



Zest



Guided lessons for Chapter 7 of *The Character Club* to empower Zoe with zest!

Day 1: Introduce the Concept of Zest

- Read Chapter 7 about zest (Zoe).
- Discuss with students the challenges Zoe faced with having zest.
- Close with asking: *What are some challenges that you or students in our school/community are facing with having zest?*

Day 2: Define Zest

- Review the challenges Zoe and all of us face with having zest.
- Teacher can ask: *What does zest look like?*
- Teacher can state: *Zest looks like having a positive energy in life.*
- Have students share examples of students who show zest.

Day 3: Discuss Zest

- Review the meaning of zest and the challenges of using it all the time.
- Teacher can ask: *How do you feel when students are not showing zest in our class or school/community?*
- Teacher can ask: *Why is zest important?*
- Generate ideas for why it is important to have zest in school and at home.

Day 4: Strategies for Success

- Use the *Zest Strategies for Success* document as a visual for students.
- Teacher can ask: *What are some other possible strategies and/or solutions to help have more zest?*
- Teachers can state: *Students, I now challenge you to demonstrate zest in our school/community to become more excited about life like Zoe.*

Day 5: Reflect/Expand

- Re-read Chapter 7 about zest (Zoe).
- Generate more strategies to have zest like Zoe.
- Discuss students' connections to Zoe's challenges and successes.