

Career Day Series



Microlearning with  SONLIGHT

Sports Figure

Answer the questions below and then design your Dream Sports Jersey.

- What symbol or mascot represents your team? _____
- What team colors would you choose? _____
- What number would you wear and why? _____



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Sports Figure

Athletes aren't just strong and fast—they also show important character skills! Match each sports scenario to the character quality it best demonstrates. Draw a line or talk it out with someone in your family.

Scenarios

1. A teammate misses a shot and you cheer them on anyway.
2. You practice every day to master a new skill.
3. You take turns and share the ball with others.
4. You stay focused even when the crowd is noisy.
5. You encourage your team and help organize a strategy.

Character Qualities

- A. Leadership
- B. Teamwork
- C. Perseverance
- D. Kindness
- E. Focus

Think about your favorite sport or game. Which character quality do you use the most, and which one would you like to grow in?

