

## PSHE

### Week 6: Stay motivated when doing something challenging.

- Cut out the story puzzle cards and arrange them in order. Read the story.
- Calm me...
- The story that you have just read about Michael Jordon is true. He is a famous basketball player.
- What really made Michaels dream work?  
*Hard work and perseverance allows us to achieve our dreams, rather than 'quick fixes'. Michael's story introduces resilience and the importance of having a positive attitude to be resilient.*
- Write down what dream or hope you have for the future.
- How does it feel to have hopes and dreams?
- Do these dreams feel realistic? Possible? Exciting? Daunting?
- On a piece of paper draw a large leaf shape and cut it out. On the leaf draw and write one of your dreams and how it makes you feel. Once finished you can decorate your leaf.