



Car Talk for Eagle Week #3

Today's Core Lesson: Appreciating Diversity – At the First Tee, we believe it is essential to the well-being of our society that we learn to respect and value diversity among individuals while on the golf course, in school, and throughout our daily lives. Teams or groups usually benefit from the varying strengths of the individual members. To appreciate diversity, it is helpful to identify how our own strengths/weaknesses, personal thoughts, and attitudes are the same or different from others.

Today's Healthy Habit (s): Vision – In order to make the most of one's unique gifts – talents, characteristics, and abilities – an individual should learn from the past, value the present, and create their vision for the future to ultimately "leave a footprint".

Mind: The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence, and maintaining perspective.

Community – Like the health of one's body, it is important to also explore the health of one's community and discover how one can give back and care for its environment and safety.

Today's Golf Skills Fundamental: Clubface and Ball Contact / Centeredness of Hit / Impact Position. Consistently strike ball with sweet spot of clubface. Strike the ball first and the ground second. Club shaft in front of clubface at impact position (also known as forward shaft lean).

Guiding questions and topics for parents to review with their child:

- What was fun/challenging/interesting today at The First Tee?
- What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?
- How does good ball contact and centeredness of hit help you play better golf?
- How does striking the ball first and the ground second help you to improve ball contact?
- What is forward shaft lean and how does it help with ball contact?
- Why is it important to appreciate diversity among individuals?
- How do you identify how your strengths/weaknesses and/or attitudes are the same or different from others?