



Video Lesson 9- Attitude 7: You are in charge of your mind and therefore your results (7:03)

DISCUSSION ACTIVITY

Discuss the video lesson talk with your pupils.

REFLECTION ACTIVITY

Ask the pupils to reflect (and write down) what results they want. Ask them if their current thoughts and actions align with those desired results. If they are finding it difficult to think of specific desired results, ask them to think about how they want to feel. Give them time to really think about this.

VISION BOARD ACTIVITY

Ask the pupils to print out images related to what they have written down and get them to glue them onto some A3 coloured card. Google images of examples of vision boards for them to help show them what to do.

NOTES ACTIVITY

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

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