

You are the Hero of Your Own Life Story

Time – 40 minutes

Heroes for the Future - Lesson Plan

Learning Objective:

To think about the way you envisage your own future and to set goals showing how you intend to get there.

Resources: You are the Hero of Your Own Life Story - Activity Sheet

5 minutes – Introduction

Explain that the purpose of this lesson is for each child to imagine what their own future might look like in twenty years time. Children will begin by brainstorming in small groups. They might well come up with several different versions of how they envisage their future but they will need to narrow their ideas to one, positive, version.

10 minutes - Brainstorming Session

Work in small groups.

If children need a few prompts to get their ideas flowing you could suggest some ideas – zoologist, campaigner, nurse, politician, policeman, artist, business man, teacher etc.

10 minutes – Get it down on paper

Each child should write down their own vision of the future. Suggest they include plenty of detail to help them to visualise what they are describing.

10 minutes – Break it down into five-year steps

On paper children should work backwards in five year stages to the present day.

They should identify goals that they can work towards in order to achieve the future they have visualised. Eg. pass exams, learn to drive, win an award, get a particular job, go to university etc.

5 minutes – Conclusion

Explain that although there are many potential futures that could come to exist, by setting goals children can steer their own course and take charge of their own future.

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Activity Sheet

Describe the way you imagine your future in 20 years time. If you add lots of detail you will find it easier to visualise.

In twenty years time I will be.....

Now you know where you are going you need to think about how you are going to get there!

Set yourself some goals in five-year stages to see how you will achieve your ambition. It might help to think about things like passing exams, learning to drive, fly, swim or dive, winning an award, getting a particular job or being promoted, going to university, travelling abroad etc.

In fifteen years I will be

In ten years I will be

In five years I will be

As this is only one of many, many potential futures you can repeat this exercise as often as you wish throughout your life. The important thing to remember is that you are the hero of your own story. When you have learned how to set your own goals you can take control of your life.