

Explore title	Wellbeing: Reach for the stars
Objective (WALT)	To set high aspirations and goals for the future.
Essential skills	<p>Wellbeing Can recognise, discuss and celebrate your own and others’ achievements and strengths.</p> <p>PSHE Reflect on and celebrate your own achievements, identify your strengths and areas for improvement, set high aspirations and goals.</p>
Outcome	Set goals and aspirations for your future and identify five positive behaviours and attitudes that will help you to achieve your goals
Key vocabulary	achievement, aspiration, goals, qualities
Key questions	<ul style="list-style-type: none"> • What achievements have pupils made over the last year? • What are they proud of? • How did pupils’ behaviour and attitudes help them to achieve?
Teaching the Explore	<p>Firework Play the song ‘Firework’ by Katy Perry from the slide. Link: https://youtu.be/KSbwHzlcs8</p> <p>Ask pupils what they think these lyrics mean and collect responses.</p> <p>Do pupils think that the song’s reference to ‘firework’ could be a metaphor for anything?</p> <p>Explain that a metaphor is a figure of speech that describes an object or action in a way that isn’t literally true but helps to explain an idea or symbolises something else.</p> <p>Explain that fireworks are bursts of coloured flames that explode across the sky. They are loud, dynamic and full of energy.</p> <p>Pupils could think of the reference to fireworks in this song as a metaphor, in which Katy Perry encourages her listeners to be all these things too.</p> <p>Amazing achievements Invite pupils to think carefully about the questions in the slide.</p> <ol style="list-style-type: none"> 1. What are pupils good at? 2. What skills and personal qualities do they have? 3. What do they believe to be their biggest achievement in their lives so far? <p>After pupils have considered their responses individually, ask them to work with a partner to take it in turns to share their responses. Explain that being confident in our strengths and achievements is a good way of developing self-worth, which can then help with our mental wellbeing.</p> <p>Explain that there are many individuals who are considered to have made incredible achievements in their lifetime. These come from many different fields and areas of life.</p> <p>Share some examples from recent years, such as the sports stars detailed in the slides.</p>

- Marcus Rashford: An English professional footballer who plays for Premier League club Manchester United and the England national team. He is also known for his charity work and campaigning for free school meals in schools.
- Naomi Osaka: A Japanese professional tennis player. She has been ranked Number 1 by the Women’s Tennis Association (WTA).
- David Weir: A British Paralympic wheelchair athlete. He won a total of six gold medals at the 2008 and 2012 Paralympic Games and has won the London Marathon eight times.

Now ask pupils who they know of who has made an amazing achievement. This could be a well-known public figure or someone they know. Pupils should share their ideas.

Direct pupils to use the links in the slide to explore other influential people from over the last few years with whom pupils may be less familiar.

- Camilla Rothe: An infectious-disease specialist in Munich, who was one of the first to document an asymptomatic infection in COVID-19.
Link: <https://time.com/collection/100-most-influential-people-2020/5888186/camilla-rothe/>
- Christina Koch and Jessica Meir: NASA astronauts who made history by completing the first ever all-female spacewalk.
Link: <https://www.bbc.co.uk/news/science-environment-50085930>
- Yo-Yo Ma: An American cellist. He was born to Chinese parents in Paris and became a child prodigy, performing music from the age of four and a half. He has recorded more than 90 albums and received 18 Grammy Awards and has performed with orchestras around the world.
Link: <https://www.yo-yoma.com/about-2/>

Achieving your goals

Ask pupils to consider what behaviours, actions and attitudes they think helped all these individuals to achieve their goals. Give pupils time to think individually and then discuss this in pairs before adding their ideas to sticky notes. Collect responses from the class to record and display.

Share some possible responses for behaviours and attitudes that may help an individual to achieve their goals from the following slide.

- Practise regularly.
- Persevere, even when you find it difficult.
- Work on your weaknesses as well as your strengths.
- Listen carefully to coaches / experts.
- Ask for help when needed.
- Believe in yourself.
- Learn from and value your mistakes.

Overcome obstacles and don’t give up.

Main task

Tell pupils that they will be setting their own goals and aspirations for the future. They should begin by discussing the question in the slide with a partner.

1. What would pupils like to achieve in the future?

	<p>Provide pupils with the goals and aspirations template to record their goals and aspirations for the future. They will also need to consider what to do when they encounter setbacks.</p> <p>In the bottom section of the handout, pupils should also identify five positive behaviours and attitudes that will help them to achieve their goals.</p>
Assess, reflect, connect	<p>Challenge pupils to write a short note from their future selves, in 25 years' time, to their current selves. They should include responses to the questions in the slide.</p> <p>1. What will they have achieved? What advice would they give their current selves?</p>
Related resources	<ul style="list-style-type: none">• Explore 11 Wellbeing – Reach for the stars_teaching slides• Explore 11 Wellbeing – Reach for the stars_Goals and aspirations template <p>Forensic: Knowledge bank</p>

Forensic



Wellbeing:
Reach for the stars



Wellbeing: Reach for the stars

Key questions

- What achievements have you made over the last year?
- What are you proud of?
- How did your behaviour and attitudes help you to achieve?

Key vocabulary

achievement
goals

aspiration
qualities

Essential skills

Wellbeing

Can recognise, discuss and celebrate your own and others' achievements and strengths.

PSHE

Reflect on and celebrate your own achievements, identify your strengths and areas for improvement, set high aspirations and goals.

WALT

To set high aspirations and goals for the future.

Outcome

Set goals and aspirations for your future and identify five positive behaviours and attitudes that will help you to achieve your goals



Firework

Click on the image to listen to the song 'Firework' by Katy Perry.

Answer the following questions.



1. What do you think these lyrics mean?
2. Could the song's reference to 'firework' be a metaphor for anything?

A metaphor is a figure of speech that describes an object or action in a way that isn't literally true but helps to explain an idea or symbolises something else.



Firework

Fireworks are bursts of coloured flames that explode across the sky. They are loud, dynamic and full of energy.

You could think of this song as a metaphor, in which Katy Perry encourages her listeners to be all these things too.



Amazing achievements

Think carefully about the following questions.

1. What are you good at?
2. What skills and personal **qualities** do you have?
3. What do you believe to be your biggest **achievement** in your life so far?



Amazing achievements

Being confident in our strengths and achievements is a good way of developing self-worth, which can then help our mental wellbeing. Work with a partner and take it in turns to share your responses to following questions.

1. What are you good at?
2. What skills and personal qualities do you have?
3. What do you believe to be your biggest achievement in your life so far?



Amazing achievements

There are many individuals who are considered to have made incredible achievements in their lifetime.

You may have heard of some of these sports stars and their achievements.

Marcus Rashford: An English professional footballer who plays for Premier League club Manchester United and the England national team. He is also known for his charity work and campaigning for free school meals.

Naomi Osaka: A Japanese professional tennis player. She has been ranked Number 1 by the Women's Tennis Association (WTA).

David Weir: A British Paralympic wheelchair athlete. He won a total of six gold medals at the 2008 and 2012 Paralympic Games and has won the London Marathon eight times.

What makes you proud?



1. Who do you know of who has made an amazing achievement?
This could be a well-known public figure or someone you know.
Share your ideas.



Amazing achievements

Here are some more influential people from recent years with whom you may be less familiar. Click on each name to find out more about them and their achievements.

Camilla Rothe: An infectious-disease specialist in Munich, who was one of the first to document an asymptomatic infection in COVID-19.

Christina Koch and Jessica Meir: NASA astronauts who made history by completing the first ever all-female spacewalk.

Yo-Yo Ma: An American cellist. He was born to Chinese parents in Paris and became a child prodigy, performing music from the age of four and a half. He has recorded more than 90 albums and received 18 Grammy Awards and has performed with orchestras around the world.

Achieving your goals



1. What behaviours, actions and attitudes do you think helped all these individuals to achieve their **goals**?
Think individually for one minute and then discuss in pairs.
Write your ideas on sticky notes.



Achieving your goals

Did your list of behaviours and attitudes that may help an individual to achieve their goals include any of the following?

- Practise regularly .
- Persevere, even when you find it difficult.
- Work on your weaknesses as well as your strengths.
- Listen carefully to coaches / experts.
- Ask for help when needed.
- Believe in yourself.
- Learn from and value your mistakes.
- Overcome obstacles and don't give up.



Your task ...

You will be setting your own goals and **aspirations** for the future.

1. What would you like to achieve in the future?

Use the goals and aspirations template in the handout to record your goals and aspirations for the future.

Then identify five positive behaviours and attitudes that will help you to achieve your goals and record them at the bottom of the handout.



Assess, reflect, connect



Write a short note from your future self, in 25 years' time, to your current self.

1. What will you have achieved?
2. What advice would you give to your current self?



Goals and aspirations template

My goals for the future:

When I encounter setbacks, I will tell myself ...

Five positive behaviours and attitudes that will help me to achieve my goals:

- 1.
- 2.
- 3.
- 4.
- 5.