



Supplemental Materials:

 **Self-Portrait as Warrior: Art Project**

Use art materials to depict yourself as that specially trained warrior described in the first paragraph of chapter 1.

 **Chess Set Design: Art and/or Construction Project**

Use art materials to design and even create if possible a chess set with all the pieces represented as you imagine them with a warrior's eye.

 **Self-Expression on the Topic of Maturity: Writing Project**

Use the following questions to write about your path to maturity:

- What are some signposts of your growth in maturity?
- What was your upbringing like? Did you have grown-ups who helped you transition from me-centeredness to maturity?
- What incidents in your life demonstrated that you were growing in maturity?
- Act out how an immature person responds to some situation, and how a mature person responds to the same situation.

 **“If” by Rudyard Kipling: Poetry Project**

Read the following poem aloud and discuss. Understand that when the author uses the words *man* or *men*, he is referring to all people—men and women alike.

“If” by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;

If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

(1943)