

60 Minute
Lessons!

Bite-Size Curriculum

Ideal for
Trainers!

Team
Meetings!

60 minute bite-sized curriculum is designed for trainers, facilitators, team leaders, student leaders and Educators.

Lesson 8 – Bad Words. Good Advice.

Curriculum Designed for Educators, Trainers, Young Adults

60 Minute “bite-size” Lessons

Tips for Use

Curriculum may be used as a tool for professional coaching, peer to peer coaching, guidance counseling, and career counseling.

Overview

The Bad Words Good Advice Lesson introduces participants to new definitions and new meanings of common words and how changing the meaning changes the power of the word. Video links are provided at the end of each chapter to build on what was read in the book. Use links as needed.

Objective

Targeting young adults and emerging leaders, the objective is to teach participants how to identify bad words and remove them from their vocabulary. And teach them how to redefine seemingly bad words and repurpose them in a good way.

You Will Need

- ✓ A group leader or facilitator
- ✓ Flip Chart or white board
- ✓ Copies of the book, *F'd UP*

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Before Lesson

Writing Activity: (5-10 min)

1. Ask participants to pick out an object in the room preferably an old, used or broken item. Take the object and create something new with it.
2. Write about the object: *What was its former purpose? What is its new purpose?*

After Lesson (5-10 min)

1. Ask participants to complete the 10-question feedback form accessible in this book and at www.nolimit2yoursuccess.com/forms
2. Discuss questions as a group. Listen. Ask more questions.
3. Encourage participants to reflect, write and share.

Small Group Activity – Bad Words (20 min)

Break into groups of 4-5. Ask each group to select 1-2 “bad” words listed in chapter 8. Select words that they use daily. Discuss ways to remove or repurpose those words moving forward. Discuss the steps they need to take to change their vocabulary.

Large Group Discussion (20 min)

Identify, as a large group, additional “bad” words that are not listed in the book. Get feedback from the group. Which words need to be removed? Which words can be repurposed?

Feedback Form

Lesson (circle) 1 2 3 4 5 6 7 8

Respond to the questions honestly after reading the assigned chapter in the book *F'd UP: The UPSide of Failure*.

1. Did you find the subject matter in this chapter informative and helpful? Why or why not?
2. What was a new concept or idea you learned in this chapter?
3. How did this chapter help you to deal with failures differently?
4. How did the information in this chapter help change your perspective on failure?
5. After reading this chapter, what do you need to STOP doing?
6. After reading this chapter, what do you need to START doing?
7. After reading this chapter, what do you need to CONTINUE doing?
8. What was your biggest takeaway from the chapter?
9. Who would you recommend read this chapter? Be specific.
10. Will you apply what you have learned? Why or why not? How?

