



Facing Challenges

Aims:

Students identify the challenges they are facing, the related emotions, and the virtues and skills needed to overcome the challenges and fears associated with them.

Preparation and materials:

Assembly:

1. Introduce the topic of facing challenges. Remind students that everyone faces challenges in life and have to respond to different challenges at different times. You could display some of the challenges on a PP that students might face during KS4 at school or more generally.
2. What emotions do people experience when they are faced with a challenging situation or problem? Discuss with the person next to you.
3. How have you felt when you have faced a challenge in your own life and overcome that problem? This might be a challenge you have faced at school, learning a new skill that you have found challenging or a physical experience you have had.
4. Ask students the question can challenges be good for us? Ask students to discuss with a partner how solving a problem or meeting a challenge can make you feel. How does it make you feel? How does it make you feel more confident in what you can do? How does it enable you to grow and develop?
5. Interview a student or staff member about a time when they had to overcome a challenging situation. You could ask them a selection of these questions. What feelings can you remember when facing the challenge? What character traits/virtues did it require you to use in order to overcome the challenge? Were you successful or did you need to adapt and make alterations in order to be successful? How did you feel on completing the project or overcoming the challenge? How did you success and /or struggle to achieve develop you as a person and your character?

Reflection:

Use these questions to think about a recent challenge you have had to face. What feelings can you remember when facing the challenge? What character traits/virtues did it require you to use in order to overcome the challenge? Were you successful or did you need to adapt and make alterations in order to be successful?

Challenge:

Challenge yourself to be courageous and have a go at something you currently feel worried about. It might be taking part in a debate, public speaking or taking part in an activity you're interested in.

