***Leadership***

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***Lap 2: The Starving Baker***

**Lap 2 Essential Question:**

Are you eating?

**Late Assignments from Lap 1**

Failure to turn in late or missing work by the end of Lap 2 will result in a zero for that particular assignment – no exceptions.

***Overview:***

Legend has it that the following words were written on the tomb of an Anglican bishop (AD 1100) in the crypts of Westminster Abbey:

*When I was young and free and my imagination had no limits, I dreamed of changing the world. As I grew older and wiser, I discovered the world would not change, so I shortened my sights and decided to change only my country.*

*But it too, seemed immovable as I grew into my twilight years, in one last desperate attempt, I settled for changing only my family, those closest to me, but alas, they would have none of it.*

*And now as I lie on my deathbed. I suddenly realize: If I had only changed myself first, then by example I would have changed my family. From their inspiration and encouragement. I would then have been able to better my country, and who knows, I may have even changed my world.*

The first step in anyone’s leadership journey is self-leadership: We must be able to lead ourselves before we can lead anyone else. In fact, the effects of leaders who don’t have strong character, core values, mental toughness, or integrity can be devastating. Whether in communities, families, churches, or schools, leaders lacking these characteristics can have a negative influence on those around them.

In Lap 1 we learned that to be a truly effective leader you must balance your skill and character because if you don’t it will sink you. In Lap 2 we will take the next step in our leadership journey which is understanding that you must feed yourself too or get angry, mad, and eventually burnt out.

***Rationale:***

The next image that we will be examining is called the starving baker. The starving baker represents common hazards for leaders. We’re like the baker who spends so much time baking bread for others, we forget to eat ourselves. Leaders must feed themselves for personal growth. So, what are you eating?

***Learning Goals:***

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| 1. Measure how much time you concentrate on recharging yourself 2. Defend how you revitalize yourself 3. Summarize why you don’t always take care of yourself and recharge yourself |

***Summative Assessment***

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| **Lap 2 Essential Question:**  **Are you eating?** | |
| Each student will have an oral assessment over the above listed learning goals. Each student will be expected to speak on each question asked. Students are permitted to bring in a note card or any object to aid them in their answering of the questions. Students should not read directly from a note card. Your answers should come from your heart.  To be successful on the summative assessment you should ask yourself the following questions:  Do I understand the Learning Goals? If not, have I talked to Mr. Huber?  Do I understand what is being asked of me? If not, have I talked to Mr. Huber?  Did I prepare enough?  Do I have an introduction and plan?  Do I have main ideas to talk about?  Do I have my note card?  Do I have my visual aid?  Am I confident?  Tips to be successful:  Maintain eye contact  Use of proper language  Body language  Clarity  Stay focused and on topic  Confidence | **To be determined** |

***Enrichment***

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| **Lap 2 Essential Question:**  **Are you eating?** | |
| 1. Journal every day, not just class day, and take an inventory of how much time you are taking to refuel yourself. Journal on thoughts like “am I taking too much time for myself” or “am I not taking enough time for myself.” These are just two examples.   Your journal may be typed or handwritten. Each entry should be dated and should start with a brief summary of your day up to your writing point. Please be sure and write in complete and cohesive sentences with proper spelling and grammar.  If you chose to do the enrichment you will also present for **two minutes** on Day 1 of Lap 3 to your peers. Your peers will also be asking clarifying and follow up questions.   1. Create a spreadsheet and record every day during Lap 2, not just class days, your physical fitness/activity. After every entry in your spreadsheet, journal on how you feel once the physical fitness/activity is completed. Do you feel as stressed or stressed at all anymore? Do you feel as tired? Are you still upset or sad? Are your relationships (parents, friends, or self) better?   Your journal may be typed or handwritten. Each entry should be dated and should start with a brief summary of your day up to your writing point. Please be sure and write in complete and cohesive sentences with proper spelling and grammar.  If you chose to do the enrichment you will also present for **two minutes** on Day 1 of Lap 3 to your peers. Your peers will also be asking clarifying and follow up questions. | **10/13** |

***Calendar of Events***

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| **Day 1** | |
| 1. **Due at class time** – Nothing at this time. 2. **What we are doing today** – Discussion of final project. Let’s eat! Videos. Introduction into the Starving Baker. 3. **Assignment due for next class** – Bring in two items. The first item should represent something that energizes you, gets you in a good mood, and represents happiness and positivity. The other image should do the exact opposite. This image should represent stress, apprehension, and perhaps sadness and even anger. **Everyone** will speak for 90 second on day 2 and describe why you chose these two images. After the 90 seconds is up you will also take questions for the class. Each class member will be responsible for asking everyone a question. | **10/4**  **B – Day** |
| **Day 2** | |
| 1. **Due at class time** – Images and be prepared to explain why you chose the images you did. Remember you will also be responsible for asking and answering questions to and from your peers. 2. **What we are doing today** – Discussion of field trip on Friday the 23rd. Presentations, questions, and answers. Continue discussion of the Starving Baker. 3. **Assignment due for next class** – On the Weebly site read the story titled “The Lumberjack.” Next, in a well-constructed typed paragraph (at minimum 6 – 8 complete sentences total. Proper spelling and grammar is a must. Please do not abbreviate any words or phrases.); which you will turn in on day 3, answer the following three questions: **(1)** We all understand the importance of “sharpening the axe.” Why do you think we fail to do it? Why does it seem like a waste of time? **(2)** Why is it we often feel guilty when we stop to take care of ourselves? **(3)** Staying “sharp” can mean lots of things. How do you do it? How do you feed and refresh yourself? **Everyone** will speak for 90 seconds on day 3 on one of three questions. | **10/6**  **D – Day** |
| **Day 3** | |
| 1. **Due at class time** – Typed paragraph over your three questions. Be prepared to speak, ask questions, and listen to your peers. 2. **What we are doing today** – Continue discussion of the Starving Baker. How does the image represent your leadership? Where is your baker? What is your image? 3. **Assignment due for next class** – Nothing at this time. | **10/11**  **G – Day** |
| **Day 4** | |
| 1. **Due at class time** – Nothing at this time. 2. **What we are doing today** – Finish discussion over the Starving Baker. Complete the self-assessment. 3. **Assignment due for next class** – Continue working on your summative assessment. | **10/13**  **J – Day** |

**Coming up next…**

Golden Buddha