

Acceptance

Overview:

1. So What. Now What? – Video (web access) – accepting what has happened and thinking about what to do next
2. Understanding that every choice gives you a chance to pave your own road
3. Any Road
4. Small Setbacks

Workshop:

1. So What. Now What? (10mins)
 - a. Display the “So What. Now What?” graphic (Weebly) on the projector and discuss this message and what it means.
 - i. Important to accept the things that happen
 - ii. Think about positive ways to react and move on
 - iii. Students provide relevant examples (one bad mark, a person calls you a name, etc.)
2. You Pave Your Own Road (10mins)
 - a. Students consider the idea (display graphic on Weebly) that “every choice gives you a chance to pave your own road” – what does this mean to them?
 - i. Every little decision you make each day will have an effect on everything else
 - ii. Need to be aware of your actions and reactions and how they are perceived
 - iii. Consider a variety of negative and positive examples and how reputations are impacted by our daily actions
3. “Any Road” (15mins)
 - a. Listen to the song “Any Road” by George Harrison and read along with lyrics (both on Weebly)
 - b. Discuss the message that the song conveys
 - i. While we have goals, the path to get there is unknown
 - ii. Emphasises the reasons why we need to be aware of all opportunities and seize them as they appear
4. Small Set Backs (10mins)
 - a) Consider the quote: “You can’t avoid the daily tremors – they come with being alive. Don’t fight them. Let them help you adjust your footing. In this moment you’re still breathing. In this moment you’ve survived.”
 - i. Small setbacks need to be accepted and seen in perspective
 - ii. Daily challenges can provide positive changes in direction towards achieving goals