

The Character Curriculum

Flourishing for Life



<p>Y11: Mental Health L1 – Facing Challenges</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - 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. 	<p>Key vocabulary: Challenge, emotion, hope, fear, self-confidence, self-esteem Key virtues: Courage, determination, resilience</p>
<p>Resources: PowerPoint presentation Facing challenges resource sheet</p>	<p>Statutory links: PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> - To accurately assess their areas of strength and development, and where appropriate, act upon feedback; - How self-confidence, self-esteem and mental health are affected positively and negatively by internal and external influences and ways of managing this; - Strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing; - To evaluate their own personal strengths and areas for development and use this to inform goal setting; - How their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability. 	
<p>Key questions:</p> <p>What emotions do people experience when they are faced with a challenging situation or problem?</p> <p>How have you felt when you've faced a challenge in your own life and overcome that problem?</p> <p>How does solving a problem or meeting a challenge make you feel?</p>	<p>Learning activities:</p> <p>Starter:</p> <p>Which emotions do people experience when they are faced with a challenging situation or problem? Discuss with a partner.</p> <p>How have you felt when you've faced a challenge in your own life and overcome that problem? This might be a challenge you've faced at school, learning a new skill that you've found challenging or a physical experience you have had.</p> <p>Activity 1: Can challenges be good for us?</p> <p>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?</p>	

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Which virtues do you need to display in your life in order to be successful at overcoming challenges?

Write a reflective case study that outlines a challenge you took on, the fears you had to overcome and the emotions you experienced. This might have been starting or changing a part-time job/volunteering, leading a team of people, public speaking, visiting a country you hadn't been to before, moving school, being part of a sports team, etc.

You might want to consider the following:

- Which feelings can you remember when facing the challenges?
- Which 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 your success and/or struggle to achieve develop your character and you as a person?

Share this experience with the group and ask other students to question you on your experience and reflect on similar or shared experiences.

Consider some different examples of challenges you might face in other settings.

- How could these be seen as an opportunity and/or way to overcome a fear?
- Can you think of examples within different settings, e.g. in the workplace, at school, or in the community?
- What action plans might you devise to tackle this challenge and turn it into a positive experience that helps your own personal development?

Activity 2: Role models

Read the brief stories of the well-known figures on the PowerPoint. All three had challenges that they had to overcome in order to find success in their chosen fields.

What can you learn from their stories? Which virtues have they displayed in their lives in order to be successful?

Activity 3: Hopes and fears

Part of taking on new challenges in our lives is identifying our hopes and fears for all that the challenge will involve. There are many exciting challenges facing you during KS4 both inside and outside of school. By identifying techniques and strategies to build new skills in dealing with these challenges we grow and develop many aspects of our character.

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We each have different ways of approaching challenges based on many different factors. Discuss with a partner which of the two options on the PowerPoint you typically gravitate towards when you're facing a challenge.

Write out three labels 'Hopes', 'Fears' and 'Skills Required' on an A3 sheet in a group.

You will be presented with a number of different scenarios. Identify what the key challenges might be for each scenario.

As a group, discuss what difficulties and emotions the person might be facing in each scenario and write your answers under the relevant headings.

- Discuss what the challenges might be in each scenario.
- Which character traits/virtues are needed in this scenario?
- Which practical skills need to be developed in order to overcome the challenge and face certain fears?

At the end of the activity, go through the content of each group and pick out one or two items that are common to discuss.

Explain to the group that it is natural to have a mixture of emotions when starting anything new, but, in developing skills that allow us to cope with the challenges, we develop our confidence and assertiveness in dealing with potential setbacks.

Activity 4: Do my fears really matter?

Use the reflection resource sheet to explore the role of fears in overcoming challenges. Complete the blank sections under 'Do my fears really matter?' and 'How can I overcome fear?' with your own examples and tips. This should be done as an individual activity to encourage self-reflection.

