

### AGES 7-9

Focus: Making Good Choices:  
Doing the Right Thing

- What does it mean to be Honest?
- What does it mean to have Integrity?
- How can you use Honesty & Integrity at home or school?
- What's the difference between Stroke Play and Match Play?
- How do you win in Stroke Play?

### AGES 10-11

Focus: Staying Cool

- What are the first 2R's? (Relax, Replay)
- How can the 2R's help you get through a challenging situation?
- What might happen if you don't use these?
- What should you do if you accidentally move your golf ball?
- How can you ensure you are aiming at your target?

### AGES 12-13

Focus: Dealing with Challenges On & Off the Course

- What are the 4R's? (Relax, Replay, Ready, Redo)
- How can the 4R's be used in your Post-Shot Routine?
- What can you learn from challenges you face?
- How can you identify your golf ball?
- How do you identify your golf ball in a bunker?

### AGES 14+

Focus: Getting to Your Goal: Taking Ownership of Your Goal

- Why is it important to set goals?
- What are the 3 different types of goals?
- What are some goals you could have at home or school?
- What should you do if someone accidentally moves your golf ball?
- How does the clubface affect your ability to hit your target?



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