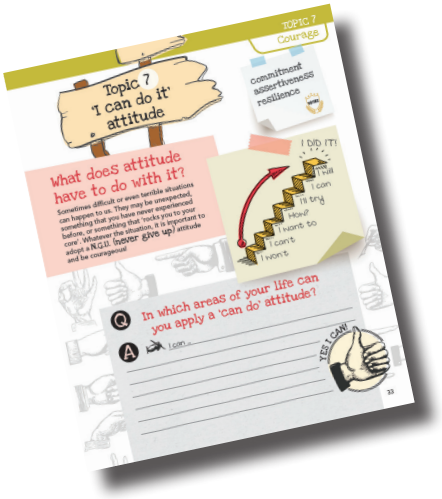
VALUE
courage

Topic 7 – 'I can do it' attitude

Learning Intention
Hey, why this lesson?

TO LEARN AN 'I CAN DO IT' ATTITUDE



Peter was instructed by Jesus to be the 'rock' that the Christian Church on earth would be built upon. We will identify that Peter made mistakes but still achieved so much in just over 2000 years We need to realise that the act of setting and achieving goals takes practice, constant reflection and a powerful never give up attitude.

Hint: To demonstrate that 'the Never Give Up' attitude is an essential tool to develop so as to succeed in life, especially when difficult or terrible situations occur. Emphasise N.G.U. (Never Give Up) through great examples in the media of people who have shown determination and not given up when many would have, such as burns victim Turia Pitt.

Scripture

So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up.

– Galatians 6:9

Share with the students that to 'reap a harvest' involves a large number of processes. Preparing the land, using suitable seeds/vines, correct amount of water, harvesting at the right time etc. Also, farmers encounter floods, droughts etc. and many have the 'don't give up' attitude.

Ask the students to research countries (don't forget Australia) that are doing 'it tough' at the moment.

ACARA Connection
RE Key Understanding

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

Humanities and social sciences / Year 7 / Inquiry and skills / Analysing

Curriculum content descriptions

Analyse primary sources and secondary sources to identify values and perspectives on people, actions, events, issues and phenomena, past and present (ACHASSI157)

https://www.australiancurriculum.edu.au/Search/?q=achassi157

Virtues

- ***commitment*** – dedicated, devoted and show loyalty
- ***assertiveness*** – being confident , strong willed and positive
- ***resilience*** – to bounce back, recover quickly from hardships

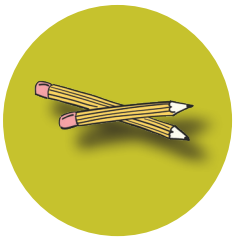
Discuss the virtue of commitment and what it means in the daily lives of students. What are you committed to and why? Examples such as study, friendship, interests, etc.

Use the journal on page 36 to ask students to reflect on the other two virtues assertiveness and resilience (this is also prominent in Topic 8 – Grit).

Warm Up Activity

1. All of us feel down at some time. Some people get put down, bullied or worse, so from the following YouTube what do you decide needs to change in your life?
   https://www.facebook.com/MeirKay/videos/860087950796508/
2. Discuss this with the students and then complete the sections on page 33 and 34.
3. Introduce the term 'self worth' – e.g. what are you worth to yourself. In high school you will find subjects, friends, teachers that will help you define your self worth.

Self worth is about who you are and how you value yourself. Of course, it is closely linked to your thoughts, emotions and behaviour. Emphasise to the students that the power of getting into the habit of positive talk of 'I can do it" and surrounding themselves with people who inspire and push them towards their dreams is crucial.



Main Activity – Who is Turia Pitt really?

1. Go to Turia's official website at http://www.turiapitt.com/about/
2. Get the students to explore the website jotting down three things in each of the columns below.

Turia's Hardships	What did she lose?	Her inspirations

3. Write a sentence you read from her website that stands out to you into your journal in BIG letters.

_____

_____

_____

_____

4. Ask the students 'What do you think would have been your reaction if you had have been in Turia's shoes. How would you have coped? What help would you have needed?'

Jesus Connection

Jesus Connection Activity

Complete page 35 especially discussing the attitude of Jesus. In Luke 4:1-13 Jesus was put to the test by the devil. Read this scripture out aloud and then discuss how as teenagers they will be constantly tested e.g. drugs, pornography, alcohol, social media etc.

Prayer/Reflection

While your teacher plays some quiet music, stop, stay still and try and block everything out of your mind except for focussing on where you have i) not given up in the past. Go over the situation and remind yourself how well you did. ii) where you did give up and reflect when this situation arises next time what can you do better.

Reflection Questions

Reflection Activity

On page 33 are a set of stairs. Ask the students which of these sayings is their natural go to. Do they need to aspire to a higher level? Has there been a situation recently where they used one of these stair sayings? As a teacher do not be afraid to share that you have faltered in this area as well.

Success Criteria

That students can...

- look at the acronym NGU (Never give up) and produce their own life story where they either showed it or could have shown it better.
- identify with a number of people with an "I can do it' attitude and suggest why they are inspired by these people.
- find ways to work through problems by themselves rather than need others to always be the 'go to' guy.
- work their way up the stairs of 'I can' and realise how the brain relies on words constantly been said to 'ingrain it on the brain'. 'To ingrain it on the brain' is about forming habits – there is disputed evidence about how long this takes e.g. stop biting your nails, back chatting authority, drug taking etc. So choose a positive phrase to say over and over again until it becomes an ingrained habit.

Take Away Bag

How will creating a habit of 'I can do it' attitude help you. Suggest ONE thing they are going to take from this topic.

Extensions

Extension Ideas

1. Discuss with the students how Mary, Joseph and the disciples needed an 'I can do this' attitude. Ask them to research where in their lives this attitude was crucial.
2. Ask the students for examples of people in their lives with this attitude e.g. grand parents, cancer survivors etc. Make sure they journal their responses. Some great examples of world figures are Sara Blakely – Spanx Founder, Audrey Hepburn – activist and actress, Oprah Winfrey – TV presenter, Nick Vujicic – speaker.
3. Look at the following video of the Australia Iron man Matt Bevilacqua https://www.youtube.com/watch?v=cQUzyY5V0X8
   OR
   Go to the Nutrigrain 'Unstoppable Series' and discuss their 'I can do it' attitudes.

Relatable Quote

Survival can be summed up in three words – never give up. That's the heart of it really. Just keep trying.

– Bear Grylls