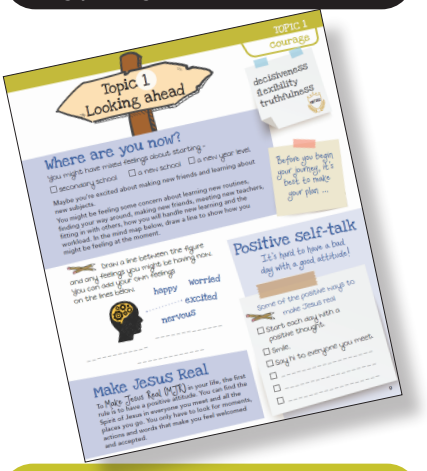
VALUE
courage

Topic 1 – Looking Ahead

Learning Intention – Hey, why this lesson?

TO PLAN AHEAD AFTER REFLECTION



When we plan we need to know that we are not alone: "I am with you always" Matthew 28:20. We can identify meaningful goals by learning to:

- reflect on previous events
- have a positive attitude
- celebrate successes
- challenge ourselves.

Hint: Remind students that planning for our futures is an evolving process and often 'light bulb' moments will occur.

Scripture

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."

– John 8:12

Discuss the scripture in light of 'Positive self-talk' (page 9), attitudes (page 10) and W.E.S.T. people.

ACARA Connection RE Key Understanding

Connect to your own State/ Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society

Health & Physical Education / Year 7 and 8 / Personal, Social and Community Health / Being healthy, safe and active

Curriculum content descriptions

Evaluate strategies to manage personal, physical and social changes that occur as they grow older (ACPPS071).

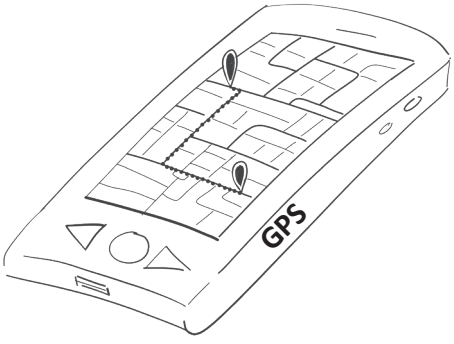
https://www.australiancurriculum.edu.au/Search/?q=ACPPS071

Virtues

- ***decisiveness*** – making decisions quickly, effectively – it may even take risk
- ***flexibility*** – bending but without breaking, compromising
- ***truthfulness*** – not lying to ourselves, being genuine – it is a habit to encourage

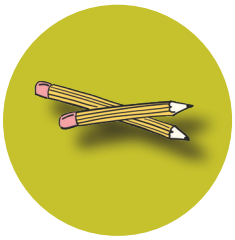
G.P.S.

Encourage students to use these or other virtues as a G.P.S. for planning ahead.



Warm Up Activity

1. When planning ahead we really need to look at who or what we are. To help the students jump into the journal, play the following video about Keala Settle singing 'This is me' from *The Greatest Showman*. Discuss with the students about how she found her confidence from others – just look how the piano player, the other singers, Hugh Jackman, etc. get caught up in the emotion of the song as she grows in self belief. https://www.youtube.com/watch?v=i-e8ZJBzw8Y
2. Complete the exercises on page 9 – maybe underline or highlight a sentence or line that stands out to the class.
3. Planning ahead is important but sometimes it can go wrong. Show the students these funny plans that went wrong – Big Time! https://www.youtube.com/watch?v=E5B7eWNle2M



Main Activity

1. Ask the students, 'If you were passing a message to yourself from last year to this year, would it be positive – name one thing you would like to concentrate on or improve.' Suggest that they write it in their journal reflection section on page 12. Look at this video from Hamish Blake (of Hamish and Andy fame) talking to his 14-year-old self as an example. https://www.youtube.com/watch?v=zzKsiQUlH1U

2. Complete page 10 – stress the importance of attitude. Also ask students (after getting them to either circle or colour in W.E.S.T.) do they know some W.E.S.T. people?

Jesus Connection

Jesus Connection Activity

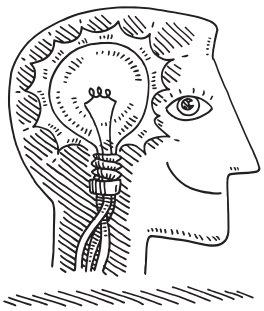
1. Get someone to read out John 8:12.
2. Discuss the meaning – tie it in with the four questions at the top of page 11.
3. Emphasise that the 'Spirit of Jesus' moments are all around us everyday – we should name them up e.g. *I loved it when I saw Greg helping Mia with her work*.

Prayer/Reflection

Listen to 'You Got the Love' by Florence and The Machine
https://www.youtube.com/watch?v=bjz-kiVJ4Gg

Ask the students:

1. Think of the last time 'you threw your hands in the air' after i) getting frustrated ii) making mistakes iii) failing
2. Look at the palm of your hands – picture the person or people who are your 'go to' people when you are struggling.
3. Listen to the lyrics – never feel that there is no one there.
4. Draw around your hand on page on page 12 and print the names of people who can help you when you need help.



Reflection Questions

Reflection Activity

1. Give students a moment to reflect on this unit – what are they going to plan in the future that might improve them as a person?
2. Get them to jot down some things they hope to achieve or wish to plan for in the future.
3. As well as completing page 11 activities, ask students to answer at least one of the questions on the left-hand side of the student book – 'Some big questions to think about'.

Success Criteria

That students can...

- reflect on what they believe and then either write or explain this in a way that does not offend
- listen more and/or appreciate others' opinions so that they can clearly establish what they believe as a contrast to what others believe
- understand that others may have differing opinions.

Take Away Bag

Ask the students what is the ONE thing they are going to take away from this unit of work.

Extensions

Extension Ideas

1. If any of the students are sports-mad, introduce them to Emmitt Smith's hall of fame speech.
   http://www.espn.com/blog/nfceast/post/_/id/16456/emmitt-smith-hall-of-fame-speech
2. If the students enjoyed the performance of Kaela Settle, show them the following, which is the actual scene from the movie with the lyrics. Ask them to choose a lyric that appeals to them and write it in their journal – it may help them to plan ahead!
   https://www.youtube.com/watch?v=IRyMoHJu-i8
3. https://www.youtube.com/watch?v=FA3EwR1O_qc
   is a positive self-talk by a young man. You'll find some really strong points here that the students may take on board.

Relatable Quote

Your goal is only a dream until you build faith around it.