

# GOSSIP

**I will choose to fly like an eagle!**

## **The Eagle: A Lesson About Gossip**

### **Lesson Summary**

Teacher: 30 Minutes

This lesson addresses the harmful effects of gossip.

### **Define it:**

If you have ever watched a professional game on TV, you have seen a team focused on one goal--victory. Even when they are heckled or teased by the crowd, even when people throw stuff at them, you see a team singly focused on that goal to win. They control themselves in times of intense struggle because they know that if they lose control, they will get distracted, which could cause them to lose. Sometimes, one team member loses focus, resulting in a fight and being penalized or even expelled from the game. Everyone has a choice, which comes down to what we decide to focus on.

### **Let's Look At An Example.**

It's important to have a plan for everything you do because it's easy to get distracted by things that can pop up during your day. If you don't set boundaries and make good choices before your day begins, you could get caught up in something unnecessary that may take all your time and cause you to miss important things you need to do to bring success to you!! A plan can be as simple as planning time to eat breakfast, get to school on time, and set aside time to do homework. However, your plan can be much more than that, too. It is up to you to create your plan and implement it. Let's talk about it: Just as Dr. Strange's plan led to successfully triumphing over

### **Let's Talk About It.**

An eagle can only be found on the ground if it is injured. They don't focus on what another animal is doing because they are focused on the new heights they will achieve that day. They only come down for a second to get their prey. They don't waste time clucking with the chickens because their focus always stays above their circumstances.



## Let's look and discuss:

How we can be compared to these birds? Think about yourself...what is your pattern like? Do you stay high in the air where you can focus and not allow yourself to hear unnecessary noise and distractions? Or are you a person who stays in the middle of distractions, talking about others, constantly making noise, and allowing things that have no life or no good intention into your mouth and mind?

Are You a Chicken or an Eagle?

If you hear something about another student in your class, do you spread that information, or do you kill that thought?

## Are You a Chicken or an Eagle?

If you hear something about another student in your class, do you spread that information, or do you kill that thought?



**Are you wasting your time clucking  
about stuff you can't control?**

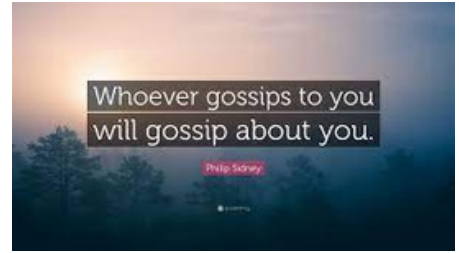
**What can you solve by gossiping?**



**Video and Discussion: No Gossip Policy – Dave Ramsey – 10-15 Minutes**



## Student Thoughts on Gossip



### Questions and Activities:

**Has anyone ever spread your personal business around to other people? What was your response? How did it make you feel?**

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**Think about the last conversation you had with your friend. Did it include talking about someone else's personal business? If so, write down how it made you feel.**

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**What do you gain from gossip? \_\_\_\_\_**

**In what ways does gossip help you reach your goals? How or how not?**

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**What changes can you make to focus on your goals and not tear down others?**

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Here is a clue

**After you complete this assignment, take it home to remind yourself.**