

Game Lesson 2 : Strengths & Goals

To list their strengths, likes and future goals.



Objective:

This task helps children think about their strengths, likes and what they wish to achieve - confidence boosting is the key objective. Confidence is a key make up of the Nutri Troopers such as Mia and Jay.

Task:

Ask each child to think about everything that they are good at and enjoy, for example are they good at cooking, drawing or are they sporty; do they have a favourite Nutri Trooper, movie, pop group or sportsman/woman.

They need to write these in each brick - these represent the foundations of their talents and things that make them happy.

Then ask them to write their hopes and dreams of what they wish to achieve in their lifetime in the stars. Discuss what they have written and why they feel the way they do.

Outcomes:

Children will feel confident and happy as they are engrossed in thinking about their abilities and wishes. They will be better equipped to develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence and imagination.

