

ASPIRATIONS

LEARNING OBJECTIVES/WALT

- Identify and talk about their own and other's strengths and weaknesses and how to improve
- Recognise why people work
- Reflect on the range of skills needed in different jobs
- Begin to reflect on their worth as individuals by identifying positive things about themselves and their achievements
- Begin to make responsible choices and consider consequences

KEY VOCABULARY/LANGUAGE

- POSSIBLE STEM SENTENCE - *I am going to try...because it will help me to...*
- Growth
- Risk and reward
- Accomplishment

WHAT YOU WILL NEED

- Lesson plan 4 resources doc ([link](#))
- Hula hoop or something to make a circle on the floor with
- Flipchart paper and pens
- A4 paper and pens or Slide 7 printable stem sentence for lower KS writing ability
- Blank postcards or print slide 10 and cut out 1 for each pupil ideally on thin card

LESSON 4 - ASPIRATIONS - SETTING GOALS - Achieving the dream

Lesson Content

Time guide Outcomes

EXPLORE - Blindfold trust game

10 mins

Fun way to understand ideas of risk, growth and accomplishment

- In pairs. 1 person closes their eyes and the other leads them around the room holding their finger only. Swap over. Then ask;
How did it feel?
Was it comfortable?
Did it feel risky?
Are you glad you have tried it?

EXPLORE - Escaping the Comfort Zone

10 mins

Discussion to embed and secure learning

- ASK - What takes you out of your comfort zone? - in small groups discuss the questions on slide 3
- ASK - Why is it good to try something new? Discussion on slides 4 and 5

EXPLORE - Into the Magic zone

15 mins

Personal pledge to grow and develop with fun physical action to embed the learning
Text writing

- ASK - What can you do today to take a leap out of your comfort zone?
- Look at your star, your tree and your rhythm stepping stones. Think of one thing you could do or try today to help you jump into the The Magic Zone and why it will help you . Use this sentence structure: *I am going to try X because it will help me to Y* (slides 6 and 7)
- Get into a circle; this is the comfort zone. Inside the circle is the magic zone
- In turn each person say aloud their sentence and do an expressive jump out of the comfort zone into the magic zone

EXPLORE - Why do people work

15 mins

In depth thought and collaborative work
Reinforcing positive ideas around work and jobs

- Class discussion - why do people work? - use an example e.g. Musician or the example on slide 8
- Then split into 5 groups - In groups brainstorm ideas around why people do their jobs and feedback to the group. Slide 9

EVALUATE - Postcard to your future self

10 mins

Children measure their ideas against the poster of facts

- Hand out postcards 1 per pupil
 - Write on one side of the postcard a note to yourself - some advice on how to grow and take steps to your goal
 - Show example in resources doc (slide 10)
 - On the other side draw a picture of your goal or aspiration for the future
- Teacher to keep these and hand them back out to the class a few weeks later... have you acted on the advice?