

Thursday 11<sup>th</sup> June

## Lesson 2- Next Steps

**What do you need?**

Pen and Paper

Blue Zone



Going slow

Green Zone



Good to go

Yellow Zone



Caution

Starting to lose control

Red Zone



Stop!

Out of control

E.g. sad, sick, tired,  
bored

E.g. happy, calm,  
focused, ok

E.g. worried, excited,  
annoyed

E.g. angry, terrified,  
elated

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# Your future self

Learning Objective: To be able to what tips you need to give yourself for your next steps and what you want from your future.



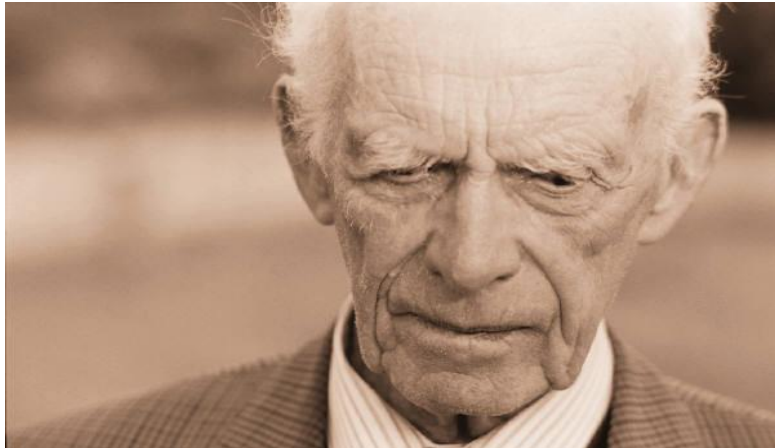
If you could give your  
year 7 self any advice  
what would it be?

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Thursday 11<sup>th</sup> June  
Your future self

Task  
One

I am old now and I look back on my life. I didn't take control of what happened to me but let things happen. I never took the time to stop and think. You have the time to stop and think about the person you are and the person you would like to be. Your challenge is to use your skills to help you take the first steps on your journey to your 'future self'. You have many people to help you. Take advantage of this opportunity to make a difference. Remember that as you learn and develop you can always modify and adapt your future self.



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## Note taking activity

Who would you like your  
future self to be?

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## Note taking activity

What barriers and  
obstacles could get in  
your way?

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## Note taking activity

What people and things  
will help you reach your  
goal?

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## Note taking activity

Ideas about your first steps you will take and how we could help you?



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## Note taking activity

How will you know when  
you are getting there?

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We are going to discuss what you have written down and you will have an opportunity to share your ideas with the class, but choose wisely what you share and what you keep to yourselves.

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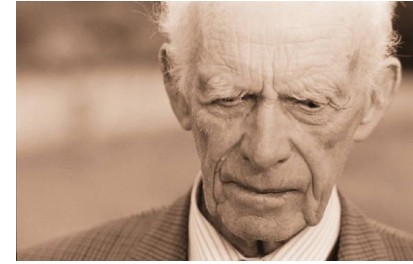


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