DAY 5
HALFTIME RALLY

SPORTS STORY

- Display the Day 5 Sports Flash Slide.

Today we're talking about an athlete who is known for her selflessness.

Sydney Mclaughlin grew up in New Jersey. Several members of her family, including her parents, were championship runners. Sydney started running track at a young age, but says her dad would bribe her to do so. He would reward her with a chocolate bar if she would run. Would you run for a chocolate bar? (Group response)

Sydney competed in the Olympics for the first time when she was sixteen years old. Sydney ran in the 2016 Olympics, but was eliminated in the semifinals. She was the youngest athlete to qualify for the US Olympic track team in over twenty-five years. But Sydney didn't stop there. She kept practicing and working hard, and went to the 2020 Olympics. When she ran the 400-meter race, the world record was 52 seconds.

Before the race, reporters said that people wouldn't want to miss it. Sydney had an opponent who had barely beaten her in another race by only 0.07 seconds. Now, they'd be competing against each other again to see who was faster. The reporters and fans thought something big was going to happen. And something big did happen! Sydney ran her race in 51.46 seconds! That's 0.14 seconds faster than the world record at the time. Isn't that amazing! What would you do if you set a world record? Would you do a dance, would you cheer really loud? Would you treat yourself to some ice cream? (Group response)

When Sydney caught her breath after the race and was interviewed, the first thing she did was thank God for giving her the strength to run the race. She didn't make it about herself and talk about how great she was or how hard she had worked or brag that she had beaten her opponents. She was selfless and gave all the credit to God. Often, our first response is to think of ourself when we've done something big, but Sydney didn't do that. She took time to thank God.

OBJECT LESSON

- Ask the volunteers for the object lesson (one per sport) to come to the front.

Hi there, volunteers! (silently counting volunteers on the stage) Uh-oh. I have a little problem. I wanted to give you a special treat, and I thought I'd brought enough for all of us up front, but it looks like I'm going to be short. There are (insert number) of us up here but only (insert number) yummy, delicious, freshly baked chocolate chip cookies. (looking longingly at the cookies) They sure look good. (smelling the cookies) They sure smell good. (putting ear near the cookies) Somehow, they even sound good.

(to self) What should I do? I could just keep all of them, but that wouldn't be very selfless, would it? But I really want these cookies!

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(to audience) What do you kids think I should do? (Group response) No matter what I do, someone is not going to get one. And I really care about my friends up here and want to give them a special treat. (with decision) I know what to do! Even though these are my favorite cookies, I'm not going to have one because I want everyone else up here to have one. (Distribute cookies with a great attitude.) Whew! That felt like the right decision. Thank you for helping me learn about being selfless.

- Allow volunteers to eat the cookies and then have them return to their seats.

MEGA KID SPOTLIGHT VIDEO

It's time to hear more about being selfless from today's MEGA Kid! Any guesses about what sport she plays? (Allow responses.) Let's find out.

- Play the Day 5 MEGA Kid Spotlight Video.
- Display the Day 5 MEGA Point Slide.

Today's MEGA Point is "I am selfless." Let's learn some actions to help us remember it. Everyone, stand up. (Group response)First, point at yourself and say, "I." (Group response) Then, make a heart shape with your hands, and say, "am selfless." (Group response) Great job! Being selfless really means loving people like God loves them. Let's say the MEGA Point a few times together.

- Practice the words and actions together a few times.

"Great Job! When Sydney thanked God first after her big win, that was a selfless act." When I decided not to eat a cookie so my friends could have them, that was a small selfless act. What are some other big or small selfless acts you can think of? (Allow responses.) Those are good ideas! How could you be selfless if you're playing a game with friends and there are too many players? (Allow responses.) How could you be selfless if there are a lot of kids waiting for the swings at recess? (Allow responses.) How could you be selfless if you walk into a room with three friends and there are three comfy chairs and one folding chair? (Allow responses.) You're really beginning to understand how simple it can be to put others first.

CONCLUSION

Whether we're being selfless in big ways or small ways, we can choose to put others first and spread Good Vibes Only. As you go to your last Sports Session, look for ways you can be selfless. I can't wait to hear about it later!

- Dismiss the kids and coaches to Sports Session 3.

SPORTS SESSION 3

30

The Head Coaches conduct this session in the Sports Areas. Instructions are found in the sports playbooks.

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