



PAR Life Skills Lesson 7: The Three Tips for Having Fun

Hi there! The last two Life Skills we talked about were Meeting Someone New and Getting to Know Someone New. We talked about the Five Steps you use when meeting someone new, and how to use A-L-R to learn more about our new friends.

Today, I'd like to talk to you about how to have fun when learning something new. Whether we are learning something new about golf or learning something new at school, we can all use these tips to make learning something new fun.

Why do we have Three Tips For Having Fun?

Sometimes when we try to learn something new, we can get frustrated, or even downright mad, when it takes us just a little longer to get things right than we would like.

Learning to play out of the sand can take a long time to become good at it. Learning a new computer program can be real frustrating at the beginning.

Using our Three Tips for Having Fun, you will be better able to control your attitude and emotions while learning to do something new at home, school, or at The First Tee.

What are the Three Tips For Having Fun?

The Three Tips For Having Fun are designed to help us maintain a good attitude while we learn to do something we have not done before. Having a good attitude will always lead to better performance.

The Three Tips For Having Fun are:

- **BE PATIENT.** Everything that is new to us requires us to practice and practice before we can get better. LeBron James practiced and practiced his basketball skills for many years before he became a champion. Being patient means staying calm and using **PERSEVERANCE** while we give ourselves many chances to be successful. By being patient and practicing your new skill, you will get better slowly but surely.



- **BE POSITIVE.** A positive attitude is the fastest way to improve your ability to do something new. Finding something positive to say about every golf swing you take while practicing will make the next swing easier to make. It is so much harder to do something new when you are tense and angry. Being positive about your progress makes it easier to always enjoy what you are doing regardless of the most recent outcome.
- **ASK FOR HELP.** It's OK to ask for help, it's how we learn. We should always feel free to ask our teachers, coaches, and even our friends for help when we are learning something new. Asking for help from others is so much better than struggling to learn something on your own.