## How well where you listening?

a) Maddison b) Madeline c) Miranda	What is the name of the character in the performance?
A) Play basketbal B) Run C) Juggle D) Clean	What does she love to do in her free time?
A) Dustmites B) Dust deliverys C) Dustbusters D) Dusty cleaners	
To A) Get excited B) Wish C) Relax D)Cry	complete any goal we need to visualise, concentrate and
	1. What was your favourite part of the show?
	2. What do you think the show was about?
	3. Did you learn anything new from the show?

## Words from the show

Define a word Try:

IIy.
Goal:
Confidence:
Achieve:
Learning:

## Word Search

### Words to find

Goal Confidence Mistake Learning Achieve Try Dream

UBLEYN ST RΕ L ΕE S S P L K X MG A W D A I E A A N E S E T  $\mathsf{C}$ L R  $\mathbf{E}$ E N F SR Q A Η N M Ι Ε C 0 Ι Ν F D E Ν CΕ G S Ε MN E C В Η D S Α K G Y V 0 Η R  $\mathsf{D}$ I Y R 0 K  $\mathbf{E}$ Р Ε 0 В Τ ΕT Τ 0 S Τ A Q 0

A little bit about me!		
In the Performance Madeline tells everyone that she loves to juggle! In the box 's below fill in a little bit of information about yourself.		
My favorite thing to do when I'm sad is:		
My favorite thing to do when I'm happy is:		
In my spare time I like to:		
I'm really good at:		
I'm not so good at:		
I would love to learn:		

I would love to become better at:

Llyndas love of juggling gives her a dream of being a professional juggler!
Do you have any dreams of what you want to be when you grow up? Or even any dreams of something you want to be able to do before you get to year 6List them below
When I grow up I want to be able to :
Before I get to year 6 I want to be able to:
Before the end of the year I want to be able to:

Draw a picture below of you achieving one of your dreams.

In Llynda's performance we learn that being able to first imagine something is the first step to being able to achieve it. To achieve our dreams we need to believe in ourself. To do this, we need to have confidence and try our best.

Sometimes it can be hard to stay confident when you are struggling with a task.

Below are some common statements that may make you feel like you are unable to do something and a positive statement to help build your confidence and encourage persistence.

I can't do math problems I'm not good at sport I've made a mistake	I'm prac	eed to ask for some help with my math ticing to become better at sport istakes will help me learn
Using the spaces below correct som This is too hard I'm not very good at school work I keep making mistakes		wing statements to something positive.
With the help of your teacher come yourself when something is hard at Negative	*	e other negative things you may tell ake this more positive. Positive

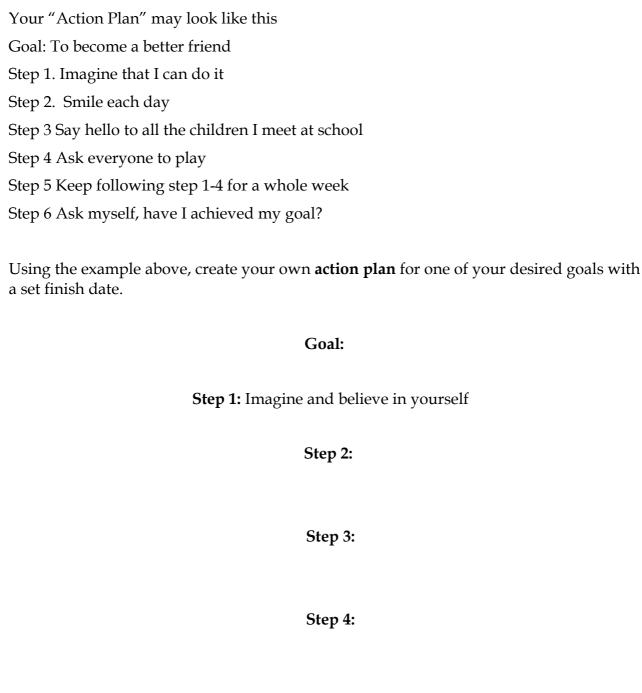
## **Goal Setting Activity**

Class discussion:
What is a goal?
A goal is:
For Example in Llynda's performance her GOAL was to become a professional juggler.
Make a list below of goals you would like to achieve.
For example: Read a book a week, Do more exercise, Get more sleep, Make your bed every morning.
List each of these Goals below.
After making your list, pick the one you most want to achieve.
Goal:
1.
2.
_ <del>-</del>
3.
J.
The first step to achieving your goal is to believe you can.
The second step of achieving your goal is planning how to do it!
Ask people who can help such as your parents, teachers, sport coaches, school counsellors
etc and plan small steps to help you get closer to your goal.

Third step is to create an action plan

### Creating an Action Plan

For example if your goal is to become a better soccer player, then your first step is to imagine being a better player, your second step is to talk to someone who can help, your third step may be to play more soccer each day after school, or to start lessons to help you get better.



Step 6: Ask myself, have I achieved my goal?

Step 5:

If not, contine back to step 1.

# Achieved your goal? Continue to Step 7.

Step 7: Be Proud of yourself! You have achieved your goal!

Color in the trophy below, and write what goal you have achieved!

