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SEL Story 006

HARDEST WORKER

Social-Emotional Learning: **Self Awareness, Self Management**

Reading Strategy: **Inferring**

SEOT: **Effort** (Be The Hardest Worker)

version: v2023-01-22

START HERE

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INSTRUCTIONS:

- Print this PDF file. It has all of the handouts.
- Look at the bottom of the handouts to see which version it is.
- Grades below are estimated using [Hemingway Editor](#).

WHAT'S IN THIS PDF:

- This title page and File Table of Contents (links to files)
- Handout A - grade 4
- Handout B - grade 6
- Handout C - grade 8
- Handout D - grade 10
- Answer key to questions in the handout
- BONUS Answer Key for teachers using the Inferring reading strategy graphic organizer.
(The graphic organizer is available in the [Inferring Reading Bundle](#))
- About Educircles, License, Copyright, Sources, Changelog

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Instructions

What's in this
PDF

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Print this PDF

(it has all of the handouts)

File Table of Contents

What do I need	File Name	File type	Get the file
SEL Story + SEOT Lesson Be the Hardest Worker in the Room (EFFORT) + Discussion Questions	Handout A - Grade 4 <ul style="list-style-type: none">• Reading time: 8 min 28 sec• Speaking time: 16 min 56 sec• 2117 words, 198 sentences, 45 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
	Handout B - Grade 6 <ul style="list-style-type: none">• Reading time: 8 min 04 sec• Speaking time: 16 min 08 sec• 2017 words, 149 sentences, 45 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
	Handout C - Grade 8 <ul style="list-style-type: none">• Reading time: 8 min 04 sec• Speaking time: 16 min 08 sec• 2019 words, 120 sentences, 45 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
	Handout D - Grade 10 <ul style="list-style-type: none">• Reading time: 8 min 28 sec• Speaking time: 16 min 56 sec• 2120 words, 111 sentences, 45 paragraphs <i>virtual online handout:</i>	PDF	one-click copy
		Google Docs	one-click copy
		Microsoft Word ⁽¹⁾	one-click copy
		Easel by TpT	one-click copy
Answers	Answers Answers to discussion questions in handout (included)	PDF	one-click copy
	BONUS Answers Sample answers for the Inferring reading strategy graphic organizer (not included) If you would like a copy of this graphic organizer, please upgrade to the Inferring Bundle)	PDF	one-click copy

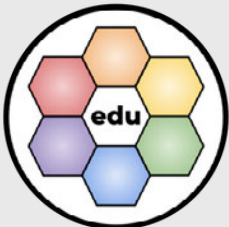
Google Docs

Word

Easel by TpT

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HARDEST WORKER

SEL Story #006



1. Be the Hardest Worker in the Room

2. He couldn't figure out where it went wrong. It wasn't supposed to be like this. He was supposed to be a huge success playing pro football and living the good life.
3. So, why was he in his father's pickup truck getting a ride back to Florida to live with his parents? He couldn't even afford to get himself home. All he had was seven bucks in his pocket. (He only had six dollars and some change, but he rounded up.)
4. Dwayne Johnson was good at playing football in high school. He was so good that he earned a full athletic scholarship to the University of Miami. Johnson played backup defensive end for the Hurricanes. The National Football League (NFL) does an event called the Scouting Combine. This is where top college players go to get drafted into the NFL. Johnson didn't get invited to the Scouting Combine. But, he did manage to get picked up by the Canadian Football League (CFL).
5. "I knew in my heart I was going to make it in the CFL - and parlay that into a very successful career in the NFL. Maybe even win a Super Bowl."
6. Where did it go wrong? Johnson didn't really get to play pro football. He only got to be on the practice roster for the Calgary Stampeders. He made \$250 a week, which he had to send home to his wife. Johnson lived with three other practice-roster players. He slept on a used mattress he brought back from a hotel dumpster.
7. Calgary didn't need him. So head coach Wally Buono cut him from the team. He just wasn't good enough, and he had to go home. Johnson had no money, so he called his dad to drive up from Tampa to get him.
8. Times were tough for Johnson. He was back living with his parents, trying to figure things out, and facing some dark days alone.
9. "At 23, you think life is over. I fell into a deep depression, and I remember at that time, the only thing I wanted to do was clean the walls. I grabbed some cleaner and a rag, and for days I would clean - I cleaned everything. It was just the only thing I can control."

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Paragraphs
match

Handout A page 1



Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

10. Decades later, Johnson would talk to Oprah about those dark times when he felt trapped in his head. Johnson told Oprah that he wished he knew that he wasn't alone. The big picture can be tough to see when you're struggling. You're not the first to go through mental health obstacles. You won't be the last to go through it, either.
11. You just feel like you're alone. And, you feel like it's only you, and you're in your bubble, and I wish I had someone at that time who could just pull me aside and [say], hey, it's going to be okay. You're gonna be okay. I wish I knew that. Just gotta remember: Hold on to that fundamental quality of faith. Have faith. That on the other side of your pain is something good.
12. Johnson battled his depression. He chose to focus on what he could control. In his case, it was cleaning that small apartment. Although he wasn't certified, Johnson got a job as a trainer at a local Bally gym. He smiled and told them he knew what he was doing. Johnson also told the gym that he was great with people.
13. One day, the head coach called from Calgary and asked him to return. Johnson politely thanked him for the opportunity and turned it down.
14. His dad thought he was crazy. Why would he throw away his football career? But Johnson knew otherwise. His gut told him football wasn't right for him anymore. He wanted to join the family business.
15. Johnson comes from a family involved with professional wrestling. Johnson's grandfather (on his mother's side) was Peter Maivia. Maivia was born in Samoa in the 1930s and was a pro wrestler. When Johnson's grandfather passed away, Johnson's grandmother, Lia Maivia, took over Polynesian Pro Wrestling (PPW). She was one of the first female promoters in the business.
16. Johnson's father, Rocky "Soul Man" Johnson, was also a pro wrestler. Johnson's father was trained by Johnson's grandfather. (Maivia was now wrestling under the name High Chief Peter Maivia.) If Johnson became a pro wrestler, he would be the third generation in his family to wrestle. Although Johnson didn't know it then, later on, in 2022, his eldest daughter would become the fourth generation wrestler in the family. She started her career as Ava Raine in World Wrestling Entertainment (WWE).
17. I need you to train me, Johnson said to his father back in the 1990s. And his dad did.
18. Johnson started his wrestling career as Rocky Maivia, a smiling happy guy who smiled as he got beat down. But this character felt wrong. After all, as Johnson would later put it, "Who was this guy in wrestling who's smiling when he's getting beat?"
19. The crowd didn't believe Rocky for a second. At his first Wrestlemania, twenty thousand people chanted, "Rocky sucks!" That was tough to hear.
20. A few weeks later, Johnson injured his knee. He was out for the rest of the summer. During that break, Johnson realized it wasn't personal. It wasn't him that the crowd didn't like. They didn't like that he wasn't being real; he wasn't being true to himself.

SEL Story 006 Hardest Worker - Handout A - Page 2 of 7

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Handout A page 2



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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

21. Vincent McMahon was the promoter and owner of WWE (then WWF.) He called up Johnson about coming back as a heel. A heel is a villain in professional wrestling. The crowd already hated Rocky Maivia. It made sense to develop the storyline in this direction. Johnson could stir up people to give them someone to love to hate.
22. Johnson said yes, but under one condition. He wanted two minutes to talk to the crowd live. McMahon agreed. In 1996, Johnson gave a speech that showed who he really was. "In arenas across the country, I heard chants of Rocky Sucks. I may be a lot of things, but sucks isn't one of them."
23. The Rock was born; his wrestling character matched his real personality. Rocky Maivia was a cheesy, smiling, good-boy hero with streamers around his neck. In contrast, the Rock was a gritty, rough, tough-guy villain with a trademark eyebrow raise. Johnson unleashed his full charm. He insulted people and referred to himself in the third person. The crowd loved it!
24. Today, we've seen the Rock in everything from The Scorpion King to Jumanji to Black Adam. He has a production company, Seven Bucks. Seven Bucks creates content for television, film, and digital media. This includes NBC's Young Rock, Disney's Jungle Cruise, and Netflix's Red Notice.
25. Johnson teamed up with his ex-wife Dany Garcia and a private investment firm called RedBird Capital Partners. Together they purchased the XFL American football minor league. They bought the league from McMahon when it filed for bankruptcy during the Covid shutdown. In March 2021, Johnson posted on his Instagram about what he was doing with the XFL. The XFL and the CFL were talking about working together. In the end, an XFL-CFL partnership didn't work out.
26. The XFL did, however, form a partnership with the NFL. They are going to work together to develop the game and the players. They will also share innovation programs and data. Garcia is the Co-Owner and Chairwoman of the XFL. She talked about "leveraging the newest technology to enhance gameday experience."
27. Life goes full circle. In his twenties, Johnson was cut from professional football. Now, he's in his fifties and owns a professional football league. The XFL will kickstart the first game of its new season in February 2023.
28. Johnson once gave a speech for the LA Lakers. How do you motivate professional NBA basketball players? Remember, these athletes are the best of the best. Johnson simply shared some things that worked for him.
29. He talked about being grateful. When Johnson was fourteen, his family was evicted from their home in Hawaii. He was arrested as a teen in Nashville. He told the Lakers, "I would remember that, and it allows me then to be present in the moment."

Handout A page 3

SEL Story 006 Hardest Worker - Handout A - Page 3 of 7

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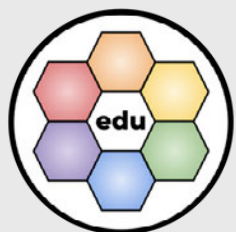
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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

30. Johnson thinks about the hard times to keep focused. It reminds him to be hungry and to play angry. Playing angry doesn't mean being hot-tempered or not smiling. After all, Johnson is a happy guy. But he uses hunger as fuel. He uses inner anger to stay focused. This is how he works towards success. He does everything like his back is against the wall. He fights for things as if the only way out is forwards. He doesn't care who is in front of him, "they're not gonna stop me."
31. There were days when Johnson had nothing. There are times when he's grateful to have a lot. Either way, Johnson always centers himself by returning daily to his anchor. He's found his safe place. For him, it's working out at his gym, the Iron Paradise. (He also has a traveling Iron Paradise. This is the gym he brings everywhere while filming a movie.)
32. Johnson constantly posts on Instagram. It's 3:45 AM, and he's up doing cardio, lifting weights, and grounding his thoughts. He wears a shirt that literally says to be the hardest worker in the room. By the time regular people wake up, Johnson has already trained two full workouts to kick start his day.
33. Today, Johnson has an estimated net worth of \$800 million. He has 357 million followers on Instagram. Johnson uses social media to grow his charming brand. He understands how to run a business because he's had years of failures and successes. Johnson now owns a tequila company, a production company, and a football league. He is also one of the highest-paid actors in Hollywood.
34. But he always remembers the day he only had seven dollars.

Handout A page 4



Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

35. **The Hardest Worker from an SEOT perspective**

36. We can learn a lot about what real effort looks like from Johnson's story of going from zero to hero. There was a time in his life when he only had a few dollars. Today, he's worth \$800M. He plays action heroes in movies. (Well, Black Adam might be more of an anti-hero than a typical hero.)



37. **EFFORT Idea #1: Be the hardest worker in the room**

38. Look around. If you really want something, you must go after it by working harder than everyone else. If you do what everyone else is doing, you'll probably end up being average. Average just means you're in the middle.
39. Johnson talks to his Instagram fans while working out at the gym. We get an inside peek at what it looks like when you're working harder than the average person. For example, no one else is at the gym while he's putting in the work.
40. "It's four o'clock in the morning. It's Saturday afternoon. Empty gym just the way we like it. I worked out twice before everyone wakes up. I'm out working all my competition."
41. Most of us struggle to get out of bed. We hit snooze on the alarm. By that time, Johnson has already worked out twice. If you work harder than everyone else, it makes sense that, one day, you'll outpace the competition.
42. Johnson replies to his Instagram comments in between workout sets. He likes to connect with his fans. Johnson wants to know what's on their mind so he can reply. One of his followers says he's on top and asks where he could possibly go from there. After all, Johnson always talks about outworking the competition. But if you're at the top, who's his competition?
43. "Everyone's my competition, but the fundamental key that I've learned over the years is - I'll share with you - my number one competition is me. It's always you versus you. You've got to be the one to get up every morning, be disciplined, put in the consistent daily hard work because that gains success. No coach, no trainer, no mentor, no boss can do it. You versus you."
44. Sometimes students want to do better in school, sports, or life. But how many of us do extra homework? Who stays after practice to go over basic drills? How often do we turn off Netflix to develop a better habit?
45. Johnson knows what real effort looks like. Working harder than everyone else has helped him get to the top. It also allows him to stay at the top. His story shows us that if you want to go from zero to hero, one way is to work harder than everyone else. You will find success if you can do this in everything you do.

Handout A page 5



Name _____ Class _____ Date _____

HARDEST WORKER



SEL Story #006

Questions

1. What does it say on Dwayne Johnson's shirt when he's working out? Use information from this text to answer this question. [RECALL]

2. Identify three strategies the Rock uses to succeed in good times and tough times. (What is he thinking about?) Use evidence from the text to support your thinking. [UNDERSTAND]

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- ---

- ---

3. Describe something you really want. Are you the hardest worker yet? Explain your answer. Identify a different strategy from question #2. Are you applying that strategy? Explain your thinking. HINT: Instead of saying you didn't know about the strategy, consider whether you're already using the strategy. Who knows? You might be! [APPLY]

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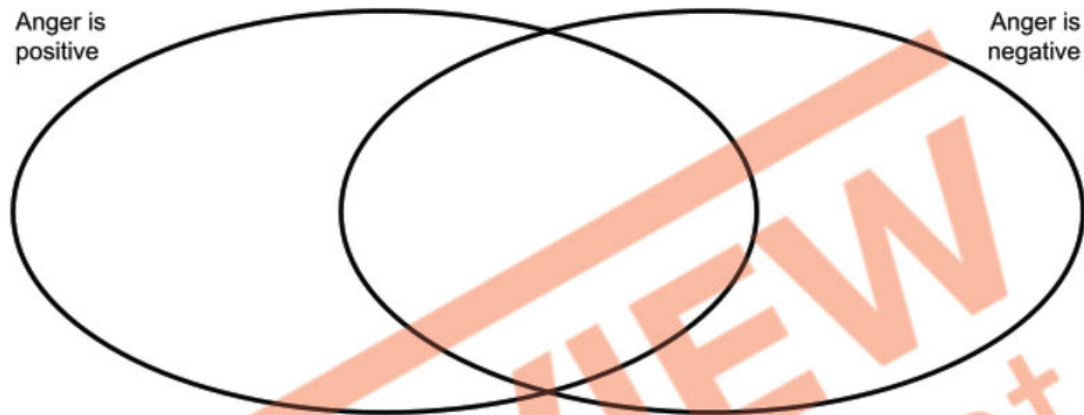
Handout
A
page 6



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Questions

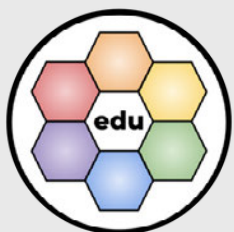
4. Based on the information from the article and your own knowledge, what are the similarities and differences between using anger as a positive or negative force? Use a Venn diagram to compare and contrast the two ideas. [ANALYZE]



5. Which approach is better to help you succeed: **working harder** or **working angry**? Look at your analysis from question #4. Look at your understanding from questions #2 and #3. Use evidence from the text and your own thinking to support your answer. [EVALUATE]

6. Describe something you really want. (This can be continuing your ideas from question #3, or you can focus on a different goal.) Describe what other people do when they work towards this goal. Describe what you have done in the past to work towards this goal. Describe what it might look like if you were to apply Dwayne Johnson's ideas about being the hardest worker in the room. [CREATE]

Handout A page 7



Questions

HARDEST WORKER

SEL Story #006

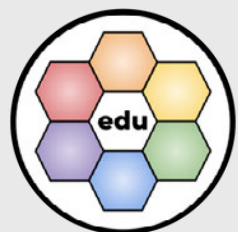


Paragraphs
match

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Handout B page 1

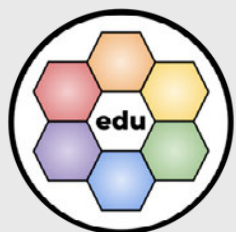


Simple words
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Handout B page 2

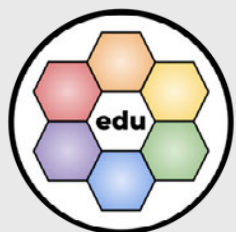


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Handout B page 3



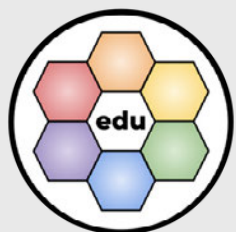
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Handout B page 4

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Simple words
Simple sentence structure

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Complex sentence structure

35. **The Hardest Worker from an SEOT perspective**

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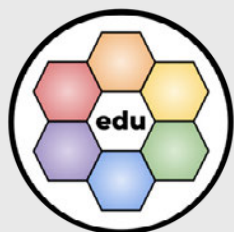
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43. "Everyone's my competition, but the fundamental key that I've learned over the years is - I'll share with you - my number one competition is me. It's always you versus you. You've got to be the one to get up every morning, be disciplined, put in the consistent daily hard work because that gains success. No coach, no trainer, no mentor, no boss can do it. You versus you."

44. Sometimes students want to do better in school, sports, or life. But how many of us do extra homework, stay after practice to go over basic drills, or turn off Netflix to develop a better habit?

45. Johnson's idea about what real effort means have helped him get to the top and, more importantly, stay at the top. His story shows us that if you want to go from zero to hero, one way to success is to work harder than everyone else in everything you do.

Handout B page 5



Name _____ Class _____ Date _____

HARDEST WORKER



SEL Story #006

Questions

1. What does it say on Dwayne Johnson's shirt when he's working out? Use information from this text to answer this question. [RECALL]

2. Identify three strategies the Rock uses to succeed in good times and tough times. (What is he thinking about?) Use evidence from the text to support your thinking. [UNDERSTAND]

- ---

- ---

- ---

3. Describe something you really want. Are you the hardest worker yet? Explain your answer. Identify a different strategy from question #2. Are you applying that strategy? Explain your thinking. HINT: Instead of saying you didn't know about the strategy, consider whether you're already using the strategy. Who knows? You might be! [APPLY]

SEL Story 006 Hardest Worker - Handout B - Page 6 of 7

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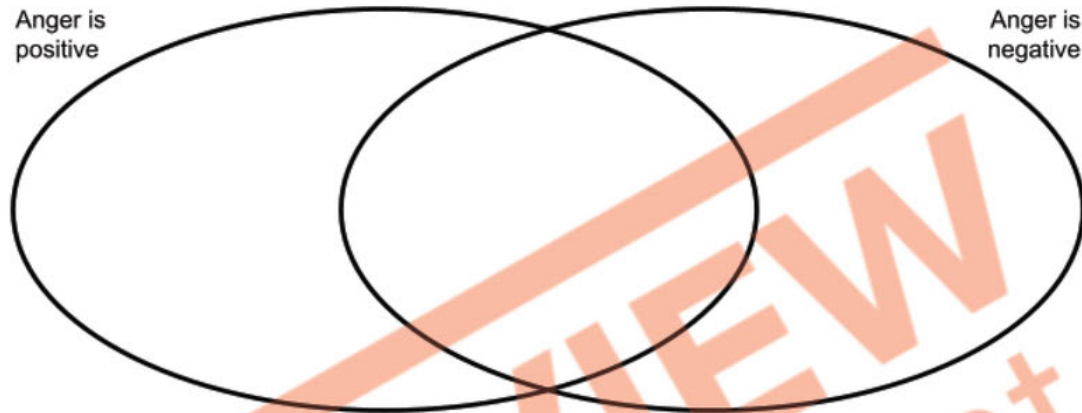
Handout
B
page 6



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Questions

4. Based on the information from the article and your own knowledge, what are the similarities and differences between using anger as a positive or negative force? Use a Venn diagram to compare and contrast the two ideas. [ANALYZE]

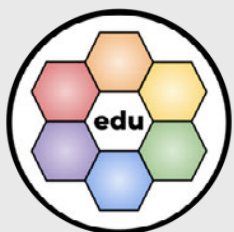


5. Which approach is better to help you succeed: **working harder** or **working angry**? Look at your analysis from question #4. Look at your understanding from questions #2 and #3. Use evidence from the text and your own thinking to support your answer. [EVALUATE]

6. Describe something you really want. (This can be continuing your ideas from question #3, or you can focus on a different goal.) Describe what other people do when they work towards this goal. Describe what you have done in the past to work towards this goal. Describe what it might look like if you were to apply Dwayne Johnson's ideas about being the hardest worker in the room. [CREATE]

Handout B

page 7



HARDEST WORKER

SEL Story #006

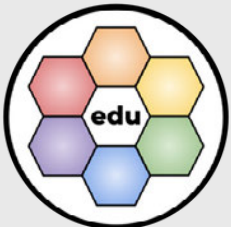


Paragraphs
match

1. Be the Hardest Worker in the Room

2. He couldn't figure out where it went wrong because it wasn't supposed to be like this. He was supposed to be a huge success playing pro football and living the good life.
3. So, why was he in his father's pickup truck getting a ride back to Florida to live with his parents? He couldn't even afford to get himself home; all he had was seven bucks in his pocket. (Actually, he only had six dollars and some change, but he rounded up.)
4. Dwayne Johnson excelled at playing football in high school, earned a full athletic scholarship to the University of Miami, and played backup defensive end for the Hurricanes. Although Johnson didn't get invited to the National Football League (NFL) Scouting Combine, where top college players go to get drafted into the NFL, he did manage to get picked up by the Canadian Football League (CFL).
5. "I knew in my heart I was going to make it in the CFL - and parlay that into a very successful career in the NFL. Maybe even win a Super Bowl."
6. Where did it go wrong? The furthest Johnson got playing professional football was being on the Calgary Stampeders practice roster, making \$250 a week, which he had to send home to his wife. He was living with three other practice-roster players, sleeping on a used mattress he brought back from a hotel dumpster.
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9. "At 23, you think life is over. I fell into a deep depression, and I remember at that time, the only thing I wanted to do was clean the walls. I grabbed some cleaner and a rag, and for days I would clean - I cleaned everything. It was just the only thing I can control."

Handout C page 1



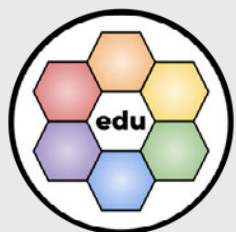
Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

10. Decades later, Johnson would tell Oprah that one of the things that he wished he had known when he was trapped in his own headspace was that he really wasn't alone. The bigger picture that can be tough to see when you're struggling is that you're not the first to go through mental health obstacles, nor will you be the last to go through it.
11. You just feel like you're alone. And, you feel like it's only you, and you're in your bubble, and I wish I had someone at that time who could just pull me aside and [say], hey, it's going to be okay. You're gonna be okay. I wish I knew that. Just gotta remember: Hold on to that fundamental quality of faith. Have faith. That on the other side of your pain is something good.
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16. Johnson's father, Rocky "Soul Man" Johnson, was trained by Johnson's grandfather, now wrestling under the name High Chief Peter Maivia. If Johnson became a professional wrestler, he would be the third generation in his family to wrestle. Although he didn't know it then, later on in 2022, Johnson's eldest daughter would become the fourth generation wrestler in the family, debuting in World Wrestling Entertainment (WWE) as Ava Raine.
17. I need you to train me, Johnson said to his father back in the nineties. And his dad did.
18. Johnson started his wrestling career as Rocky Maivia, a smiling happy fella who smiled as he got beat down, but this character didn't sit well with Johnson. After all, as Johnson would later put it, "Who was this guy in wrestling who's smiling when he's getting beat?"
19. The crowd didn't believe Rocky for a second. At his first Wrestlemania, twenty thousand people chanted, "Rocky sucks!" That was tough to hear.
20. A few weeks later, Johnson injured his knee and was out for the rest of the summer. During that break, Johnson came to the realization that it wasn't him personally that the crowd didn't like. It was that he wasn't being real; he wasn't being true to himself.

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Handout C page 2



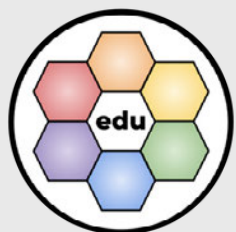
educircles.org

Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

21. Vincent McMahon, promoter and owner of WWE (then WWF), called up Johnson about coming back as a heel. A heel is a villain in professional wrestling, and since the crowd already hated Rocky Maivia, it made sense to lean into this and antagonize the people to give them someone to love to hate.
22. Johnson agreed under one condition: he wanted two minutes of live air time to talk to the crowd. McMahon approved, and in 1996, Johnson gave a speech that showed his authentic self. "In arenas across the country, I heard chants of Rocky Sucks. I may be a lot of things, but sucks isn't one of them."
23. The Rock was born; his wrestling persona matched his real persona. Although Rocky Maivia was a cheesy, smiling, good-boy hero with streamers around his neck, the Rock was a gritty, rough, tough-guy villain with a trademark eyebrow raise. Johnson unleashed his full charisma on the crowd as he insulted them and referred to himself in the third person.
24. Today, we've seen the Rock in everything from The Scorpion King to Jumanji to Black Adam. His production company, Seven Bucks, is involved with creating content for television, film, and digital media, including NBC's Young Rock, Disney's Jungle Cruise, and Netflix's Red Notice.
25. Johnson teamed up with ex-wife Dany Garcia and private investment firm RedBird Capital Partners to purchase the XFL American football minor league from McMahon when it filed for bankruptcy during the Covid shutdown. In March 2021, Johnson posted on his Instagram about taking the XFL into discussions with the CFL about collaboration possibilities; however, an XFL-CFL partnership didn't pan out.
26. The XFL did, however, manage to form a partnership with the NFL to develop the game and the players, as well as share innovation programs and data. Garcia, Co-Owner and Chairwoman of the XFL, talked about "leveraging the newest technology to enhance gameday experience."
27. Life seems to go full circle. In his twenties, Johnson was cut from professional football. Now, he's in his fifties and the owner of a professional football league that will kickstart the first game of its new season in February 2023.
28. Johnson once made a motivational speech for the LA Lakers. What do you tell a room of professional NBA basketball players at the top of their game? Johnson simply shared some things that worked for him.
29. He talked about being grateful. When Johnson was fourteen, his family was evicted from their home in Hawaii. He remembers getting arrested as a teen in Nashville. He told the Lakers, "I would remember that, and it allows me then to be present in the moment."

Handout C page 3



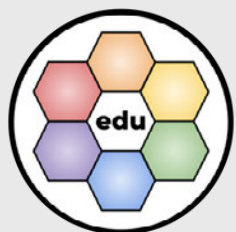
Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

30. Johnson keeps the hard times in the front of his mind to stay focused. It reminds him to be hungry and to play angry - that doesn't mean to be hot-tempered or not to smile; after all, Johnson is a happy guy. But he uses hunger as fuel and unleashes his inner anger to focus his way to success. He does everything like his back is against the wall, and the only way out is forwards. He doesn't care who is in front of him, "they're not gonna stop me."
31. In times when he had nothing and in times when he's grateful to have a lot, Johnson always centers himself by returning daily to his anchor. He's found his safe place - for him, it's working out at his custom gym, the Iron Paradise. (He also has a traveling Iron Paradise that he brings with him on location while filming a movie.)
32. Johnson constantly posts on Instagram how it's 3:45 AM, and he's up doing cardio, lifting weights, and grounding his thoughts. His shirt literally says to be the hardest worker in the room. By the time regular people are waking up, Johnson has already trained two full workouts to kick start his day.
33. Today, Johnson has an estimated net worth of \$800 million. He leverages his 357 million followers on Instagram to grow his charismatic brand. His business acumen has sharpened over years of failures and successes to the point where now, he owns a tequila company, a production company, and a football league, not to mention being one of the highest-paid actors in Hollywood.
34. But he always remembers the day he only had seven dollars to his name.

Handout C page 4

SEL Story 006 Hardest Worker - Handout C - Page 4 of 7
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Simple words
Simple sentence structure



Sophisticated vocabulary
Complex sentence structure

35. **The Hardest Worker from an SEOT perspective**

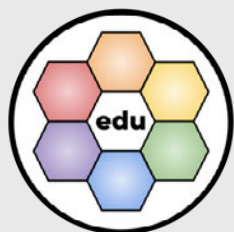
36. We can learn a lot about what real effort looks like from Johnson's experience of going from zero to hero. There was a time in his life when he only had a few dollars. Today, he's worth \$800M and plays action heroes in movies, well, anti-heroes like Black Adam.



37. **EFFORT Idea #1: Be the hardest worker in the room**

38. Look around. If you genuinely want something, you need to go after it by working harder than everyone else. If you do what everyone else is doing, you'll likely end up being average. Average just means you're in the middle.
39. Johnson talks to his Instagram fans while working at the gym, and we get an inside glimpse at what it looks like when you're working harder than the average person. For example, no one else is at the gym while he's putting in the work.
40. "It's four o'clock in the morning. It's Saturday afternoon. Empty gym just the way we like it. I worked out twice before everyone wakes up. I'm out working all my competition."
41. Most of us hit snooze on the alarm and struggle to get out of bed; Johnson has already worked out twice. If you're working harder than everyone else, it makes sense that, eventually, you'll outpace the competition.
42. Johnson slides into his Instagram comments in between sets to stay connected with his fans, so he knows what's on their mind and can address it. Someone points out he's on top - where could he possibly go from there? Johnson always talks about outworking the competition, but at his level of the game, who's his competition?
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Handout C page 5



Name _____ Class _____ Date _____

HARDEST WORKER



SEL Story #006

Questions

1. What does it say on Dwayne Johnson's shirt when he's working out? Use information from this text to answer this question. [RECALL]

2. Identify three strategies the Rock uses to succeed in good times and tough times. (What is he thinking about?) Use evidence from the text to support your thinking. [UNDERSTAND]

- ---

- ---

- ---

3. Describe something you really want. Are you the hardest worker yet? Explain your answer. Identify a different strategy from question #2. Are you applying that strategy? Explain your thinking. HINT: Instead of saying you didn't know about the strategy, consider whether you're already using the strategy. Who knows? You might be! [APPLY]

SEL Story 006 Hardest Worker - Handout C - Page 6 of 7

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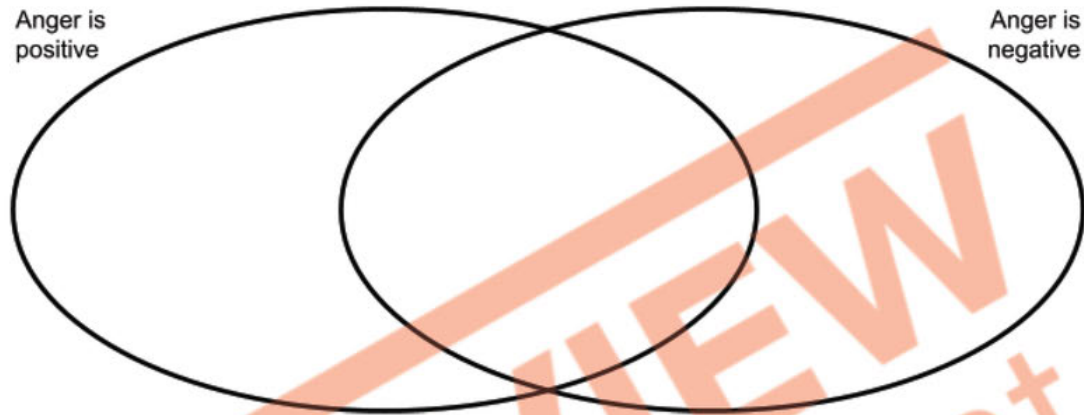
Handout
C
page 6



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Questions

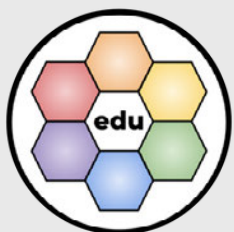
4. Based on the information from the article and your own knowledge, what are the similarities and differences between using anger as a positive or negative force? Use a Venn diagram to compare and contrast the two ideas. [ANALYZE]



5. Which approach is better to help you succeed: **working harder** or **working angry**? Look at your analysis from question #4. Look at your understanding from questions #2 and #3. Use evidence from the text and your own thinking to support your answer. [EVALUATE]

6. Describe something you really want. (This can be continuing your ideas from question #3, or you can focus on a different goal.) Describe what other people do when they work towards this goal. Describe what you have done in the past to work towards this goal. Describe what it might look like if you were to apply Dwayne Johnson's ideas about being the hardest worker in the room. [CREATE]

Handout C page 7



Questions

HARDEST WORKER



SEL Story #006

1. Be the Hardest Worker in the Room

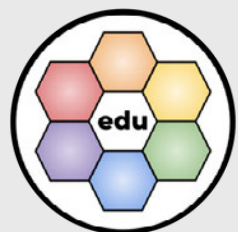
2. He couldn't figure out where it went wrong because it wasn't supposed to be like this. He was supposed to be a tremendous success dominating professional football and enjoying a life filled with comfort and prosperity.
3. So, why was he in his father's pickup truck getting a drive back to Florida to move back in with his parents? He couldn't even afford the cost of transportation; he had a meager seven bucks in his pocket. (Actually, he only had six dollars and some change, but he optimistically rounded up.)
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SEL Story 006 Hardest Worker - Handout D - Page 1 of 7

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Paragraphs
match

Handout D page 1



Simple words
Simple sentence structure

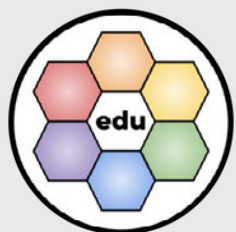
Sophisticated vocabulary
Complex sentence structure

10. Decades later, Johnson would tell Oprah that one of the things that he wished he had known when he was trapped in his own headspace was that he really wasn't alone. The bigger picture that can be impossible to see when you're struggling is that you're not the first to go through mental health obstacles, nor will you be the last to go through it.
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17. I need you to train me, Johnson announced to his father back in the nineties, and to his credit, his dad did.
18. Johnson started his professional wrestling career as Rocky Maivia, a smiling, happy, "babyface" character who smiled as he got beat down, but this buffonesque personality didn't sit well with Johnson. After all, as Johnson would later dissect his origin story in one of Oprah's Master Classes, "Who was this guy in wrestling who's smiling when he's getting beat?"
19. The crowd didn't believe Rocky for a second, and accordingly, at Johnson's first Wrestlemania, twenty thousand people chanted, "Rocky sucks!" That was tough to hear; a truly sobering moment indeed.
20. A few weeks later, Johnson injured his knee and vanished to recover for the remainder of the summer. During that interlude, Johnson came to the realization that it wasn't him personally that the crowd disliked. It was that he wasn't being genuine; Johnson wasn't being authentic.

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Handout D page 2



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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

21. Vincent McMahon, promoter and owner of WWE (nee WWF), called up Johnson about returning as a heel. A heel is a villain in professional wrestling, and since the crowd already hated Rocky Maivia, it made sense to lean in this direction and antagonize people to give them someone to love to hate.
22. Johnson agreed under one condition: he wanted two minutes of live air time to connect with the crowd. McMahon approved, and in 1996, Johnson delivered a landmark speech in his career that, for the first time, showcased his signature charisma. "In arenas across the country, I heard chants of Rocky Sucks. I may be a lot of things, but sucks isn't one of them."
23. The Rock was born; his wrestling persona pivoted to parallel his real persona. Although Rocky Maivia was a cheesy, smiling, good-boy hero with streamers around his neck, in contrast, the Rock was a gritty, rough, tough-guy villain with a trademark eyebrow raise. Johnson unleashed his full charm and magnetism on the crowd as he insulted them and referred to himself in the third person.
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SEL Story 006 Hardest Worker - Handout D - Page 3 of 7

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Handout D page 3



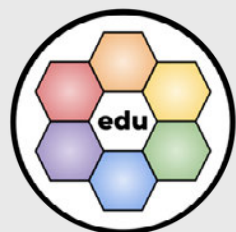
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Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

30. Johnson keeps his experiences of surviving through adversity in the forefront of his mind to stay focused on the task at hand. It reminds him to be hungry and to play angry - that doesn't mean to be hot-tempered or not to smile; after all, Johnson is a happy guy. But he uses hunger as fuel and unleashes his inner anger to focus his way to success. He intentionally does everything like his back is against the wall, and the only way out is forwards. He doesn't care who is in front of him, "they're not gonna stop me."
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34. But he always remembers the day he only had seven dollars to his name.

Handout D page 4



Simple words
Simple sentence structure

Sophisticated vocabulary
Complex sentence structure

35. **The Hardest Worker from an SEOT perspective**

36. We can learn a lot about what real effort looks like from Johnson's experience of going from zero to hero. There was a time in his life when he only had a few dollars, but today, he's currently worth \$800M and plays action heroes in movies, well, anti-heroes like Black Adam.



37. **EFFORT Idea #1: Be the hardest worker in the room**

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43. "Everyone's my competition, but the fundamental key that I've learned over the years is - I'll share with you - my number one competition is me. It's always you versus you. You've got to be the one to get up every morning, be disciplined, put in the consistent daily hard work because that gains success. No coach, no trainer, no mentor, no boss can do it. You versus you."
44. Sometimes students want to improve academically, athletically, or personally in life, but how many of us deliberately choose to do extra homework, stay after practice to go over basic drills, or turn off Netflix to develop a better habit?
45. Johnson's identity about what real effort means have helped him get to the top and, more importantly, stay at the top. His story provides a blueprint for us in that if you want to go from zero to hero, one pathway to success is to work harder than everyone else in everything you do.

Handout D page 5



Name _____ Class _____ Date _____

HARDEST WORKER



SEL Story #006

Questions

1. What does it say on Dwayne Johnson's shirt when he's working out? Use information from this text to answer this question. [RECALL]

2. Identify three strategies the Rock uses to succeed in good times and tough times. (What is he thinking about?) Use evidence from the text to support your thinking. [UNDERSTAND]

- ---

- ---

- ---

3. Describe something you really want. Are you the hardest worker yet? Explain your answer. Identify a different strategy from question #2. Are you applying that strategy? Explain your thinking. HINT: Instead of saying you didn't know about the strategy, consider whether you're already using the strategy. Who knows? You might be! [APPLY]

SEL Story 006 Hardest Worker - Handout D - Page 6 of 7

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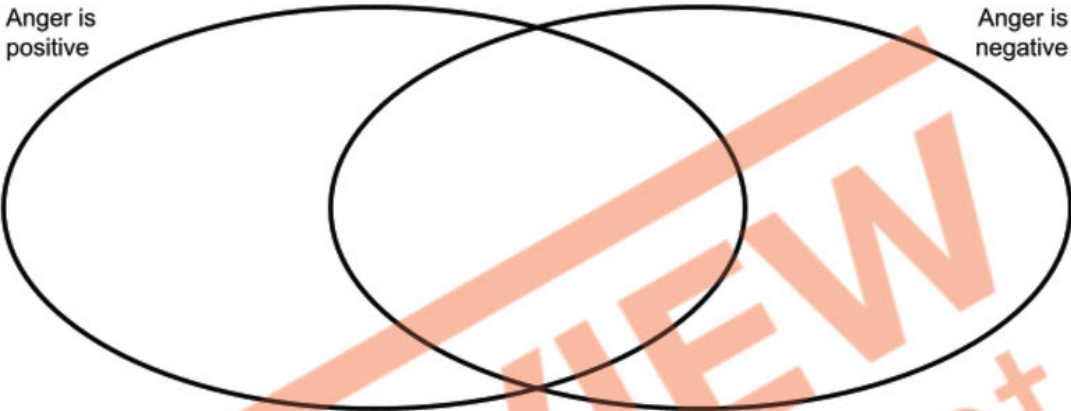
Handout
D
page 6



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Questions

4. Based on the information from the article and your own knowledge, what are the similarities and differences between using anger as a positive or negative force? Use a Venn diagram to compare and contrast the two ideas. [ANALYZE]



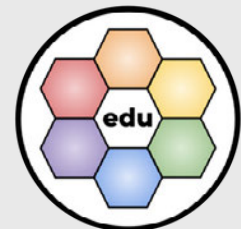
5. Which approach is better to help you succeed: **working harder** or **working angry**? Look at your analysis from question #4. Look at your understanding from questions #2 and #3. Use evidence from the text and your own thinking to support your answer. [EVALUATE]

PREVIEW

do not print

6. Describe something you really want. (This can be continuing your ideas from question #3, or you can focus on a different goal.) Describe what other people do when they work towards this goal. Describe what you have done in the past to work towards this goal. Describe what it might look like if you were to apply Dwayne Johnson's ideas about being the hardest worker in the room. [CREATE]

Handout D page 7



Questions



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SEL Story 006

HARDEST WORKER

Social-Emotional Learning: **Self Awareness, Self Management**

Reading Strategy: **Inferring**

SEOT: **Effort** (Be The Hardest Worker)

version: v2023-01-22

ANSWERS / DISCUSSION GUIDE

NOTE: I came up with these answers based on my lived experiences and professional experiences as a Grade 8 Teacher in Ottawa, Canada. Like all question and answer keys, this document contains bias. Teaching resources and discussion guides normalize power inequities, single stories, and social norms.

I create content. I'm part of a system that needs a little help to amplify stories and perspectives that we don't often hear. I have unconscious bias. I don't know what I don't know.

If you think an answer in this resource is missing, biased, or incorrect, please email me at Mike@educircles.org with your perspective. This way, I can update this document to benefit from each other's perspectives, lived experiences, and teaching experiences. (If you like this note, you'll love this [Who is Invisible](#) slideshow.)

Questions

1. What does it say on Dwayne Johnson's shirt when he's working out? Use information from this text to answer this question. [RECALL]

• [Redacted]
[Redacted]
[Redacted]

2. Identify three strategies the Rock uses to succeed in good times and tough times. (What is he thinking about?) Use evidence from the text to support your thinking. [UNDERSTAND]

There are two things to look for:

• [Redacted]
[Redacted]

Strategy #1: [Redacted]

[Redacted]
[Redacted]
[Redacted]
[Redacted]
[Redacted]

SEL Story 006 Hardest Worker - Answers - Page 1 of 7

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page 1

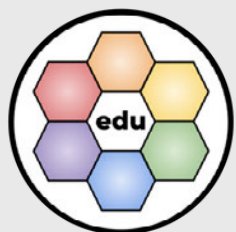


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Answers / Discussion Guide

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- Strategy #2: [redacted]
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- Strategy #3: [redacted]
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- Strategy #7: [redacted]

page 2



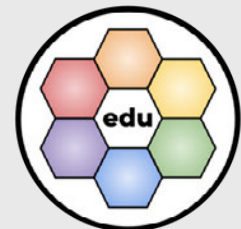
Answers / Discussion Guide

4. Based on the information from the article and your own knowledge, what are the similarities and differences between using anger as a positive or negative force? Use a Venn diagram to compare and contrast the two ideas. [ANALYZE]

Answers will vary. You might decide to grade this question based on how many categories students find.

Here are some possible talking points inferred from the text (see paragraph numbers.) If you have ideas to add to this resource, please see the email address on the first page.

Category	Anger is positive	Both	Anger is negative
<div>1. Anger is a natural emotion.</div> <div>2. Anger can be a motivator.</div> <div>3. Anger can be a signal.</div> <div>4. Anger can be a catalyst.</div>	<div>1. Anger is a natural emotion.</div> <div>2. Anger can be a motivator.</div> <div>3. Anger can be a signal.</div> <div>4. Anger can be a catalyst.</div> <div>5. Anger can be a source of energy.</div> <div>6. Anger can be a source of strength.</div> <div>7. Anger can be a source of courage.</div> <div>8. Anger can be a source of power.</div> <div>9. Anger can be a source of wisdom.</div> <div>10. Anger can be a source of knowledge.</div> <div>11. Anger can be a source of understanding.</div> <div>12. Anger can be a source of compassion.</div> <div>13. Anger can be a source of empathy.</div> <div>14. Anger can be a source of love.</div> <div>15. Anger can be a source of hope.</div> <div>16. Anger can be a source of faith.</div> <div>17. Anger can be a source of trust.</div> <div>18. 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5. Which approach is better to help you succeed: **working harder** or **working angry**? Look at your analysis from question #4. Look at your understanding from questions #2 and #3. Use evidence from the text and your own thinking to support your answer. [EVALUATE]

There's no right or wrong answer, but here are three things to look for:

- 1. [redacted]

Opinion #1: Working angry is BETTER

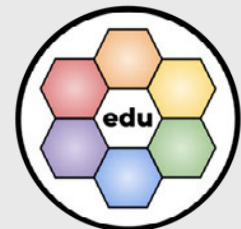
It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)
<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]
<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]
<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]
<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]	<ul style="list-style-type: none">[redacted]



Opinion #2: Working harder (than everyone else) is BETTER

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)
<ul style="list-style-type: none">[Redacted]	[Redacted]	[Redacted]
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page 6

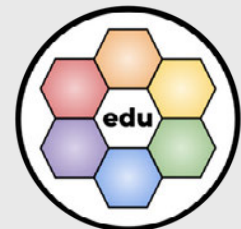


6. Describe something you really want. (This can be continuing your ideas from question #3, or you can focus on a different goal.) Describe what other people do when they work towards this goal. Describe what you have done in the past to work towards this goal. Describe what it might look like if you were to apply Dwayne Johnson’s ideas about being the hardest worker in the room. [CREATE]

Answers will vary. Here are some things to look for:

- [Redacted]

Example Goal	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]
[Redacted]	[Redacted]	[Redacted]




INFERRING

Inferring is a comprehension strategy we use to figure out what the text is really saying, even though it doesn't actually say it like this. We infer all the time in real life. Someone might say one thing, but their body language might tell us a different message.

An inference is something that isn't directly stated in the text. It's a new understanding that you make based on something written down and your own ideas, knowledge, and life experiences.

Title of today's text: Be the Hardest Worker in the Room

INFERRING



1. **Figure out what the text is really saying** even though it doesn't say it like this.


Evidence from the text

 +

your thinking

 =

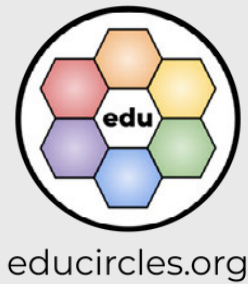
an inference
2. **Your inference cannot be directly in the text.** It has to be something new that you figured out *based* on the text.
3. Use **Somebody Wanted But So** to think about the text and make inferences.
4. Use **It says, I say, And so** to explain your inference.

 **R₁** Reading for **MEANING**
comprehension strategy
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BONUS Answers (Inferring)

page 1

Before Reading

Before you read the article, look at the title and any illustrations. Let’s turn our minds-on and activate any prior knowledge before we read. Use the **Somebody Wanted But So** graphic organizer to figure out something about the text. Then use the **It Says, I Say, And So** graphic organizer to develop your inference.

- 1. Write down the title of the article
 Be the Hardest Worker in the Room
- 2. Based on the title, create a Somebody Wanted But So.

Somebody	Wanted	But	So

- 3. Explain your inference using an It says, I say, And so...

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)

STOP and CHECK!

- ☐ I have ☐ evidence from the text ☐ my own thinking ☐ an inference
- ☐ My inference is not directly stated in the text (so far.)

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During Reading

Use the **Inferring** strategy as you read. Stop after every heading or paragraph to make an inference. When you fill out this page, you can start in any box and fill out with either graphic organizer first. Make sure your inference is not stated directly in the text.

1. Based on the text, create a Somebody Wanted But So.

Somebody	Wanted	But	So

2. Explain your inference using an It says, I say, And so...

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)

STOP and CHECK!

- ☐ I have ☐ evidence from the text ☐ my own thinking ☐ an inference
- ☐ My inference is not directly stated in the text (so far.)
- ☐ I stopped after every heading or paragraph to make an inference.

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After Reading

Now that you have read the entire article, let's look at the big picture. (It's like looking back at the entire forest, instead of individual trees in the forest.)

1. Based on the entire text, create a Somebody Wanted But So.

Somebody	Wanted	But	So
<div></div>	<div></div>	<div></div>	<div></div>

2. Explain your inference using an It says, I say, And so...

It Says (Evidence in text)	I Say (Stuff I know / my thinking)	And So... (Inference)
<div></div>	<div></div>	<div></div>
<div></div>		<div></div>
<div></div>		<div></div>

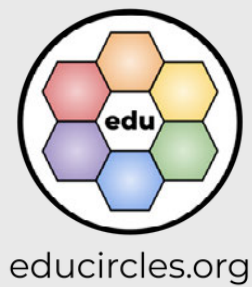
STOP and CHECK!

- ☐ I have evidence from the text (It Says)
- ☐ I explain what I know and how I figured out what the text really means (I say)
- ☐ I proved my inference (And so...)
- ☐ My inference is not directly stated anywhere in the entire text.

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BONUS Answers (Inferring)

page 4

Rubric - Inferring

Everyone will have different inferences because everyone has different life experiences. What we're looking for is how well supported your inference is by **evidence from the text**. We're also looking to see how well you **explain your thinking** that led you to your inference.

	Level 4	Level 3	Level 2	Level 1
R1. Reading for Meaning	You answered all of the guiding questions.	You answered all the guiding questions.	You tried to answer the guiding questions.	You answered few of the guiding questions.
Ideas	Your inference is supported by strong evidence from the text. You explained your thinking and background knowledge well. It's a very insightful inference that shows you really get the article.	Your inference makes sense and you have good evidence from the text. You explained your thinking and background knowledge.	Your inference is a little confusing because... ... there isn't enough evidence to support this idea or there are irrelevant details. ... you haven't explained your thinking enough to justify this idea.	I'm not sure how you came up with this inference. There's not enough evidence from the text or there are too many irrelevant details.

	Level 4	Level 3	Level 2	Level 1
R4. REFLECTING on reading skills and strategies	You answered all of the guiding questions.	You answered all the guiding questions.	You tried to answer the guiding questions.	You answered few of the guiding questions.
Ideas	You very clearly explain how you used this strategy with strong support.	You explained how you used this strategy and you have good support.	How you used this strategy is a little bit confusing because there's not enough support or there are irrelevant details.	It doesn't seem like you used this strategy based on what is given here. There's not enough support or there are too many irrelevant details.

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reading strategies

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organizer




BONUS Answers
(Inferring)

page 5

If you answer YES to these two questions...

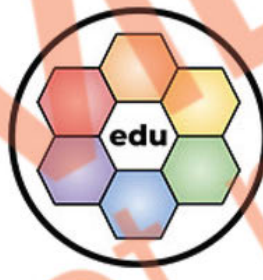
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SEOT

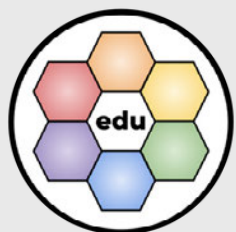
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SEL Story 006 Hardest Worker - START HERE - Page 3 of 5

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Specific things to know about this product: SEL Story 006 version 2023-01-22

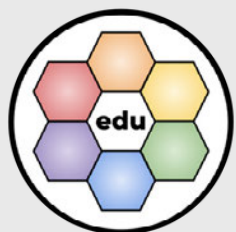
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Changelog

I occasionally update and improve these products over time. You know, add a new coat of paint, touch up a few words, fix any mistakes, etc.

Once you purchase this lesson package, you get future updates for free!

- Download the most recent version: [SEL Story 006 - Hardest Worker](#)
- How to update (or know if you need to update): [HELP \(SEL Story 006\)](#).

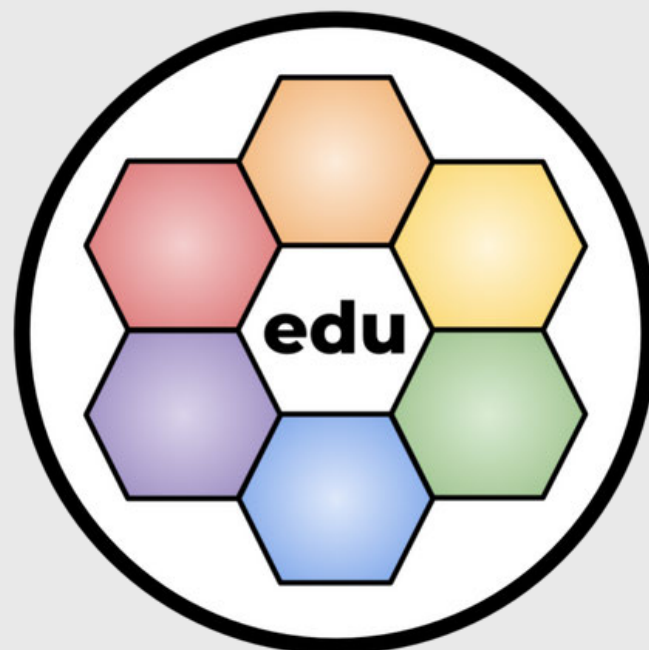
Initial Release: Version 2022-01-22

- Differentiated text (four grades)
- Single PDF (with File Table of Contents and all handouts)
- Bonus answer key for reading strategy

What's
Changed?



Changelog



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