

# YOU CAN DO IT!



## Determination is:

- \* Simply not giving up.
- \* The will to keep on going.
- \* Trying to do something even when you find it difficult.
- \* Having willpower.
- \* 'Stickability'.
- \* Making your dreams come true.

## Without determination:

- \* People would give up as soon as they find something too challenging.
- \* We would not reach our full potential.
- \* Learning would have its limits.

## LEARNING OBJECTIVES:

**To be able to know how to encourage ourselves and others to keep going.**

### Script:

“Think about a time when you have found something difficult at school. What did you do? Did you give up? Did you tell yourself that it was just too hard and then it seemed even harder? Or did you keep trying? Did you succeed? Today we will think about this in our lesson. We will try to understand that if we believe in ourselves and keep trying, we can achieve much greater things.”

### Suggested Resources:

Year 1 Steps to Success worksheet.

### Suggested Activities:

Ask the children to individually think of five things that they are good at, or five skills that they possess. Note that children do not always find this easy – they tend to find it easier to say what they are not good at. Now ask the children to think of one thing that they do not believe they are good at. What do they think

makes them find this difficult? Do they like doing that one thing or do they dislike doing it because they feel they are not good at it?

Explain to the children that sometimes success comes from believing that they can do something. This is like a first step towards success. Ask them to think really hard about that one thing that they are not good at. What other steps could they take to achieving this or getting better at it? Record the responses on the whiteboard e.g. they should not give up, they can ask a friend or teacher for help. Next, ask the children to complete the 'Steps to Success' worksheets – they draw a picture of their goal and write on their footsteps - the steps they take to reaching their goal.

### Plenary:

What words can we say to ourselves and others to stop us from giving up? Ask children for examples, e.g. 'Keep going', 'You can do it!' etc. As the teacher, you can then create posters of these words to display around the classroom as motivation for the children.





## Character Coaching

### Guidance:

We just need to take things one step at a time, think of different solutions and maybe ask others for ideas when we find it difficult.

### Meaningful Praise:

The words of encouragement that you have shared today show that you understand how important it is to use your determination to keep going.

### Correction:

Do not think that you always have to do things by yourself, you can ask others for help to enable you to succeed.

