



KUEST
for Excellence

Teacher's Manual

**Equipping
Students
for the
Work
of
Ministry™**

Excellence • Teamwork • Authority

Excellence is an Attitude

overview

Sometimes we think that what we think is just what we think. We will say things like, “That’s just the way I feel”, or “I can’t help it, that’s just the way I see it.” Every great change in our lives begins with a thought. That thought is: “Something has to change.” Once we become convinced in our minds that something has to change, most generally, things begin to change.

It is a mistake to think that we do not need to change the way we think in order to change the way we act. Or to think that we can change the way we act without changing the way we think. The truth is that how we feel about someone or something is generally based on deeper emotions and thoughts than we even realize. The bottom line is that when it comes to the way we think, we have choices. We are not stuck with the thoughts we have, we can change them. We can trade them out for new thoughts. We can exchange our current attitude for a new attitude.

Doing that will most certainly lead to a change in our actions. Leading kids to excellence begins with helping them swap out the old attitudes and ways of thinking with new attitudes. Once they begin to see things differently, their actions will change.

Good attitudes and bad attitudes are all just attitudes. To be excellent, we must choose the right attitude which will lead us to the right actions! To lead your team to excellence, get them to think right and the actions will follow.

“Good attitudes and bad attitudes are just attitudes. To be excellent we must choose the right attitude”

got it covered



Joshua 24:15 - “But if you refuse to serve the LORD, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the LORD.”



“Excellence is an Attitude”



You will help the kids learn how to change the way they think by replacing bad attitudes with good attitudes.

Excellence is an Attitude






the word

Your choices are important. Choosing the right friends. Choosing the right food. Choosing the right person for your dodgeball team. Your whole life is filled with choices, every day. Learning to make good choices begins with learning to think right. Choosing to have a good attitude will lead you to choosing to do the right thing!

Joshua 24:15 - "But if you refuse to serve the LORD, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the LORD."



the lesson

Have you ever made a bad choice?  Since we know that Excellence is an Attitude, and an attitude is way of thinking, what do you think lead you to make that bad choice? Have you ever made a good choice?  What helped you make that good choice? If you want to learn to make good choices, then you have to learn to have a good attitude. Sometimes we think that if we want to change the way we act that we have to force ourselves to DO something different. But where do actions begin? With our thoughts. So if we really want to change the way we act, what do we have to change? Our thinking! 

Sometimes we forget that we can actually change the way we think about something. Learning to get rid of bad attitudes and replace them with good attitudes will help you be excellent and successful in life. People with bad attitudes hardly ever get promotions and raises on the job. People with good attitudes are usually the ones who become leaders and receive bonuses. Kids who have bad attitudes usually spend alot of time in the Principals office. Kids with good attitudes usually get better grades and have more privileges. A good attitude is worth having, a bad attitude is worth nothing. But good and bad attitudes are just attitudes, to be excellent we have to choose the RIGHT attitude.



the activity

MIND CHANGER: In your journals, you will find four lists. There is a list of bad attitudes, and a list of bad actions. Then there is a list of good attitudes and good actions.

FIRST: Draw a line from the bad attitude to the bad action you think goes with that bad attitude.

SECOND: Draw a line from the bad action to a new way of thinking about that action.

LAST: Draw a line from the GOOD attitude to the GOOD action that you think goes with that GOOD attitude.

what you need

YOUR LIST:

1. Cleaning your room
2. Taking out the trash
3. Playing video games
4. Talking on the phone
5. Doing homework
6. Eating Pizza
7. Reading your bible
8. Obeying your parents

Excellence is an Attitude


overview

Isn't it interesting that most people, even though they know they need to change, typically do not make a change until there is no other option? Someone knows they need to exercise and eat more healthily, but never make the change. Then they face a major health crisis and suddenly they are able to change. Another person accumulates massive amounts of debt and knows they should change their spending habits, but cannot seem to make the change. Then they lose their house, and suddenly they are able to make the change.

Most people find it difficult to change until there simply are no other options. They have never had a strong enough "why." "WHY do I need to lose weight?", "Why do I need to save money?", "Why do I need to study more?", "Why do I need to obey my parents?" If we can answer the why in a way that leaves us no other option, then we will change. Until the why is strong enough, we will generally continue down the same path.

The earlier in life that kids can learn to develop an attitude of excellence, the easier it will be for them to avoid these pitfalls of wrong thinking. Teaching them to think properly and to cultivate a healthy attitude toward doing the right thing will propel them to excellence.

Why should they serve in the church? Why should they read the Bible? Why should they pray? Why should they pick up the piece of paper? Give them a strong enough "why" and they will give it a try!



**"When you know why,
you will give it a try!"**

got it covered



Romans 12:2 (NLT) - Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."



"Excellence is an Attitude"



You will be helping the kids learn to examine why they do what they do. Help them see that they can change their actions by learning to choose the best "why".

Excellence is an Attitude



the word

Did you know that, at first, Moses did not want to go to Egypt and set God's people free? he didn't THINK he could do the job. He was afraid he would fail. But God finally helped Moses to see why it was important and that with God's help, Moses could do the job. What would you have said to God if he asked you to set the Israelites free? 🗣️

Romans 12:2 (NLT) - "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."



the lesson

Why do you think it is important for you to learn to have an attitude of excellence? 🗣️ Why do you think it is important for you to learn to make good choices? 🗣️ Why do you think it is hard sometimes for us to do what is right, even though we know what is right? 🗣️

Sometimes we know what we SHOULD do, but we don't do it because we think what we want to do will be better. Sometimes we know what we SHOULD do, but we don't do it because we think that nothing bad will happen if we don't do it. Like, we come late to class because we don't think the teacher will mark us down as tardy. Or we go ahead and take the extra cookie even though mom said "no" because we don't think she will find out. Sometimes we don't understand WHY we should do the right thing, or we forget WHY we should do the right thing, and so we end up doing the wrong thing. Is that RIGHT thinking or WRONG thinking? 🤔

The next time you want to do something, ask yourself "why?" If your answer helps you grow, or helps you help others, or pleases God in some way, then you are probably making a good decision. If your answer is for selfish reasons, or because you think you can get away with it, then there is a better choice you can make!



the activity

SHOULD I?: In your journal is a list of things you should and should not do and there is a list of WHY's. Take a few minutes and draw a line from the list of SHOULDs and SHOULD NOTs to the WHY (the reason) you SHOULD or SHOULD NOT.

Discuss the answers with the kids to help them see why the "why's" are so important. If you have extra time, see if they can create a few extra SHOULDs and WHYs.

what you need

- > INDEX CARDS
- > MARKERS

You may choose to prepare "WHY Flash Cards" for this exercise. Using the list from the kids journals, make individual cards that the kids can hold, then have them stand together for the items that match.

STUDENT JOURNAL

The cover features a photograph of two children, a girl with blonde hair on the left and a boy with dark hair on the right, both smiling. The background is a warm orange color. The title 'Quest for Excellence' is prominently displayed in the center. The word 'Quest' is in a large, white, stylized serif font with decorative flourishes. Below it, 'for Excellence' is in a smaller, black, sans-serif font, with a trademark symbol (TM) at the end.

Quest
for Excellence™

EXCELLENCE - TEAMWORK - AUTHORITY

1.1

excellence

Excellence is an Attitude

attitude

an attitude is a way of thinking about someone or something

Jeremiah 29:11

“For I know the thoughts that I think towards you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.”

Learning to be excellent will set you up for a **GREAT LIFE!**
Learning to be excellent means learning to give your best **EVERY TIME** you have a job to do, a class to take, a chore to do, a speech to give, and so on. It means learning to think like a **CHAMPION!**
And it means learning to think differently than some of your friends.

Sometimes being excellent means doing extra work. Sometimes it means staying a little later. Sometimes it means starting over. But it will always mean that you can say, **“I did the absolute best I could do.”** And the number one way to be able to say that everytime you do anything is to have an excellent attitude!

here's a kuestion:

What are some things you **think**
God thinks about **you**?

Write your answer here:

“An **ATTITUDE** is a way of
thinking that becomes a way of
life. Make **EXCELLENCE** your
way of thinking!”

HOW DO YOU FEEL? Circle how the statement makes you feel. Then ask yourself, "What can I do to improve my attitude about that?"

	happy, excited	whatever	sad, afraid, mad, bored
1. Cleaning your room:			
2. Taking out the trash:			
3. Playing video games:			
4. Talking on the phone:			
5. Doing homework:			
6. Eating Pizza:			
7. Reading your bible:			
8. Obeying your parents:			

HOW DO YOUR FRIENDS FEEL? Ask a friend to complete the same exercise, then compare the differences.

	happy, excited	whatever	sad, afraid, mad, bored
1. Cleaning your room:			
2. Taking out the trash:			
3. Playing video games:			
4. Talking on the phone:			
5. Doing homework:			
6. Eating Pizza:			
7. Reading your bible:			
8. Obeying your parents:			

Journal Minute

Today's Date:

/ /

How was your day today?

What was something funny that happened?

What was something bad that happened?

What did you learn from this lesson?

1.3

excellence

Excellence is an Attitude

attitude

an attitude is a way of thinking about someone or something

Romans 12:2

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

Did you know that you can actually change the way you think about something? Learning to get rid of bad attitudes and replace them with good attitudes will help you be excellent and successful in life. People with **BAD ATTITUDES** hardly ever get promotions and raises on the job. People with **GOOD ATTITUDES** are usually the ones who become leaders and receive bonuses.

Kids who have bad attitudes usually spend a lot of time in the Principal's office. Kids with good attitudes usually get better grades and have more privileges. A good attitude is worth having, a bad attitude is worth nothing. But good and bad attitudes are just attitudes; to be excellent, we have to choose the **RIGHT** attitude.

here's a kuestion:

Have **you** ever made a good
choice? What happened?

Write your answer here:

GOOD ATTITUDES and bad
attitudes are just attitudes. To
be excellent we must choose the
RIGHT attitude.

Change Your Attitude = Change Your Action: Draw a line from the bad attitude to the bad action. Then draw a line from the bad action to the good attitude, then from the good attitude to the good action.

BAD ATTITUDES

School is boring

I can do it later

that's good enough

this isn't fun

this isn't fair

he is weird

BAD ACTIONS

whining & complaining

skip homework

never get it done

making fun of others

sloppy work

treating others meanly

GOOD ATTITUDES

do it now

I can do better

I love helping

I'm glad for others

I will be his friend

I love to learn

GOOD ACTIONS

work hard in class

never wait to get stuff done

let others go first

be a good friend

be excellent

being a great helper

Journal Minute

Today's Date:

/ /

How was your day today?

What was something funny that happened?

What was something bad that happened?

What did you learn from this lesson?

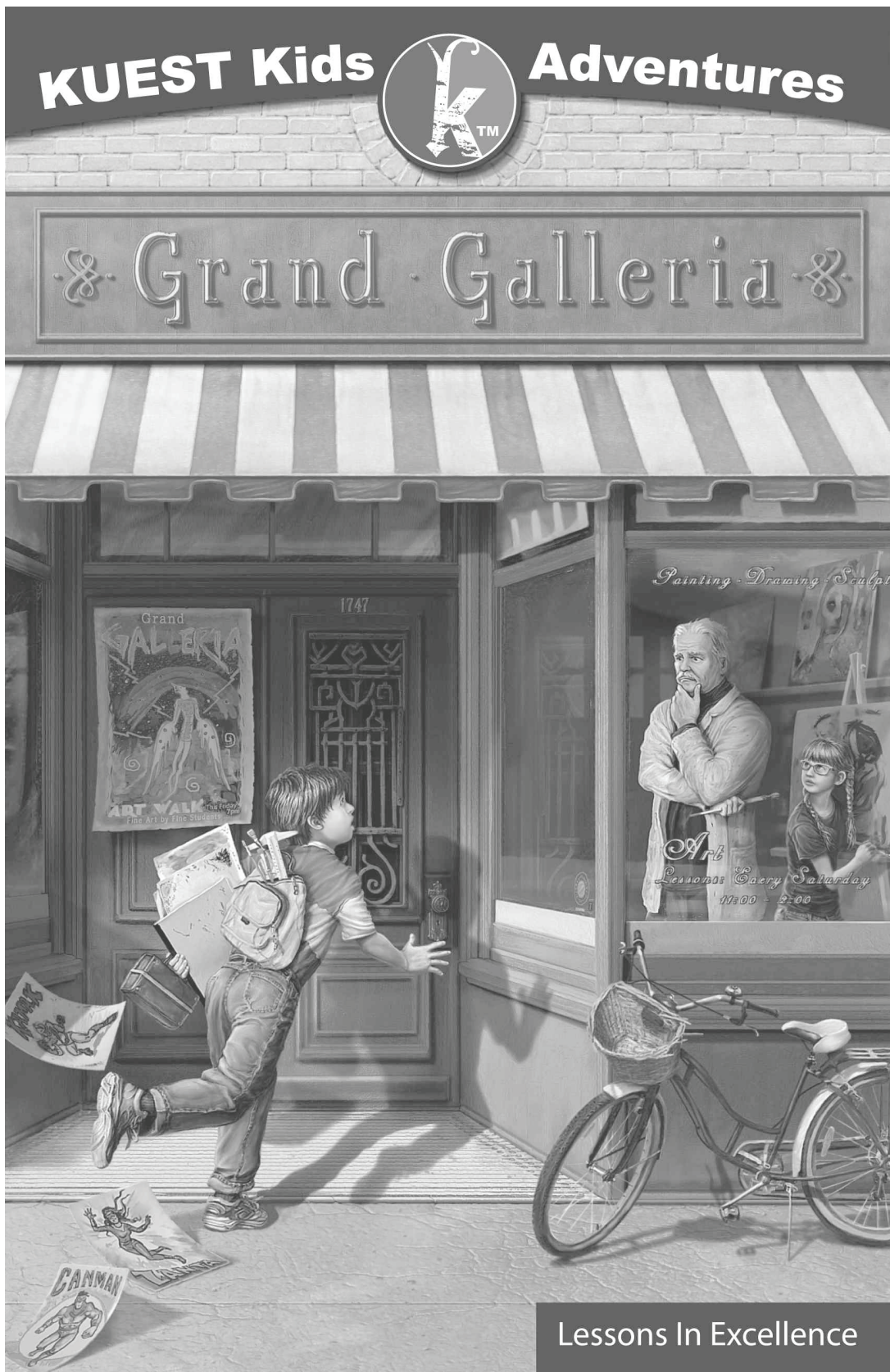
KUEST Kids Adventures



Grand Galleria



Lessons In Excellence



Lessons In Excellence

Illustrated by: **Larry D. Watts**

KUEST Kids Adventures: Grand Galleria

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INTRO

Welcome to the
KUEST for Excellence.

KUEST:
Kids Under Excellent Service Training

The KUEST for Excellence movement is all about you giving your absolute best to the world around you. By becoming a KUEST Kid, you are putting yourself in position to impact and influence your friends and your generation with excellence!

This book you will introduce you to exciting characters and stories. Through their adventures, you will have the chance to learn more about the importance of always giving your best and being excellent.

This book has two parts:

PART 1: The Story

The story begins at chapter one and continues to chapter four. In the story, you will see the KUEST Kids live out the lessons you are about to learn. Read carefully because you will be asked questions about the story in the second half of the book.

PART 2: The Lessons

The lessons begin at chapter five and continue to chapter nine. In these chapters, you will have questions to answer and some fun exercises to complete.

We are excited that you are on the KUEST for Excellence. You are going to love being a KUEST Kid. Get ready for a great adventure!







Chapter 1

ring-a-ling

Excellence is an Attitude

Just like every other year, Luke, Tasha and Grant were sitting on the edge of their seats listening with great anticipation. They had been waiting a very long time to hear the sound that would mean total and complete freedom. Even though they heard this same sound multiple times every day, at this particular moment it had very special meaning; especially at this particular moment on this particular day. Never in all the school year was there

a more anticipated bell. Yes, it was the same old, boring, usual bell; but at this one time of year, it became music to every student's ears. It was the final bell of the final day of the school year and it signaled the start of SUMMER!

All three sat staring at the clock, their heads bobbing with every passing second.

"So what are you going to do this summer?" Grant asked Tasha quickly, not taking his eyes off the clock.

"I will probably swim, sleep and read....over and over and over again!" Tasha said, her words in perfect rhythm with the clock's second hand.

Tasha and Grant chuckled.

"How about you, Grant?" Luke asked.

Grant thought for a second and started to answer. But just then, the bell burst

out in a very loud and clanging “RING-A-LING-A-LING”, and Luke bolted for the door.

“See you later guys!” He yelled as he sprinted out of the room.

“WAIT!” Grant yelled out, “don’t you wanna know what I’m going to do this summer?”

But it was too late, Luke was long gone.

“I’d like to know.” Tasha said as she slowly gathered all of her books, supplies and personal belongings.

“Ok.” Grant was a little surprised that Tasha was interested. “My mom has enrolled me in an art class and I am going to be learning how to do oil paintings.” Once he had said it out loud, it didn’t sound as cool to him as when his mom had first told him about it. “Is that dumb?” he asked.

“Dumb?” Tasha responded, “no way, that sounds super cool! I wish I could do something like that. I’ll just be hanging out at the pool all summer.”

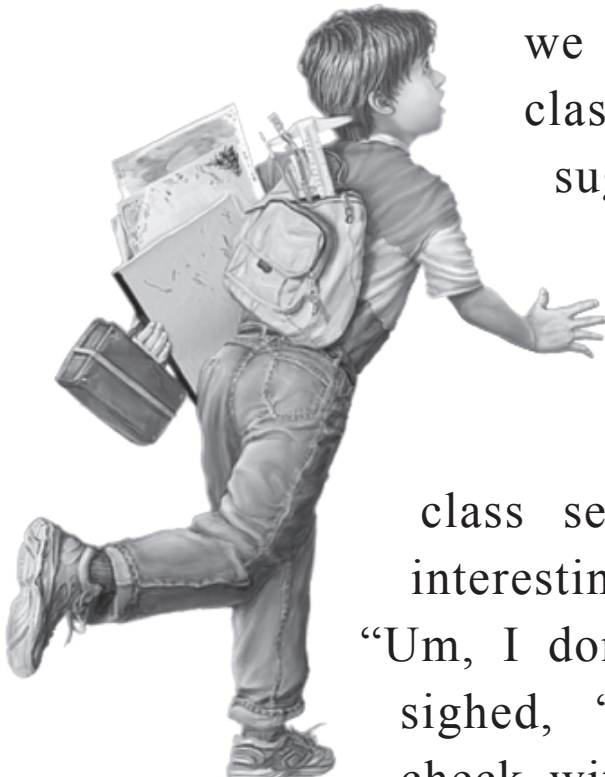
To Grant, the idea of swimming every day sounded way better than trying to paint flowers and fruit, but he was already committed. “Well, maybe you

could sign up too and we could take the class together!” Grant suggested. The idea

of having a friend go with him every week made the

class seem a little more interesting.

“Um, I don’t know...” Tasha sighed, “I guess I could check with my parents and see...”



Grant noticed that she didn't sound too excited about the idea and tried to give her an excuse, "Yea, you'll probably be way too busy for that. I'll let you know how it goes."

The two took several minutes to make sure they had completely cleaned out their desks when Mrs. Fichner walked past.

"Oh My!" Mrs. Fichner exclaimed as she looked toward Luke's desk.

"What's wrong Mrs. Fichner?" Tasha asked with concern.

"Well, it's just that Luke left his desk a complete mess." She began to look through all the stuff that Luke had left behind. "He left all his papers, supplies, a half-eaten peanut-butter-and-jelly sandwich, and something that looks like a used tissue..." she grimaced.

"Oooohhh, gross..." Tasha recoiled,

backing away slowly from Luke's desk.

"Man, Luke needs to take better care of his stuff." Grant said with a scowl.

"Yea, and I need a hazardous waste uniform." Mrs. Fichner quipped.

"That's funny!" Tasha laughed, "So what are you going to do with all his junk?"

"Well," Mrs. Fichner responded, "I can tell you, this mess is a little bit of an example of Luke's attitude. After all, you know what I always say..."

"Excellence is an Attitude." all three said at the same time.

"I will most likely be seeing Luke again this summer, so I'll make sure he gets his stuff then." She said smugly.

"What do you mean you'll be seeing Luke?" Grant asked.

“Well, let’s just put it this way, Luke did not take great care of more than just his desk. His grades and work could have used more attention as well. Your friend will be spending some time with me here in summer school.” Mrs. Fichner seemed sad that Luke would have to do extra work this summer.

“Oh no,” Tasha said, “Luke won’t be happy about that. He has already made all kinds of plans.”

“I know,” Mrs. Fichner replied, “I talked to his parents today, and they will be letting him know when he gets home. I’m sure he won’t be too thrilled about it, but Luke’s attitude toward his school work was not all that great. You see, an attitude is how you think or treat someone or something. If you have a bad attitude, then you will treat that person or thing badly. If you have a good attitude, you

will treat that person or thing well.”

Tasha jumped in, “If Luke had just had the same attitude about doing well in school as he does about doing well in baseball, he probably wouldn’t have to take summer school.” she added.

“Exactly!” Mrs. Fichner affirmed. “Our attitudes, both good and bad, affect our actions. Our actions affect our excellence. That’s why Excellence is an attitude.”

“Because it’s a way of thinking!” Grant was so excited he understood that he almost yelled his answer.

“Perfect, Grant!” Mrs. Fichner chuckled. “Now you two better get out of here and enjoy your summer! Don’t you worry about Luke, I have a plan to help him get his work done so he’ll have plenty of summer to enjoy as well.”

Tasha and Grant wished Mrs. Fichner

well as they ran out of the room toward an exciting summer adventure.

As Tasha and Grant walked out of the school building, Tasha asked more questions about the art class. “So how many days a week will you be learning to oil paint, Grant?”

“Every Tuesday and Thursday morning from 10:00 am to 11:30 am.” Grant replied.

“You don’t sound very excited about it, why don’t you see if your mom will let you choose something else?” Tasha asked.

“Well, actually, it was my idea, so I have to kind of keep my word. It’s not very excellent to say you’re going to do something and then back out.” Grant added.

“That’s true. But sometimes isn’t it ok to change your mind?” Tasha observed.

“I guess so, but since my mom has already paid for the classes, I think it’s best that I follow through with taking them. Besides, it won’t be all that bad. I get to keep the paintings and my parents already said that they would find a great place in the house to keep them.” Grant was sounding a little more energetic about his summer project.

“You know what,” Tasha began, “I think I might just ask my mom about taking that class as well. There is always time to swim in the afternoon. After all, I’m not a bad artist already, that class would just help me become more excellent at what I already do.”

Grant was excited that Tasha was thinking about taking the class with him. “That’s great Tasha,” Grant said, trying to hide his happiness, “I think you’ll really enjoy it. Maybe you and I can have a

sort of art show at the end of summer and invite our friends to see what we created!”

“That would be a ton of fun,” Tasha replied. “And we could hang the pictures on our walls, set out refreshments, have some cool music playing and set it up just like a real art show. Maybe we could even get our art teacher, Mrs. Detrick, to show up and give us a review.”

“Sounds great to me!” Grant was smiling from ear to ear as the two talked about all the cool ideas for their end of summer art show. “This is going to be the best summer ever!”

Grant and Tasha laughed and planned the rest of the way home.





Chapter 5

excellence is an attitude

Learning to be excellent will set you up for a great life! Learning to be excellent means learning to give your best every time you have a job to do, a class to take, a chore to do, a speech to give and so on. It means learning to think like a champion. It means learning to NOT THINK like some of your friends. Sometimes it means doing extra work. Sometimes it means staying a little later. Sometimes it means starting over. But it always means that you can say, “I did the absolute best I could do”. And the number

one way for you to be able to say that every time you do anything is to have an excellent attitude.

An attitude is how you think about something or someone. An attitude is a collection of thoughts.

Excellence is more than just HOW we DO something, it is how we THINK about something. For example, if you HATE math, will it be easier or harder for you to be good at math? Probably harder. Why? Because you do not want to do it, and so you are more likely to not pay attention to your teacher, which will make it hard to learn to be good at math.

How you think about something determines how you act toward that thing. For instance, if you do not like a certain person, will you be friendly or mean? Most likely you will be mean. Is being mean an excellent action or a bad action? And it began with your attitude. Is it easy to see how your attitude about something can change how you act about that thing? So what do you have to do if you want to get better

in that area? Change your attitude. Change the way you think about it.

What would happen if God changed the way He thinks about us? What if God decided He didn't want to be kind, or patient or forgiving of us any more? Would things change for us as a result of that? Certainly! But aren't you glad that God has an Attitude of Excellence about you?

Changing our thinking is a very powerful way to change the way we act. The thoughts you think right now are creating the person you will be in life. Right now, you are becoming a great husband or wife, you are becoming a great dad or mom. Right now, the thoughts you are thinking will determine whether or not you are someone who enjoys life or someone who has a hard time being happy. And it all begins with how you think.

If you want to be your absolute best, then you have to think your absolute best thoughts.

And that begins by learning to recognize bad thoughts and replace them with good thoughts.

Sometimes we forget that we can actually change the way we think about something. Learning to get rid of bad attitudes and replace them with good attitudes will help you be excellent and successful in life. Kids with good attitudes usually get better grades and have more privileges. A good attitude is worth having, a bad attitude is worth nothing. But good and bad attitudes are just attitudes, to be excellent we have to choose the RIGHT attitude.

What can you do to have a more excellent attitude?

In chapter one of our story, Luke, Tasha and Grant were ready to start summer but learned a lesson in excellence on their way out the door. Answer these questions about excellence:

1. Who was the first kid out the door when the school bell rang?
2. What did Grant tell Tasha he was doing over the summer?
3. What did Mrs. Fichner say Luke needed to work on?
4. What did Tasha tell Grant she was going to be doing over the summer break?
5. What news did Mrs. Fichner give Tasha and Grant about Luke's summer?

The Friend QUIZ!

How much do your friends know about excellence? Give them this test to find out:

- 1. Would you rather have 20 broken marbles or 5 perfect marbles?**
- 2. Is it ok to pretend like you did your best so you can be done?**
- 3. Do you always do your best?**

Are you surprised by any of their answers?

Get it?

**Q: What object is the
KING of the
classroom?**

A: The Ruler!