OVERVIEW

- Intro / build interest
- Discuss excellence
- Discuss principles
- Mention 8 Keys of Excellence program and the origin of the Keys
- Teach the Keys and body motions
- Partner practice
- Ask for volunteer
- 8 Keys Growth Gauge
- If using key cards, present key ring with card that lists all 8 Keys
- Future pace: new Key each month, first Key is This Is It!
- Celebrate!

SAMPLE SCRIPT – MODIFY FOR YOUR SCHOOL

Enroll

HMOY (How many of you) have heard of Nike, Google, iPod, Apple computers, Vans? What do you think of when you hear these company names?

Elicit responses.

There is something all of these companies have in common. Excellence. All successful organizations have a set of principles that guide thoughts, words and actions.

HMOY are ready to learn about something that could have a big impact on your life for the better?

There’s an exciting schoolwide program at (name of school) this year called 8 Keys of Excellence.

What do you think it’s about?

Elicit responses.
Please lean in. (Say in whisper ...) First of all it’s about excellence. It’s about what?

Elicit Excellence

When you think of excellence, what comes to mind?

Elicit responses

These are all great responses. According to the dictionary excellence means value, goodness, worth, greatness, having good qualities in high degree.

It’s also about eight very special principles that can help us grow in excellence. What comes to mind when you think of principles?

Elicit responses

What our school is focusing on this year is called the 8 Keys of Excellence and it’s a very special program that involves other schools in Oceanside as well as community leaders. The Mayor of Oceanside, our school Superintendents, our Police Chief and many others support this program.

The 8 Keys of Excellence were established almost 30 years ago for a youth program called SuperCamp. The Keys were defined by looking at successful people who showed excellence in their lives. Soon common traits were discovered that stood out and made all the difference – and these became the 8 Keys of Excellence. Now there are over 50,000 students living the 8 Keys worldwide.

Let’s take a look at these Keys.
Experience and Label

We’re not only going to learn what they are, we’re going to learn motions for each Key so that we remember them. To do that we need to move our bodies. Turn to the person next to you and say “Let’s learn the 8 Keys!”

_Start with Integrity and present the Keys in the order of the motions (from head to feet), giving the definition and teaching the body motion. Here’s the order for the motions: Integrity, Failure Leads to Success, Speak with Good Purpose, This Is It! Commitment, Ownership, Flexibility, and Balance._

_Have students do the body motions with you and do lots of repetition and review. For example: do the first four Keys, then repeat them. Add two more Keys and repeat all six. Teach the last two Keys and repeat all 8 Keys._

Demonstrate

_Have students practice all 8 Keys and their body motions with a partner._

HMOY had a partner who did pretty well? (Hands)

Great! Now let’s check how we’re all doing.

_Do random body motions and ask students to identify the Key. Then mention a Key and ask students to demonstrate the body motion._

_Ask for a volunteer to go through all 8 Keys with the body motions. Give acknowledgment._

Most likely each of us displays these Keys in our lives. One Key might be stronger than the others. There may be another Key we haven’t thought about very much. Let’s find out how each of the Keys shows up in our lives right now by completing a personal 8 Keys review. As you receive your 8 Keys Growth Gauge please write your name on it right away. Then we’ll go through it together one Key at a time – I’ll read the Key and the statements and
you’ll color in the Key according to where you believe you are now. We’ll be checking in on this gauge again during the year as we learn more about the 8 Keys.

Pass out 8 Keys Growth Gauge. Read the statements for each Key and allow time for students to color in the Keys to where they believe they are now.

To learn more about the meaning of these 8 Keys and how they can positively impact our lives we’ll focus on one Key each month.

KeyCards (optional): As we begin the process of making the Key of the month a part of our lives we’ll receive a KeyCard about that Key to help anchor it and remind us of the traits we’re focusing on.

Show key ring with all 9 KeyCards.

Let’s start now with the key ring to hold all your KeyCards as you receive them. Here’s a key ring for each of you with your first KeyCard. This one lists all 8 Keys so you can easily refresh your memory of what the 8 Keys of Excellence are all about.

Hand out key rings with first KeyCard listing all 8 Keys.

Review

Let’s read them together.

Read Keys out loud with students.

Find a place for your key ring where you’ll always have it handy as a reminder of the 8 Keys and to add new Keys. Our first Key is THIS IS IT! and we’ll be diving into its meaning soon.
Celebrate

Turn to the person next to you and say, “I’m ready for the 8 Keys of Excellence!”

Now give someone near you a high “8” to celebrate those 8 Keys coming our way!

*Or create your own class celebration.*