



**AGES 7-9**

Focus: On your Mark, Get set, Goals

What is a goal? Why are goals important?

What are some goals you have at home or school?

What can you learn from accomplishing a goal?

How does the distance from your target affect your swing?

Why is it important to have an identifying mark?

**AGES 10-11**

Focus: Meeting and Greeting with ALR

What does ALR stand for?

How did you use ALR when meeting new people?

How does having a penalty area change your thinking and strategy?

What are some of the penalty areas on a golf course?

**AGES 12-13**

Focus: Setting Goals: Process and Purpose

What is the difference between a process and an outcome goal?

How can a process goal help you get to an outcome goal?

How is match play different from other forms of play in golf?

What is included in the General Area and what is not included?

**AGES 14+**

Focus: Dealing with conflicts:

Making a positive impact

What is the CARE approach?

How could you use CARE to resolve conflict outside of First Tee?

How were you able to show kindness when you and your friend had different opinions?

What does "play it as it lies" mean?

**GOAL SETTING**

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