

Lesson Title

Time For Your Mission

Lesson Objectives

- To allow pupils a space to be aspirational and creative about their own personal future
- Help pupils differentiate between doing something because they 'want to' and doing something because they 'should'
- Empower pupils to make brave and direct decisions to create a compelling and aspirational future
- Assist pupils in creating a focused vision of what they can achieve in life
- Tap pupils into the strategies of resilience to help them cope with adversity on their journey to success

Resources Required

Smart board/Projector and screen

Laptop with internet connection to Education Scotland site or resources downloaded

Paper (A4 or A3)

Pens (preferred but not essential: coloured/felt tips)

Lesson Plan

Teachers require only minimal input to the lesson but are encouraged to participate with their own knowledge and use personal examples where possible.

Starter - 8 mins

Welcome pupils and ask the starter questions to encourage a discussion around mental health:

1. **What do you want to do when you leave school?** *The teacher should encourage excitement, ambition and aspiration. Any pupil with an unusual or very specific target can be asked to elaborate on why that particular thing.*
2. **Not everyone works hard enough to get what they want, why do you think people give up on the things they really want?** *Answers to this question can often end up being quite surprising and often incredibly deep. There is no requirement for the teacher to discuss these if they do not feel able, the answers will be given in the video content. However if the teacher has knowledge or insight then they are encouraged to use it to facilitate the discussion*
3. **And what do you think makes people really go for things and never give up?** *The perfect response to this question is that they just really, really want it however the more common answers are things like 'really motivated'. One interesting question the teacher can ask is 'Yes, but what makes us motivated?'*

Video Content #1

Play video from beginning - video length 14m 22s

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Activity

This activity is an individual activity however conversation and collaboration should be encouraged. The intention of this activity is to connect pupils to the fact that success is a long term project rather than something that happens overnight. Teachers are encouraged to share any short and appropriate stories from their own lives about times when they've had to be resilient to achieve a goal e.g. pass their degree, get the car they want etc. to encourage pupils to connect themselves into their own resilience and motivation and start their journey to success right now.

1. If you could dream about an amazing life once you've left school and got a bit older, what would it be like?

Teachers can write the following list up on a board or find a way to display it appropriate to the class environment to help pupils keep their thoughts 'straight':

- **What job would you like to do when you leave school?**
- **What car would you like to drive?**
- **Where would you like to live?**
- **Would you like to go to University or College?**
 - **If you would what would you like to study?**
- **If you could go on holiday when you get older where would you love to go?**
- **Would you like to have a family?**
- **And anything else you want to add in**

2. What can you do right now to start the mission to making that happen?

The Teacher should encourage the pupils to write down and explore what the pupils need to and are willing to do (since these two things might be different!) to make it happen, e.g.

- *'I want to go to uni' - 'what exam results would you need?'*
- *'I want to be a footballer' - 'how much do you need to train to make it?'*

Once complete the teacher should take examples and feedback. Feel free to question their commitment to their goals and encourage them that anything is possible if they are willing to do what they need to do. As always, if there any exceptional examples that you would love to have up on the HeadStrong Social Media then email them to brian@headstrongminds.com and we will, of course, give full credit and acknowledgement to the school and the class.

Video Content #2

Play video from pause point (the small break is 20 seconds long and Brian will kick back in at 14m 43s). Second video length 2m 06s.

Lesson Close

Teachers should encourage pupils that the path to success starts today and they are already making decisions that will either make them a huge success and get them all they

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want in life or send them on a different path. That path may not be the wrong path, just a different path, but the pupil has to make decisions about it now.

Success Criteria

- Pupils have enjoyed being aspirational and creative about their own personal future
- Pupils can differentiate between doing something because they 'want to' and doing something because they 'should' and why this is important
- Pupils feel empowered to make brave and direct decisions to create a compelling and aspirational future
- Pupils have created a focused vision of what they can achieve in life
- Pupils understand the 'Mission' philosophy of resilience to help them cope with adversity on their journey to success

Experiences & Outcomes

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. **HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a**

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. **HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a**

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. **HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a**

This lesson was produced in Partnership with HeadStrong

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