

Learning: Highlight Achievements

Approximate time: 20 minute tutor time session

Materials: Achievements handout

Aim/outcome: To encourage students to feel good about what they have achieved and use what they have achieved as a way of helping them cope with stress and adversity

Explanation:

Ask students to make suggestions of the things they have achieved in their lives.

- Write their achievements on the board.
- Then give the Handout to students and ask them to write in the picture frames all the things they have achieved.
- Try to get students to write as many things as possible
- Things they have achieved can be: cooking a meal, writing and sending a letter, a skateboard trick, passing a first aid course, going through a whole week at school without being late...
- Ask students whether they think it is easy to write down their achievements. • Are there achievements they feel proud of?
- How and why does remembering their achievements help students cope with stress and adversity?

Expansion activity:

Organise a prize-giving ceremony where every student gets a prize for something they have achieved that year. Encourage students to celebrate and savour all the things they have achieved.

One-to-one:

Using the handout, discuss one-to-one with the student the questions suggested above.

Students say: Some students might have very low self-esteem and do not find it easy to celebrate their achievements. This exercise should be a fun and feel-good exercise where students feel very proud of what they have achieved.

Achievements handout

Using this handout think about things you have achieved and / or things you are proud of and write them in the picture frames.

