You Can Do It Too Teachers Notes Years 4 - 6

How well where you listening?

What is the name of the character in the performance?

a) Maddison
b) Madeline
c) Miranda

What does she love to do in her free time?

A) Play basketball
B) Run
C) Juggle
D) Clean

What is the name of the character's work place?

A) Dustmites
B) Dust deliverys
C) Dustbusters
D) Dusty cleaners

To complete any goal we need to visualise, concentrate and...

A) Get excited
B) Wish
C) Relax
D)Cry

1. What was your favourite part of the show?

2. What do you think the show was about?

3. Did you learn anything new from the show?

Define a word

Resilience:

Confidence:

Determination:

Persistence :

Achievement:

Word Search

Words to find

Confidence Resilience Determination Persistence Achievement Goal Juggler

A O U H C N E I D M Q M C D W S
R I E C Z F L G A N L V F L T C
R E H S G A F D S M O A R T C D
V V L E O G E P Q I A M W H E U
S M R G O S C N P E N I O E I C
T A B X G G Q P E C F W E N F E
F C R C E U L R A N J N I E O N
E H Q O O E J T C E R A A T S E
W I E N Z G Y O I I I I H A Z C
M E W F S F N F V L S X O I L N
T V O I N H O D B I V S H R M L
V E E D K P O O G S E F U P L M
E M N E H O H Z L E P G H P E I
Z E C N E T S I S R E P W F T N
I N H C W A F E A N S W T T F B
M T D E T E R M I N A T I O N S

A little bit about me!

In the Performance Madeline tells everyone that she loves to juggle! In the box 's below fill in a little bit of information about yourself.

My favorite thing to do when I'm sad is:

_____
_____
_____

My favorite thing to do when I'm happy is:

_____
_____
_____

In my spare time I like to:

_____
_____
_____

I'm really good at:

_____
_____
_____

I'm not so good at:

_____
_____
_____

I would love to learn:

_____
_____
_____

I would love to become better at:

_____
_____
_____

I'm scared of:

_____
_____
_____

I can overcome this fear by:

_____
_____
_____

Llyndas love of juggling gives her a dream of being a professional juggler!
Do you have any dreams of what you want to be when you grow up? Or even any dreams of something you want to be able to do before you get to year 6...List them below:

When I grow up I want to be able to :

_____
_____
_____

Before I get to high school I want to be able to:

_____
_____
_____

Before the end of the year I want to be able to:

_____
_____
_____

In Llynda's performance we learn that being able to first imagine something is the first step to being able to achieve it. To achieve our dreams we need to believe in ourself. To do this, we need to have confidence and persistence.

Sometimes it can be hard to stay confident when you are struggling with a task.

Below are some common statements that may make you feel like you are unable to do something and a positive statement to help build your confidence and encourage persistence.

I can't do math	I think I need to ask for some help with my math problems
I'm not good at sport	I'm practicing to become better at sport
I've made a mistake	My mistakes will help me learn

Using the spaces below correct some of the following statements to something positive.

This is too hard _____

I'm not very good at school work _____

I keep making mistakes _____

I can't do it _____

I'm not good enough to reach this goal _____

In the spaces below come up with some other negative things you may tell yourself when something is hard and ways to make this more positive.

Negative	Positive
_____	_____
_____	_____
_____	_____
_____	_____

Goal Setting Activity

Class discussion:

What is a goal?

A goal is :

_____

_____

For Example in Llynda's performance her GOAL was to become a professional juggler.

Make a list below of goals you would like to achieve.

For example: Read a book a week, Do more exercise, Get more sleep, Make your bed every morning.

List each of these Goals below.

After making your list, pick the one you most want to achieve.

Goal:

1.

2.

3.

The first step to achieving your goal is to believe you can.

The second step of achieving your goal is planning how to do it!

Ask people who can help such as your parents, teachers, sport coaches, school counsellors etc and plan small steps to help you get closer to your goal.

Third step is to create an action plan

Creating an Action Plan

For example if your goal is to become a better soccer player, then your first step is to imagine being a better player, your second step is to talk to someone who can help, your third step may be to play more soccer each day after school, or to start lessons to help you get better.

Your "Action Plan" may look like this

Goal: To become a better friend

Step 1. Imagine that I can do it

Step 2. Smile each day

Step 3 Say hello to all the children I meet at school

Step 4 Ask everyone to play

Step 5 Keep following step 1-4 for a whole week

Step 6 Ask myself, have I achieved my goal?

Using the example above, create your own **action plan** for one of your desired goals with a set finish date.

Goal:

Step 1: Imagine and believe in yourself

Step 2:

Step 3:

Step 4:

Step 5:

Step 6: Ask myself, have I achieved my goal?

If not, contine back to step 1.

Achieved your goal? Continue to Step 7.

Step 7: Be Proud of yourself! You have achieved your goal!