This activity will help students see how some of the greatest obstacles in their lives have helped them develop as a person and learn valuable life skills. Complete each section by following the instructions below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Teacher Led** | **X** | **Requires Computer** | **X** | **Requires myBlueprint.ca** | **X** |

**LEARNING GOALS:**

1. Students will understand that obstacles are a normal part of life and they can be used to help us grow and develop as individuals.
2. Students will reflect on personal challenges and to identify the positive outcomes of those situations.

**MATERIALS:**

* Writing tools
* Computer, mobile device, or tablet
* Handout [A] - My Personal Story
* Handout [B] - Reflection Questions

**INSTRUCTIONS:**

1. Students are to log onto myBlueprint and open “Overcoming Life’s Obstacles”
2. **Handouts [A]** and **[B]** are to be completed individually.
3. If needed, allow students to do research online to complete *Reflection Questions.*
4. Have students to access their ‘Career Education 8’ portfolio (**Home** > **Portfolios**). If students don’t have a ‘Career Education 8’ portfolio, have them create a new portfolio titled ‘Career Education 8’ by clicking **+ Add Portfolio**).
5. Click **+ Add box** > select **+ Journal** > Add **Title** “Overcoming Life’s Obstacles”

**HANDOUT [A]: MY PERSONAL STORY**

**Fill out the chart below for challenges or events you experience in your life**

|  |  |  |
| --- | --- | --- |
| **Challenge/Life Changing Event** | **Strategies to Overcome** | **Strengths/Skills Gained** |
| Example: My father left when I was young | Had to make choices about school. Help ran household for ailing Mom, worked hard to help pay bills | Learned to be responsible for self and others, make decisions and manage finances |
| 1. My Grade 7 teacher stopped helping me organize my supplies | Had to start helping myself organize my work about three or four times a month | Learned how to organize my backpack, binder, desk, folders and more things when I am at school or doing my homework everyday |
| 1. Having to make more friends | I start communicating with one friend and see how it goes | Now, I learned how to make more and more friends everywhere |
| 1. Having to make my own breakfast every day | First, I get taught by my mother of how to make breakfast. Then, I get help by mother about a few times a week when I make my own breakfast | Now, I know how to make my own breakfast every day without needing my mother’s or father’s help |
| 1. Having to make my own bed every day when I wake up in the morning | First, I get help from my parents on how to make the blankets and fold them properly. Then later, I start to practice these three or four times a week all by myself. | I learned how to be responsible for making my bed properly every day when I wake up from bed first thing in the morning |
| 1. Having to walk to and from school all by myself | First, I walk with my own mother because I find it scary to walk by myself and hard to walk with my own friends, so I am starting to practice walking by myself to the school there and back | Now, I am already used to knowing how walking by my self is to be walking tto the school there and back |

**HANDOUT [B]: REFLECTION QUESTIONS**

**Answer the following reflection questions**

1. How did these events change the way you see the world?

These events helped change the way I see the world by making me a better person. It also helped me by being responsible for your actions, what you do and more. It also makes me more successful, smart, strong, and a good, helpful parent. When I grow up and have children, I can also teach them how to be responsible for themselves. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What challenge are you proudest of overcoming? Why?

The challenge I am proudest of overcoming is organizing my schoolwork and my homework because I like organizing stuff and it is easy to work with. I am also proud of it because whenever I have nothing to do, I can simply just organize my work. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. When looking back on all your obstacles, what strategies did you use to overcome these life challenges? What were your best ones? Why?

The strategies I used were for when I need to start walking by myself to school everyday, my mother has started dropping me farther and farther away from the school and this turned out to work for me. This turned out to work for me for the rest of them. Just get taught, then a little bit of help, then start to work on it more and more until you fully get the concept. Another strategy that turned out to work for me was making friends. Before, I didn’t have any friends and now, I have a lot of them just by communicating to them. These ones were the best ones for me because they turned out to work out the best and I was able to make a lot of friends and being used to walk to school all by myself. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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4. Describe two ways in which you have grown from overcoming these life obstacles?

The two ways I used from overcoming these life obstacles are being an only child and hardly having any friends to play with. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_