



Video Lesson 6- Attitude 4: If you always do what you've always done then you'll always get what you've always got (4:24)

VIDEO CLIP ACTIVITY: Watch the full Vick's First Defense advert referred to in the video talk here:
<https://www.youtube.com/watch?v=Y6SZ2juCm2w>

REFLECTION ACTIVITY

At the end of the video talk, give the pupils some time to reflect on an area in their lives that is not working well for them and ask them to think about what SMALL adjustment they could make to do something differently. Make sure the pupils focus on a small (1 cm) adjustment. A small adjustment can easily be made but often if they try to change too much, the task becomes too overwhelming.

DISCUSSION ACTIVITY

Discuss the video lesson talk with your pupils.

NOTES ACTIVITY

Re-watch the video lesson and pause the video to jot down the quotes & important points.

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