

Year 3 and 4

Self-managers – Persevering towards a goal

During this aspect of the skill Selfmanagers the children will learn how to manage feelings of frustration and how persevering can provide rewards.

Activity Name: Inspirational people	Resources needed: Information books or website addresses about particularly inspirational people. Some suggestions are: Tony Christiansen (double amputee) Evelyn Glennie (deaf percussionist) Martin Luther King
Learning Outcome: Children will be aware that it is possible to overcome obstacles if they are determined to do so.	
Instructions: <ul style="list-style-type: none">• Ask children to consider what is meant by the term 'inspirational'. Does 'famous' mean the same as 'inspirational'? Discuss the difference.• Read the children a short biography of your chosen inspirational person.• Discuss the difficulties they had to overcome and what they have achieved despite their problems.• Ask children if they know of any other people who have had to overcome difficulties in order to do what they wanted to do, for example famous sports people. Would it have been easy for them? What would have happened if they had given up on their dream?	
Reflection time: Ask the children to consider times when they have felt like giving up. How did they feel? What was it that kept them going? How did they feel when they kept going and succeed? How could inspirational people help us to keep going?	
Possible links to other curriculum areas: <ul style="list-style-type: none">• This topic links to PSHE and setting goals for ourselves. It also allows children to discuss disability and the dangers of stereotyping. Depending upon the person you choose, it can also link to RE, Science and History topics.• Literacy – Work on biographies.	
Suggestions for adapting the activity: <ul style="list-style-type: none">• Instead of telling the children a story about an inspirational person the children could be allowed to research a person for themselves – writing a short biography and identifying why that person is considered as being inspirational.	
You will know the children are using the skills when: They can identify the obstacles others have had to overcome and recognise that sometimes this will take a lot of determination.	
Assessment example: 'I was amazed that Tony could do so much without his legs. Sometimes I just give up when things get hard but Tony just kept trying more and more.'	