

# Humility: Putting others first by giving up what you think you deserve

**Supplies Needed:** Access to the internet, paper, writing utensils

**Instructions:**

Watch the monthly Intro Video: <https://www.youtube.com/watch?v=JrubT-6W5cU&list=PLVXqh1woV2T3XO5F6iuH-KIKAE36KLeEW&index=9>

**Classroom Discussion:**

- The video said, “This month, explore each of the two phrases that make up this month’s application of humility; like how someone might process the concepts of “putting others first” and “giving up what they think they deserve”. What do those two phrases mean to you?
- Where do you see humility in celebrity and professional athlete culture?

**Reflection:**

Why do you think people associate humility and weakness? Where would you like to be more humble, but you worry about what people would think?