



Goal Busters and Goal Boosters

Materials

- Aim for the Stars poster (in your kit)
- Goal Booster's Top Ten poster (in your kit)
- 1 copy of scripts for "Gunther Finds a Goal Booster", page A-22

Before you start...

♥ *Make one copy of scripts for "Gunther Finds a Goal Booster," Scenes 1 & 2, and cut them apart on the dotted lines.*

Today we are going to play a game called "Goal Boosters and Goal Busters." Before we play the game, let's talk about goals.

What is a goal? 🎯 *Something you want to do or achieve.*

♥ *Refer to the Aim for the Stars poster.*

These are six important steps for setting and reaching a goal:

1. Name what you want to do.
2. Picture yourself reaching your goal.
3. Say, "I can!"
4. Think how to do it.
5. Go for it!
6. Tell yourself, "Good job!"

To play the game, we will need to know the difference between Goal Boosters and Goal Busters.

A Goal Booster is...

- anyone who believes in you and encourages you to reach your goal.
- anyone who sets a good example by going for goals of their own.
- anyone—a Scout Leader or coach, rabbi or minister, counselor or teacher, friend or family member.

A Goal Buster is...

- anyone who makes fun of your goal.
- anyone who puts you down.
- anyone who tries to get you to do things that could keep you from reaching your goal.

To reach a goal, you don't need Goal Busters. You need Goal Boosters.

♥ *Display the Goal Booster's Top Ten poster.*

Goal Boosters encourage you to reach your goals. These are some things that Goal Boosters say. This poster will remind us to encourage one another.

Let's act out some scenes to see if you can tell who is a Goal Booster and who is a Goal Buster. I'll need four volunteers for Scene 1, to act out the roles of Gunther and three of his friends.

♥ *Select volunteers to play the parts of Gunther, Donna, Sergio and James, and give each volunteer his or her script, page A-22. Have Gunther stand in the front of the room, and the other three volunteers stand off to the side.*

I will be the narrator. As I describe what is going on, the actors will act out what I say. For example, if I say, "Gunther practiced pitching," the actor who is playing the part of Gunther will pretend to practice his pitch. If I say, "Then Donna said..." the actor who is playing Donna will speak the lines that are on her script.

♥ *When the volunteers understand what they are to do, have them perform Scene 1.*

SCENE 1

Gunther wanted to pitch a no-hitter. He decided to work out three times a week by doing chin-ups and jumping jacks. He practiced pitching every day. One day when he was practicing his curve ball, Donna walked up. She sneered at Gunther and said...

DONNA: *What a waste of time. Let's go play video games.*

Gunther kept practicing, so Donna shrugged and walked away. After a while, Sergio came by the field. He watched for a while, and then he said...

SERGIO: *You can't pitch. My little sister can pitch better than you.*

Gunther kept practicing. Sergio shrugged and walked away. After a while, James showed up. James watched Gunther pitch, and then he said...

JAMES: *You're getting better. Would you like me to catch for you?*

Gunther said...

GUNTHER: *You bet! Thanks.*

♥ *After the performance, applaud and then continue.*

I am going to hold my hand over the head of each of Gunther's friends. If you think that friend is a Goal Booster, put your thumbs up. If you think that friend

is a Goal Buster, put your thumbs down. ♥ *Have your group vote with their thumbs. They should identify James as a Goal Booster, and Donna and Sergio as Goal Busters. Thank the volunteers, and have them sit down.*

For Scene 2, we will need four more actors. ♥ *Select volunteers to play Gunther, Colin, Tabitha and Juanita. Give each volunteer his or her script, page A-22. Have Gunther stand in the front of the room, and the other three volunteers stand off to the side.*

♥ *When the volunteers understand what they are to do, have them perform Scene 2.*

SCENE 2

Gunther wanted to play the violin in an orchestra. He decided to practice playing the violin for an hour every day. One day he was practicing the violin, when Colin walked in. Colin said...

COLIN: *I know you told me you had to practice today, but I have a better idea. Let's go fishing. You don't need to practice so much. Take a break.*

Gunther kept practicing, so Colin shrugged and walked away. After a while, Tabitha walked in. She put her hands over her ears, and then she said...

TABITHA: *I hate violin music. Why don't you play something cool like the electric guitar or the drums?*

Gunther kept practicing. Tabitha frowned and walked away. After a while, Juanita showed up. Juanita smiled and listened to Gunther while he practiced. She said...

JUANITA: *When you perform your first concert, can I sit in the front row?*

And Gunther said...

GUNTHER: *Sure. I'll give you a free ticket!*

♥ *After the performance, applaud and then continue.*
I am going to hold my hand over the head of each of Gunther's friends. If you think that friend is a Goal Booster, put your thumbs up. If you think that friend is a Goal Buster, put your thumbs down. ♥ *Have your group vote with their thumbs. They should identify Juanita as a Goal Booster, and Tabitha and Colin as Goal Busters.*

Gunther paid more attention to the Goal Boosters than to the Goal Busters because they supported him in reaching his goals. Pay more attention to the Goal Boosters in your life, because they will help you to get what you want out of life!

Gunther Finds a Goal Booster Scripts

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Gunther said...

GUNTHER: *You bet! Thanks.*

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