

# The First Tee Life Skills Lessons

## Par Level

### **Par Level Life Skill Lesson #1: Welcome and Introductions**

*Activity/Lesson:* Play the Name Toss game or other name learning activity.

*Life Skill Goal:* Everyone should know everyone else's name by end of class.

### **Par Level Life Skill Lesson #2: RESPECT (Interpersonal Skills and Self-Management)**

*Activity/Lesson:* The participant demonstrates respect

1. For himself/herself by dressing neatly, trying his/her best and keeping a positive attitude
2. For others by being courteous and helpful, as well as following instructions and safety rules.
3. For the environment by keeping the learning facility and practice areas clean and in better shape than he/she found them (repairing ball marks, replacing divots, picking up trash and so forth).

*Life Skill Goal:* All participants should understand and demonstrate respect for themselves, others and their environment.

### **Par Level Life Skill Lesson #3: MEETING AND GREETING (Interpersonal Skills)**

*Activity/Lesson:* The participant consistently faces the other person, smiles and looks the other person in the eye, gives a firm handshake, and clearly states his/her name.

*Life Skill Goal:* All participants should be able to properly greet someone as if meeting him or her for the first time.

### **Par Level Life Skill Lesson #4: HAVING FUN WHILE YOU LEARN (Self-Management)**

*Activity/Lesson:* The participant understands uses the Three Tips for Fun while practicing and/or playing golf.

1. The participant demonstrates patience.
2. The participant maintains a positive attitude.
3. The participant asks for help when needed.

*Life Skill Goal:* All participants should be able to recite and understand the Three Tips for Having Fun.

### **Par Level Life Skill Lesson #5: STAYING COOL (Self-Management)**

*Activity/Lesson:* The participant understands and uses the 4Rs while practicing and/or playing golf.

1. Replay: Thinks about what happened and what he/she did.
2. Relax: Takes a deep breath.
3. Ready: Think about what he/she needs to do next time.
4. Redo: Either tries again or imagines how to do it better.

*Life Skill Goal:* All participants should be able to recite and understand the 4Rs.

### **Par Level Life Skill Lesson #6: PERSONAL PAR (Self-Management)**

*Activity/Lesson:* The participant understands how develop their own Personal Par based upon past performance and uses Personal Par while practicing and/or playing golf.

*Life Skill Goal:* All participants should be able to understand the concept of Personal Par and be able to apply it to a golf activity.