Creating my Champion GOAL medal!

Olympic athletes are good examples of Champions!

Many Champions demonstrate important values that can be used in sport, at school and in life!

THE 7 OLYMPIC VALUES ARE:

Respect - playing fairly; knowing your own limits; and taking care of your health and the environment

Excellence – to give the best of yourself, on the field of play or in life, to take part and progress according to your own objectives

Friendship - how, through things like competitions and experiences, you understand others despite any differences

Courage - to find the strength to do something that seems difficult or scary

Determination – to keep trying or practising, even when it gets tough

Inspiration – to be motivated to do something

Equality – to treat everyone the same

As you learned from NED, you don't need to be an athlete or win a medal to be a Champion.

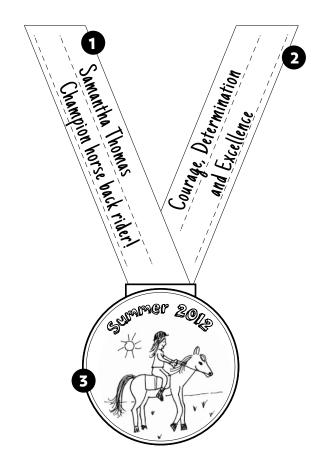
You can be a Champion at...

- playing an instrument
- making friends
- helping your parents
- doing your homework

You can be a Champion at anything when you decide to apply your values to your attitude and actions.

The choice is yours.

What do you want to be a Champion at?	
What do you need to do to reach your goal?	



- 1. Write your name and your Champion Goal on this ribbon.
- 2. Write what will it take to achieve this goal in this ribbon. You can either write it in sentence form or choose from the Olympic Values list.
- **3.** Design your medal! Here are some things you may want to include:
 - A drawing of your goal
 - The date you have set to reach your goal!
 - Your age
- 4. Display in the classroom, hall, or at home!

