

	Location	Sport	Trait	Definition	SEL	TEKS (Subsection)	TEKS Positive Character Trait	Game
1	Greece	The Olympics	Perseverance	Giving your best until you get it right, no matter how long it takes.	Self-Management: This is our students' ability to manage their own emotions, behaviors, and thoughts in different situations. The lesson on perseverance requires that students understand their desires (such as wanting to move) and balance this with the requirements of the game (freezing in place). Students must also demonstrate patience and the ability to delay gratification (core tenants of self-management).	3rd Grade: 2(A), 6(C), 14 4th Grade: 6(C), 14 5th Grade: 6(C), 14	Responsibility: Perseverance	Statues of Greece: While one student calls directions to move or freeze, the rest of the class practices holding still in various poses.
2	Scotland	Golf	Integrity	Doing what is right even when no one is watching.	Self-Awareness: This is our students' ability to evaluate and understand their own emotions, beliefs, and thoughts. Integrity is a key component of self-awareness. Integrity requires students to understand right and wrong and to have the inner strength to act on what is right.	3rd Grade: 12(A) 4th Grade: 3(A), 3(G), 6(B) 5th Grade: 3(A), 3(G), 6(B)	Trustworthiness: Integrity	Putt-Putt: Students putt a golf ball back and forth, using hand-eye coordination to hit their partner's putter.
3	New York	Baseball	Self-Control	Doing what you know is right, even when you don't feel like it.	Self-Management: This is our students' ability to manage their thoughts, emotions, and behaviors. Self-control is the end goal of self-management as a social-emotional skill. It requires that students learn to manage their emotions and stress with techniques like those provided in the video lesson.	3rd Grade: 1(A), 4(A), 12(C) 4th Grade: 3(A), 6(B), 12(C) 5th Grade: 3(A), 6(B), 12(C)	Responsibility: Self-Control	Knock It Off: Students relay race to knock a target off a perch with a thrown ball.
4	New Zealand	Rugby	Pride	Being full of love for what you do and for your teammates.	Self-Management: This is our students' ability to manage their thoughts, emotions, and behaviors to achieve their goals and dreams. The lesson on pride teaches students the difference between pride that is beneficial and pride that is detrimental. Managing pride is as important as managing stress or emotions because it can be just as destructive in the wrong circumstances.	3rd Grade: 1(A), 4(A), 6(A), 6(C), 12(C); 4th Grade: 1(A), 6(B), 6(C), 12(C); 5th Grade: 1(A), 6(B), 6(C), 12(C)	Citizenship: School Pride	Turned to Stone: A modified version of freeze tag, using a football or rugby ball.

	Location	Sport	Trait	Definition	SEL	TEKS (Subsection)	TEKS Positive Character Trait	Game
5	Brazil	Volleyball	Encouragement	Helping others do their best.	Relationship Skills: This is our students' ability to create and maintain strong relationships, as well as the ability to navigate various social situations. Encouragement is a key component of relationships. It requires the ability to consider a person other than oneself and to show that consideration through their words and actions. Explaining how to encourage others helps with effective communication, and encouragement is a hallmark of good teamwork.	3rd Grade: 3(F), 13(A) 4th Grade: 3(F), 12(A) 5th Grade: 3(F), 12(A),	Caring: Consideration, Empathy	The Floor is Lava: Students work together to volley a balloon (or ball) for as long as they can without letting it touch the floor.
6	Texas	Football	Coach-ability	Being excited to learn new things.	Responsible Decision-Making: This is students' ability to make solid, reasoned decisions in their behavior and social interactions, rather than acting on impulse. This skill requires that students be open-minded, particularly when it comes to criticism of their actions or words. Learning to be coachable (excited to learn new things) will help students evaluate the impact of their behavior on other people, as well as to recognize and take advantage of opportunities for critical thinking.	3rd Grade: 3(A), 3(B), 4(A), 6(A), 6(B), 12(C), 15; 4th Grade: 3(A), 3(B), 4(A), 6(A), 6(B), 12(C), 15; 5th Grade: 3(A), 3(B), 4(A), 12(C), 15	Caring: Patience, Responsibility: Diligence	Interception: Three students play positions of quarterback, defender, and receiver. The receiver tries to catch the ball and score while the defender tries to tag them.
7	California	Basketball	Responsibility	Doing what you are trusted to do.	Self-Management: This is students' ability to manage their thoughts, emotions, and most importantly for this lesson, behaviors. Doing the things they have been trusted to do (the definition of responsibility used here) requires that students learn to manage their behaviors to act for the greater or common good, rather than self-interest. Responsibility requires students to set goals and be self-motivated, which are two more keys to self-management.	3rd Grade: 3(C), 3(D), 4(C), 12(A), 12(B), 12(C); 4th Grade: 3(C), 3(D), 4(C), 12(A), 12(B), 12(C); 5th Grade: 6(B), 6(C), 12(A), 12(B), 12(C)	Responsibility: Accountability, Citizenship: Concern for the Common Good	Dribble Relay: Students dribble a basketball to the turning point and back then relay the ball to the next person on their team.

	Location	Sport	Trait	Definition	SEL	TEKS (Subsection)	TEKS Positive Character Trait	Game
8	Mexico City	Hip Ball (Ulama)	Confidence	Believing you can do anything you bring your best to.	Self-Awareness: This is students' ability to recognize and identify their thoughts, beliefs, and emotions. Self-awareness is required for all other social-emotional skills, though self-awareness alone will not teach students how to care for others. Self-awareness also includes the ability to recognize their own strengths and limitations, while maintaining a sense of confidence and purpose.	3rd Grade: 2(B), 3(A), 4(A), 12(C); 4th Grade: 1(A), 2(B), 4(B), 12(C); 5th Grade: 1(A), 2(B), 4(B), 12(C)	Responsibility: Diligence	Hip Hoop Hurray: Students go through three stations: hip-hitting a ball, hula-hooping, and striking confident poses.
9	England	Tennis	Positivity	Focusing on what you can do, not what you can't do.	Responsible decision-making: This includes students' ability to think analytically and make good choices based on thoughts and evidence, rather than emotion or guesses. Positivity challenges students to think in a different way. It causes them to reflect on their own thoughts and to actively change those thoughts in a more positive direction. This in turn impacts their social interactions and other behavior.	3rd Grade: 3(G), 4(A), 6(B); 4th Grade: 3(G); 5th Grade: 3(G), 6(C)	Caring: Consideration, Kindness	Positivity Tennis Challenge: Students try to strike a target with a served (or volleyed) tennis ball and racquet. Team challenge to hit the most first while spelling POSITIVITY.