



BEHAVIORAL WORD STUDY

CHALLENGE

To grasp valuable behaviors, kids must understand the emotional dynamics of these words, not just their definitions. There may not be a word that better describes the difficulties of building our skills or knowledge than CHALLENGE— a word which defines tasks that require us to extend our effort beyond our comfort zone. Engage kids in discussing the dynamics of CHALLENGE listed below, relating perhaps to sports, school work, or chores. Use this word study for helping kids to identify the dynamics involved in past or current challenges. Then discuss new challenges you may want them to deal with healthfully. Explain words that kids aren't familiar with to enlighten their understanding. Use the blank spaces to add additional possibilities.

POSSIBLE DIFFICULTIES		FEELINGS BLOCKING ACTION	
<input type="checkbox"/> Awkwardness <input type="checkbox"/> Complexity <input type="checkbox"/> Confusion <input type="checkbox"/> Direction <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Practice <input type="checkbox"/> Strain <input type="checkbox"/> Time consumption <input type="checkbox"/> Trickiness <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Bad attitude <input type="checkbox"/> Disappointment <input type="checkbox"/> Discomfort <input type="checkbox"/> Disliking effort <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Fear of pain <input type="checkbox"/> Impatience <input type="checkbox"/> No desire <input type="checkbox"/> Lack of cooperation <input type="checkbox"/> _____ <input type="checkbox"/> _____
SELF-MOTIVATION		GUIDANCE FROM OTHERS	
<input type="checkbox"/> Acceptance <input type="checkbox"/> Command <input type="checkbox"/> Creativity <input type="checkbox"/> Discipline <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Drive <input type="checkbox"/> Excitement <input type="checkbox"/> Faith <input type="checkbox"/> Interest <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Advice <input type="checkbox"/> Coaching <input type="checkbox"/> Demands <input type="checkbox"/> Direction <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Encouragement <input type="checkbox"/> Incentives <input type="checkbox"/> Resources <input type="checkbox"/> Strategies <input type="checkbox"/> _____ <input type="checkbox"/> _____
REQUIRED ACTION		RESULTS EXPECTED	
<input type="checkbox"/> Dedication <input type="checkbox"/> Discipline <input type="checkbox"/> Efforts <input type="checkbox"/> Exertion <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Following instruction <input type="checkbox"/> Initiative <input type="checkbox"/> Obedience <input type="checkbox"/> Tolerance <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Achievement <input type="checkbox"/> Awards <input type="checkbox"/> Competency <input type="checkbox"/> Honor <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Improvement <input type="checkbox"/> Praise <input type="checkbox"/> Reward <input type="checkbox"/> Triumph <input type="checkbox"/> _____ <input type="checkbox"/> _____