



## GUIDED DISCUSSION

### Does sport develop character or reveal it?

In addition to the performance-related traits like grit, determination, and self-discipline are you developing morality related traits - ie. traits that sometimes seem at odds with behaviours we see in sport like compassion and integrity). The NHL King Clancy and the NFL Man of the Year awards are examples of how professional sports recognize character off the field of play. The recipients of these awards usually aren't doing good deeds to get an award, but their efforts are recognized because they exemplify the character that your parents and coaches are hoping to instill in you and your teammates through sport.

Think about your own personal values and how easy or difficult it is to stay true to your values such as:

- Integrity: being honest and having strong moral principles that you refuse to change
- Honesty: free of deceit and untruthfulness; sincere
- Compassion: sympathetic pity and concern for the sufferings or misfortunes of others
- Diligence: careful and persistent work or effort
- Civic and ethical engagement: Individual and collective actions designed to identify and address issues of public concern
- Responsibility: having a duty to deal with something or of having control over someone

#### ACTIVITY: CHARACTER DEVELOPMENT IN SPORT

This is a guide: Assign parts of the activity as home and/or adjust times and activities as needed.

- 1.10 minutes - students read this article: <https://changingthegameproject.com/do-sports-actually-teach-character/>
- 2.10 minutes - reflect and journal: Please take 10 minutes to write down examples of where you have observed or personally experienced the above values in action? (leader - share an example of your own to help get them going)
- 3.15 minutes - pairs or small group sharing: In small groups, each student takes a few minutes to share some of the examples as you feel comfortable
- 4.10 minutes - report back: Select one person from each group to summarize your discussion - what stood out for your group?
- 5.5 minutes - Personal challenge: Choose one value to focus on for the next month. What is the value and why is it important to you? Who will you reach out to for support?
- 6.5 minutes - Wrap up: Leaders share your own insights and observations and advice

Closing comment:

We have all seen athletes who are physically talented but get bypassed from top team selections due to poor attitude or unethical behavior. Your words and your actions matter just as much as your abilities. Being a good person is just as important as being a good athlete. One day you will thank your parents, coaches and teammates for holding you accountable and helping you navigate situations that test your character.

References:

<https://changingthegameproject.com/do-sports-actually-teach-character/>