



Teacher Toolkit #4: What Ted Lasso Teaches Us About Mattering

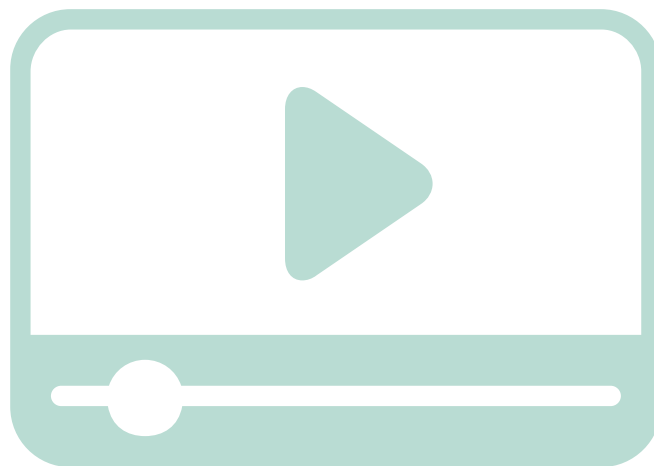
GRADES 9–12

The fourth step to creating mattering classrooms is to teach your students that **mattering is all around you**; you just have to start looking for it. Once you understand the importance of mattering as a framework that can transform relationships and communities, you begin to untangle self-worth from achievement. You are not your successes or your failures. Your worth never changes.

Some Things to Think About

If you're familiar with *Ted Lasso*, you know there is a reason why he has become a cult-favorite character: The coach of an elite soccer team, Ted is a kind, caring, team-oriented leader who stays true to himself despite ups and downs. Although athletics can be rife with pressure to perform and succeed, and competitive sports comprise a large part of achievement culture, Ted offers a different perspective on what matters most in life.

Take a look at this video to learn more.





Some Things to Try

✓ 14+ TV-MA

To Do Now:

1

After you watch the video together, have students write down what they heard Ted Lasso saying in this video. What is his message to his team? (5 min)

2

Share: Ask students to share their responses. Write ideas and responses on the board. (10 min)

3

Pose this question: Now let's think about mattering. Can anyone remind us how we define mattering? (2 min)

Remind your class that mattering is feeling valued at your core and adding value to the world around you.

4

Handout: Before you fill in the handout, think about what qualities or gifts are at your core.

*Are you kind? Are you a good friend?
Do you have compassion and empathy for others?
Do you have a lot of love to give?*

Also think about what you can contribute to your community, even in small ways.

*Can you help clean up at home?
Have you boosted someone's spirits lately?
Do you say hi to strangers?*

Remember that every small action makes a big difference. (10 min)

[Continued...]



Some Things to Try

4

[Continued...]

When completing the handout, feel free to put down single words, phrases, sentences, or if you want, you can draw visuals. Encourage students to think freely and creatively.

Students can either complete this form anonymously or put their name on top. If you have room in your classroom to post these, put them on a bulletin board or on the wall as a daily reminder of what matters most in your classroom.

Additional Activities

Help us spread the word about the Mattering Movement by contributing ideas and mattering moments for us to share! Visit the [#IMatterWhen tab](#) on the Mattering Movement website to submit your own videos of mattering moments, plus hashtag ideas.

You can also post your mattering moments on social media and tag [@matteringmovement](#)
[#matteringmovement](#)
[#celebratesmall](#)

