

1 - Perseverance
Lesson Plan
(Ability level: intermediate to upper-intermediate)

Grade level: Primary 1–2
Time: approximately 40 minutes

Suggested Activity 1: Carrying on the head (approximately 20 minutes)

- Put Ss into groups of 5 to 7 with the *same* number of students in each group; it would help if Ss are sitting in rows
- Give each group of Ss an empty plastic water bottle (ideally a light and flimsy one); ask that each member carry it on their head from the one side of the classroom to another without dropping it
- Additional instructions: (a) Ss must not touch the bottle when carrying it; (b) If a group member drops the bottle, the whole group must start from the beginning; (c) Time limit: 5 minutes
- If all the groups finish smoothly within 5 minutes, applaud Ss for not giving up
- If there are groups that do not finish the task within 5 minutes, sit the class down and ask what can be done to help the groups (e.g., filling the bottle with water to add weight, using “scaffolding” such as books to hold the bottle steady on the head); allow the “unfinished” groups to try again
- Locate (by a show of hands) Ss who dropped the bottle but managed to finish the journey; highlight the improvements/changes they made in their later attempts and what motivated them to keep trying
- Elicit the message “Don’t give up”

Suggested Activity 2: My goals (approximately 20 minutes)

- Distribute the “My goals” worksheet (**see Appendix A**)
- Give a personal example (**e.g., Appendix B**) on the blackboard
- Invite a student to contribute a goal for an open class demonstration; highlight that it can be in any contexts (e.g., personal life, family life, school life, extra-curricular activities)
- Elicit the answers for “5. Positive messages to myself” if necessary
- Give Ss time to complete the worksheet; invite volunteers to share their work

Appendix A

My goals

Name: _____

1. What is my goal?

I want to _____

1. What is my goal?

I want to _____

2. What is difficult about reaching my goal?

2. What is difficult about reaching my goal?

3. What will I do to reach my goal?

I will _____

I will _____

I will _____

3. What will I do to reach my goal?

I will _____

I will _____

I will _____

4. Who can help me reach my goal?

4. Who can help me reach my goal?

5. Positive messages to myself:

Good / Great job!

I am doing an _____ job!

_____ done!

Don't _____!

I will _____!

Hints:

amazing

give up

well

work hard

Appendix B

My goals (Name of the teacher)	
1. What is my goal? I want to be able to make an omelette.	
2. What is difficult about reaching my goal? I am busy. I do not know where to start. I am afraid of hot oil.	
3. What will I do to reach my goal? I will make time for cooking. I will watch YouTube videos about making omelettes. I will buy gloves and an apron.	
4. Who can help me reach my goal? My husband (Name of a colleague)	
5. Positive messages to myself: Good / Great job! I am doing an amazing job! Well done! Don't give up ! I will work hard !	Hints: amazing give up well work hard