy because it's a choice between right and wrong. Like whether we should lie or whether we should steal.

The second kind of decision gives lots of choices, and different ones are right for different people. These choices are what kind of instrument you choose to play, or what sport to become involved with. As you become older, these choices would be what job to take or who to marry.

Decisions of the first kind should be made now, in advance, because you already know the answers and you shouldn't wait until you are in a difficult situation before you commit yourself. Let's say in a couple of years from now you are with some friends, and they decide it would be fun to sniff some glue or try some drugs. They are doing it and telling you how good it makes them feel, and they urge you to try it. When you hesitate they'll probably say something like, "What's the matter? Are you some kind of chicken? It won't hurt you

- no one will know." If you haven't made your decision in advance, this could be a very hard choice. But if you've already decided to never use drugs, the choice is much easier.

You need to know what is right or wrong now, in advance of something coming up, so you can make the right decision. When you have a question about what is right or wrong you need to ask your parents or a trusted teacher to help you make the right decision. When you have made these decisions before something comes up you are showing real loyalty to yourself and your beliefs.

Ask your students:

- **What is the first kind of decision?**
(Decisions about right and wrong.)
- **What are some right or wrong decisions?**
(Decisions about telling the truth, stealing, etc.)

adults

Being loyal to your self and your beliefs means having the information to make the right decisions. By right decisions, I mean the kind that will help you become successful in your life.

Basically, there are two kinds of decisions. The first are decisions about what is right and what is wrong. These decisions involve stealing, lying, cheating, and other types of deviant behavior. Most of us make these decisions correctly on a regular basis. What's important in making these decisions is that we are surrounding ourselves with the information and the people who can constantly encourage us to stay on track, to do the right things.

Essentially, there are six steps to making a decision. They are:

1. State the objective of the decision. (i.e. what do you want to gain from this decision?)
2. Brainstorm alternative solutions. List as many solutions as you can.
3. Choose the best solution.
4. Implement the best solution.
5. Evaluate your results.
6. If your results aren't what you expect, make sure you have the right objective. If you have the right objective go to step two and choose another alternative.

Being loyal to your beliefs means you know how to make the right decisions. This is why decision making is so important in order for you to live a truly successful life.

Topic for Discussion

- What are some decisions you've had to make lately?
- Take one of these examples and go through the steps of decision making.

"An ounce of loyalty is worth a pound of cleverness."
- Elbert Hubbard

week five
LESSON 10

Loyalty to Yourself



- Students will learn, through stories, why being loyal to their self and beliefs are so important.
- By the end of the lesson, the students will know how to demonstrate loyalty for themselves and their beliefs.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?
5. Why is it important to be loyal to your country?
6. How can you show loyalty to your country?
7. What is being a good friend?
8. What should you do if your friend does something that could get her hurt?
9. What is the first kind of decision?
10. What are some right or wrong decisions?

children's story

Cheeky's Jungle Laws

(from Teaching your Children Joy by Linda and Richard Eyre)

Master Woo began, "We're going to talk about laws today. We're also going to talk about making decisions about following laws or rules. Our story begins in a jungle where a baby monkey named Cheeky lived.

Cheeky had to follow two laws of the jungle. The first jungle law was that whenever you were in a tree you had to hold on with your hand, or with your foot, or with your tail. The second jungle law was that when you saw a lion coming you had to quickly climb up into a tree.

Cheeky also had two family laws. The first was that you couldn't get out of the tree without asking. The second was to never drop banana peels on limbs of the family tree.

Cheeky had to make decisions about what to do every day. Some things he did had laws to tell him what to do, some didn't. When Cheeky woke in the morning he had to stretch and yawn, and he almost let go of the branch. Was there a law to tell him what to do?"

Look for hands & call on a student for an answer...

Yes, hold on or he would fall.

"He then looked at his two hats, a red one and a green one. Was there a law to tell him which one to wear?"

Look for hands & call on a student for an answer...
No, he could choose whichever one he wanted.

"He chose the red one. Then he wanted to climb down and find a banana for breakfast. Was there a law to tell him what to do?"

Look for hands & call on a student for an answer...
Yes, ask his mother so she should know where he was and
he wouldn't get lost.

"He came across a big banana and a little banana. Was there a law to tell him which one to choose?"

Look for hands & call on a student for an answer...
No, he could choose the one he wanted.

"He chose the big one. While he was walking back to his tree he saw a lion. Was there a law to tell him what to do?"

Look for hands & call on a student for an answer...
Yes, climb up the tree quickly or the lion would eat him!.

"Cheeky climbed up a tree quickly. After the lion went away he went back up his own tree to sit and eat the banana. Then he peeled the banana. Was there a law about the peel?"

Look for hands & call on a student for an answer...
Yes - don't leave it on the limb.

Master Woo finished saying, "Cheeky had a fun, safe day. It's fun and safe when you know the laws and do what they say. It's also fun to decide things when there isn't a law about them."

Ask your students:

- **What is a law?**
(Things you must do right or else you will get punishment.)
- **What is a punishment?**
(Something sad that happens when you break a law.)

Big Rocks

Loyalty to one's self begins with knowing what is important in your life. Once you know what's important, it's easier to make decisions that can help you in your life. In the book "First Things First", Stephen Covey, tells a story about putting rocks in a 5 gallon jar. At a time management seminar, the facilitator says that he's going to give a pop quiz. He then picks up a five gallon water jar and starts to put rocks that are just big enough to fit into the mouth of the jar, until the rocks are crammed full in the jar.

He asks the question "Is the jar full now?" The answer comes back a resounding "Yes!"

He then says, "Watch this." He then takes some gravel and puts it into the mouth of the jar until no more gravel will fit into the jar. He then asks the question "Is the jar full now?"

Since this is a bright class, they understand they could be being tricked so they answer "NO!"

"You're right!" he says and starts to put sand into the mouth of the jar until no more sand will fit and again asks if the jar is full now. The class is now wise to this and says "NO!"

The facilitator then takes a waterspout and pours water into the jar until no more water will fit into the jar and the class agrees that the jar is full now. The facilitator then asks, "What's the point of this lesson?"

Someone ventures "That no matter how full your life is you can always squeeze in something else?"

The facilitator replies "NO! The point is that if you hadn't put the big rocks in first you would have never gotten any of them in!"

That's the importance of your decision making process. Unless you make the decision to put first things first in your life by planning the big picture, then adding the other, not so important things in our lives, we will never have the time in our lives for what's truly important.

To decide what's truly important in your life you need to take the time to ask, "What's truly important to me?" Then, and only then, can you put the big rocks first in your life.

DRILL

United We Stand/Divided We Fall

Equipment needed: Rope, belts, soft foam balls and blockers or boppers.

This drill continues with last week's drill. Its purpose is to work on developing support and dependability as a part of a team self-defense drill. Choose three to four students to be a team. Have them stand back to back in the middle of the room. Choose 3-10 other students to form a circle around them.

Note: Emphasize to everyone that this is a drill and everyone should act in a way that will prevent injury to themselves or anyone else.

The students in the middle will be asked to defend themselves against the group of attackers. Initially have the students attack one at a time. As the defenders get better, the attackers can begin to attack in multiples. As with last week's drill, emphasize that the defenders must work together to protect the team. If one of the team loses, they all lose.

The attackers could use blockers, boppers or foam balls to attack. If you would like, the defenders could be tied together with a belt or soft rope.

Option: As an option for small children, have the attackers stand at a distance and toss soft foam balls at the defenders. They must block the balls as a team.

"A healthy loyalty is not passive an complacent, but active and critical."
— Harold Leski

week six
LESSON 11

Loyalty Review



- Students will review the lessons of loyalty.
- The students will review the information they have learned about loyalty.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?
5. Why is it important to be loyal to your country?
6. How can you show loyalty to your country?
7. What is being a good friend?
8. What should you do if your friend does something that could get her hurt?
9. What is the first kind of decision?
10. What are some right or wrong decisions?

ages 4-7

Over the past few weeks we have been talking about loyalty. We found that when we are loyal to something or someone, it means that we have a strong liking for it, and that we really care about its success.

We looked first at loyalty to your family. Since the people in your family are the people that you knew first, and who know you best, we decided that we should give

them our loyalty through our love and obeying their rules.

We talked about ways to show our loyalty to our country. Some of these by obeying, by picking up litter, taking off your cap and putting your hand over your heart when the national anthem is played at a baseball game.

We talked about loyalty to friends by sticking up for them, even if they do or say something that isn't popular. We also found that being a loyal friend can also mean making some other hard choices like choosing not to be a friend with someone who does things you don't agree with. Or telling your parents or teachers if your friend is going to do something that could get herself hurt.

Learning to be a good friend is important because as you grow older your friends will become more and more important to you. And being a good friend means you are loyal to him or her.

Finally, we found that there are two kinds of decisions and that being loyal to yourself means making decisions that help you in your life. What we discovered was that you need to know how to choose between right and wrong. You also have to make those decisions now, before something comes up to force you to make those kinds of decisions. If you ever have a question about what is right or wrong you need to ask your parents or a trusted teacher to help you make the right decision.

Ask your students:

- **What is loyalty?**
(Loyalty is having a special feeling or devotion toward a person, place or thing.)
- **Why should you be loyal to your parents?**
(They love you and want the best for you.)
- **How can you show loyalty to your country?**
(You can show loyalty by obeying rules or by picking up litter. You can also show loyalty when you go to a baseball game and take off your cap and put your hand over your heart when the national anthem is played.)
- **What should you do if your friend does something that could get her hurt?**
(You should tell your parents or teacher.)
- **What are some right or wrong decisions?**
(Decisions about telling the truth, stealing, etc.)

Over the past few weeks we have been talking about loyalty. We found that when we are loyal to something or someone, it means that we develop a strong liking for it, and that we sincerely care about it's well being.

You learned that you first learn loyalty from your family. Since your family contains the people you knew first, and that you know best, they deserve your loyalty through your love and the obeying of their rules.

Nobody knows you or loves you more than your parents. That's probably the best reason to be loyal to them. Your parents love you no matter if you're sick, if you have a bad day, if you do poorly at school, no matter what. So be loyal to your parents by listening to them and obeying their rules. They made the rules because they love you.

We found that, after loyalty to your family, one of the most important loyalties we will talk about is your loyalty to your country. Some ways to demonstrate loyalty to your country are by obeying rules at home and at school, picking up litter, or volunteering to help clean up the neighborhood or putting your hand over your heart when the national anthem is played at a baseball game.

We talked about loyalty to friends by sticking up for them, even if they do or say something different. We also found that being a loyal friend can also mean making some other hard choices like choosing not to be a friend with someone who does things you don't agree with. Or telling your parents or teachers if your friend is going to do something that could get herself hurt.

Finally, we found that being loyal to yourself means making decisions that help you build a successful

life. We found that making decisions about what is right or wrong should be made now, in advance. This way you already know the answers and you won't be in a bad position if you find yourself in a difficult situation. When you have a question about what is right or wrong you need to ask your parents or a trusted teacher to help you make the right decision.

Ask your students:

- **What is loyalty?**
(Loyalty is having a special feeling or devotion toward a person, place or thing.)
- **Why should you be loyal to your parents?**
(They love you and want the best for you.)
- **How can you show loyalty to your country?**
(You can show loyalty by obeying rules or by picking up litter. You can also show loyalty when you go to a baseball game and take off your cap and put your hand over your heart when the national anthem is played.)
- **What should you do if your friend does something that could get her hurt?**
(You should tell your parents or teacher.)
- **What are some right or wrong decisions?**
(Decisions about telling the truth, stealing, etc.)

adults

We have been studying loyalty for the past few weeks and have discovered that loyalty signifies a person's devotion or sentiment of attachment to an ideal, a duty, or a cause. We found that when you are loyal to a particular object, which may be another person or group of persons, you develop a strong affection for it. You sincerely care about its well being. We also discovered that loyalty is a common, and important, part of being human.

We talked about the fact that loyalty to family means loving and believing in them. It means helping build your family up, instead of constantly criticizing or finding fault with others within your family. We found another important part of being loyal to family members is helping another member who may be making choices that are not positive for them. We also found that being loyal to your family can simply mean spending time with them.

We also talked about ways of demonstrating your loyalty to your country. Some of these are supporting

your nation in times of need, bringing your disagreements to the attention of others, and voting. We found that loyalty is not just showing up on Election Day, but rather the careful examination of the issues and candidates and voting in an informed manner.

We found that one of the best ways to develop loyalty in a friendship is just by being there. Also we found that being a loyal friend means becoming more involved by reminding them about what constitutes acceptable behavior.

Finally, we found that being loyal to your self and your beliefs means having the information to make the right decisions. When you are loyal to your beliefs you know how to make the right decisions.

Topic for Discussion

- Give examples of how studying loyalty for the past few weeks has affected your life?

"Out of loyalty flow the other great qualities of successful people."
— Charlie 'Tremendous' Jones

week six
LESSON 12

Loyalty Review



- Students will review the lessons of loyalty.
- The students will review the information they have learned about loyalty.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is loyalty?
2. How can you demonstrate loyalty?
3. Why should you be loyal to your parents?
4. How can you show loyalty to your parents?
5. Why is it important to be loyal to your country?
6. How can you show loyalty to your country?
7. What is being a good friend?
8. What should you do if your friend does something that could get her hurt?
9. What is the first kind of decision?
10. What are some right or wrong decisions?

children's story

My Friend Scruffy

Master Woo was sitting with the class of children surrounding him with a half-circle. "Many years ago, when I was your age, I had a dog named Scruffy. I named him Scruffy because that's the way he looked, even when he was a little puppy."

Master Woo continued, "I brought Scruffy home when he was a little puppy. Right from the beginning he was my loyal friend. He would wait for me to come home from school at the gate in front of our house, then we would play together before I went in to do my homework. It didn't matter if I was feeling grouchy or happy, he always was happy to see me, his tail wagging with excitement."

One day Scruffy and I went hiking in the hills near my house. As we were walking down a steep hill I slipped and hit my head. It made me pass out. Scruffy stayed with me, keeping me warm and licking my face until I woke up, then he led me up to a road where a passing car helped me get safely home."

Master Woo looked each of the children in the eyes saying, "This is what I want you to remember about loyalty. Loyalty is like the way Scruffy treated me. He always accepted me, no matter how I felt. He was always happy to be with me. Also, when I needed him, he stayed with me and helped me. That's what loyalty is all about."

Ask your students:

- **What made Scruffy loyal?**
(He accepted Master Woo no matter how he felt.)
- **He was always happy to see Master Woo.**
(He stayed with Master Woo when he needed help.)
- **Do any of you have loyal friends like Scruffy?**

The Loyalty of Mountain Climbers

Sir Edmund Hillary was the first man to reach the peak of Mount Everest, the world's highest mountain peak, with his native guide, Ten Sing. While coming down the mountain, Sir Edmund lost his footing, but Ten Sing held the line taut and prevented them both from falling to their deaths by digging his axe into the ice.

Ten Sing refused to take any special credit for saving Hillary's life. He considered it merely a routine part of the job. He expressed these thoughts through this simple, but eloquent statement, "Mountain climbers always help each other."

In essence, what he said was mountain climbers are loyal. They don't give up on their friends when the going gets tough. They encourage each other; they are there for each other. They are loyal to their quest to reach the top of the mountain.

For you to reach for the top of your mountain, in order to reach the pinnacle of success, you need the trait of loyalty. You need to develop loyalty so that you can deserve to receive it. Work on your loyalty, develop your loyalty, it will make you into an excellent mountain climber no matter what mountains you face in your life.

Topic for Discussion

- Give examples of how you have developed loyalties in your home, work and/or school.

DRILL

Trust Me

Equipment needed: Mats or Shields

Point out to your students that trust is an important part of loyalty in friendships. Explain that this drill is to show your students the important link between trust and loyalty. A side benefit of this drill is that it should also improve the trust and loyalty between your students and for your school.

Divide your class into groups of eight to ten students. The students should get into two lines of four or five and stand shoulder to shoulder directly across from each other. The students should then reach across and lock arms with the person across from them. Another student from the class should then stand at the end of the group and prepare to fall into their arms. Start the exercise by having the students fall only a short distance. As they build trust and loyalty with the groups, you can allow them to fall further.

For Adults:

The falling person should cross their arms across their chest and keep their body completely rigid. When the student is prepared to fall, they should close their eyes and yell, "Ready" or something else to signal they are prepared to fall. The group should then respond by yelling "Ready" to acknowledge that they are also prepared. The group should make every effort to prevent the falling student from falling on the ground.

For Children:

For smaller children put pads under the holders for additional safety or use older students or parents to do the catching.