



GOT SKILLS?

PIVOT AND ADJUST



INTRODUCTION

Today, we will:

- * Explore effective means for coping with change.
- * Understand how Kobe Bryant has been able to “pivot and adjust.”



SEL CONNECTION



In order to navigate change its important to develop strong **self-management** skills.





ICEBREAKER

WORD ASSOCIATION: CHANGE



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- 1) Share out one word that comes to mind when you hear the word “change” on to your post-it note.
- 2) Place your post-it on the (+) positive or (-) negative side of the chart based on the side you believe the word belongs.
- 3) Share out why you chose the word and why you associated it with (+) or (-).



WORD ASSOCIATION: CHANGE

DEBRIEF



How do you cope with change that you were expecting versus change you were not expecting?





LESSON PART ONE

PIVOT AND ADJUST





PIVOT AND ADJUST

WHO IS KOBE BRYANT?

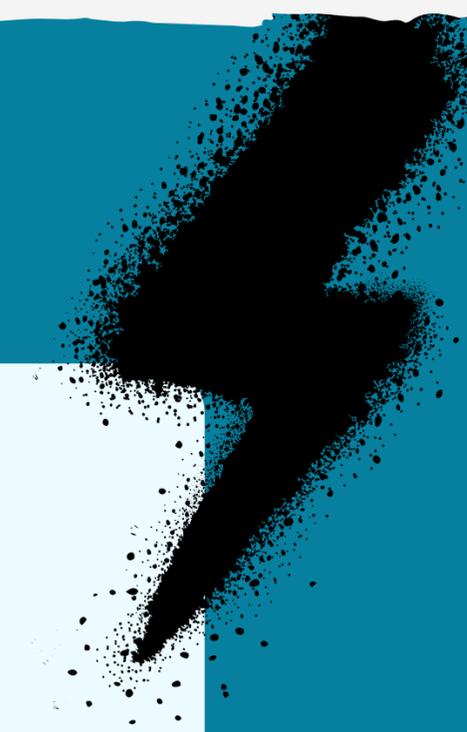
Kobe Bryant is famous for being one of the best basketball players in the history of the NBA. He is widely considered the best basketball player of the 2000s and was known for his infamous pivot moves on the court. Kobe died in a tragic helicopter crash in Calabasas, California on January 26, 2020.





PIVOT AND ADJUST

- * **Change:** (v.) to make something or someone different by altering or modifying.
- * **Pivot:** (v.) a central point where something turns or changes.
- * **Adjust:** (v.) alter or move (something) slightly in order to achieve the desired fit, appearance or result.



LESSON: PART ONE



WATCH A VIDEO

PIVOT AND ADJUST

- 1) Watch the video "Pump and Pivot – Kobe Bryant's Signature Moves"
- 2) What connections can you make between Kobe's signature pump fake and pivot move and life?



LESSON: PART ONE



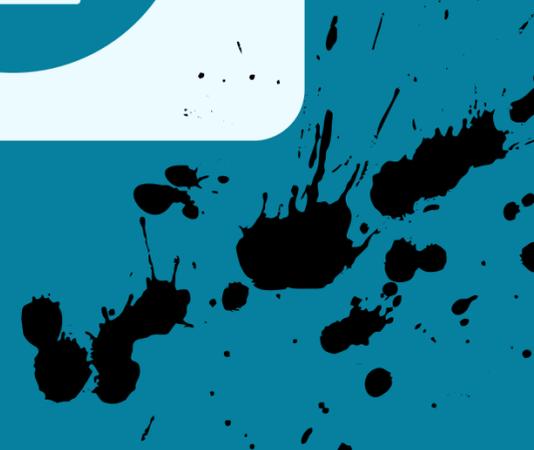
WRITING



PIVOT AND ADJUST

After watching the video again, fill out the “Life Connections” graphic organizer.

Once done, we will share out our responses.





LESSON PART TWO

HOW TO HANDLE CHANGE



LESSON: PART TWO



WATCH A VIDEO

HOW TO HANDLE CHANGE

- 1) Watch “3 Tips To Help With Transition – How To Deal With Change”
- 2) Using your graphic organizer, identify 3 tips for coping with change.





LESSON PART THREE

TACKLING CHANGE IN MY LIFE



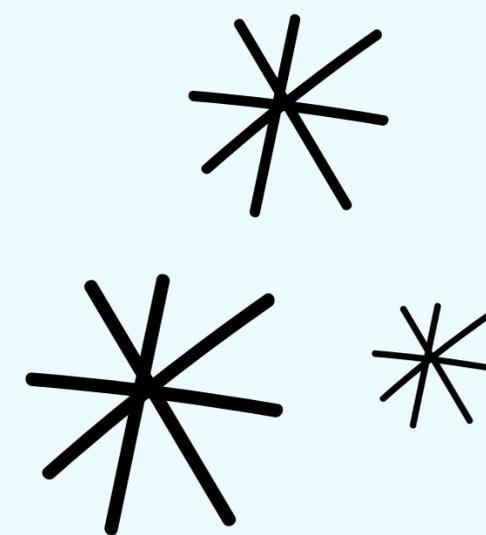
LESSON: PART THREE



TACKLING CHANGE IN MY LIFE

Using the "Embracing Change" graphic organizer:

- Think about three changes in your life.
- Identify how the change made you feel.
- Identify how you cope / will cope with the change.





DEBRIEF / EXTENSIONS



PIVOT AND ADJUST

Analyze the following quotes and record your responses.

“Train your mind to see the good in every situation.”

- Unknown

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

– James Baldwin

“We must be impatient for change. Let us remember that our voice is a precious gift and we must use it.” – Claudia Flores

“If you do not change direction, you might end up where you are heading.” – Lao Tzu.

