

All

Determination

Resilience

Courage

# About Me



"It always seems impossible until it's done."

Nelson Mandela

## Activity 1



### Aim(s)

- To learn more about each person.
- To practise courage in action.



### Resources

- Power Point slide with video links.
- Question cards.
- Post-it notes.
- Pens.
- Recording equipment. **OPTIONAL**



## Delivery Guide

### Part I

Watch the three YouTube clips.

[www.youtube.com/watch?v=zO2M3NRtkAA](http://www.youtube.com/watch?v=zO2M3NRtkAA)

[www.youtube.com/watch?v=JoiVEyCosEE](http://www.youtube.com/watch?v=JoiVEyCosEE)

[www.youtube.com/watch?v=znyAnWUYf2g](http://www.youtube.com/watch?v=znyAnWUYf2g)

(all available 8/16)

Ask if anyone has seen the films and do a quick summary of them. The below Wikipedia pages give a brief overview of the films.

**Good Will Hunting:** [en.wikipedia.org/wiki/Good\\_Will\\_Hunting](http://en.wikipedia.org/wiki/Good_Will_Hunting)

**Billy Elliot:** [en.wikipedia.org/wiki/Billy\\_Elliot](http://en.wikipedia.org/wiki/Billy_Elliot)

**Coach Carter:** [en.wikipedia.org/wiki/Coach\\_Carter](http://en.wikipedia.org/wiki/Coach_Carter)

(all available 8/16)

Ask the young people to think about what might link them. Things that come up may include:

- People having the courage to be true to themselves.
- People overcoming barriers.
- They each have talents (maths ability, dance, basketball ability) that are hidden.

Ask them to talk about the talents the characters show in each clip, and about how they demonstrate courage in order to overcome barriers and make use of their talents.

## Part II



Facilitators can join in this and complete a presentation sharing things about themselves.

Explain that in order to work together successfully and to ensure everyone gains the most from the group, it is helpful to find out more about everyone - likes and dislikes, passions and hates, where you've been and where you want to go.

Set out the challenge to the whole group: Each person is going to answer a variety of pre-arranged questions about themselves and present it back to the rest of the group (this presentation can be as formal or informal as you want. For instance, it could be just spoken back as everyone sits on chairs, or it could be presented from the front of the room to an audience).

Before starting, ask each young person to take a post-it note and write down 3 sentences that describe how they feel about the idea of presenting to the group. Some of the things that might come up include:

- Scared of public speaking.
- Don't like standing up in front of people.
- Worried about talking about myself.
- I don't want to tell people about myself.

Stick the post-it notes on a flip chart paper headed 'Before'. This task will be repeated after the presentations.

Give out the question cards to the young people and go through each question, checking for understanding. You could give them options, depending on what you think is suitable: you could suggest that they can choose 3 questions that they don't have to answer, or say that they only have to answer half, or that they must answer all of them. Ensure you give them time to prepare (how long will depend on your judgement and how formal you want the presentation to be) before they present to the rest of the group.

Allow each participant to present their answers to the rest of the group. Praise courage when it is shown.

After the presentation and feedback, ask participants to complete 'after' post-it notes describing how they feel and display them on flipchart paper labelled 'after'. How do they feel now they have shown courage? Hopefully some of the things that come up will be:

- It wasn't as bad as I thought.
- I feel more confident now.
- I won't feel so worried if I have to do it again.
- It was alright.

Presentations could be recorded and used later as evaluation material – e.g. record a later presentation to demonstrate increase in confidence.

## Points to highlight

- It takes courage to share things about yourself.
- Even if you're anxious and scared, you can overcome it. Once you've done it, it feels easier!

