



Session 3

Dare to take risks

In Session 2, we decided we wanted to have ...



by having a GROWTH MINDSET.

And when we ask this question...



the answer is often a FIXED MINDSET.

**We agreed that to be AWESOME, you need to be brave and not be afraid of fear.
You were going to think about what you could do to overcome a fixed mindset.**



*Have you ever
had a dream?*

It is good to have dreams
and goals in life...

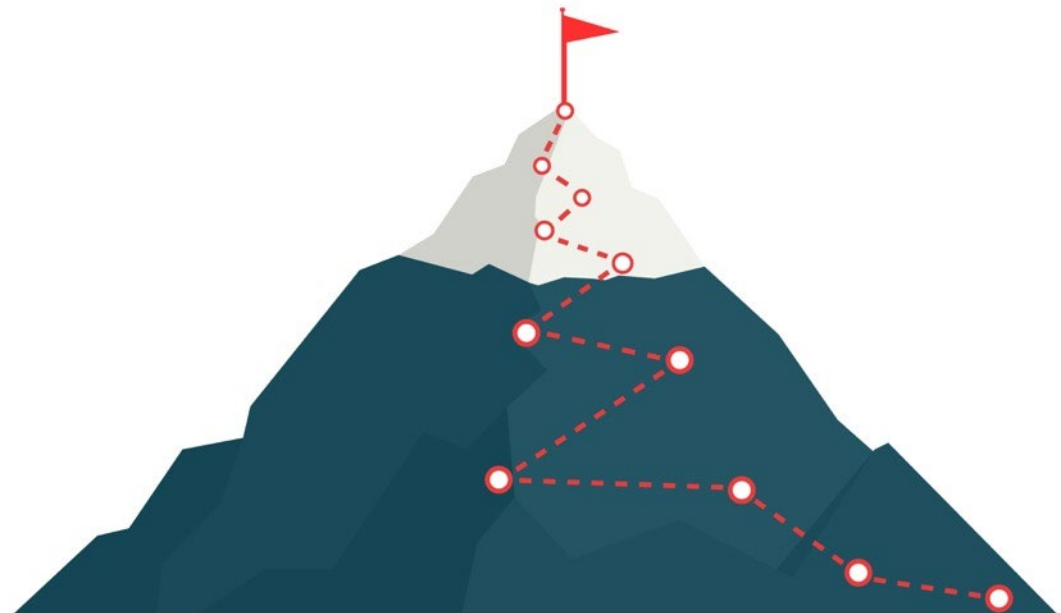
Dream big and dare to fail. What does it mean?

Don't be too scared to try.

Take a
chance.

Take a
risk.

Be fearless.



What are your hopes and dreams for secondary school?

You will be there from when you're 11 to 16 years old.

A lot will change in that time.

In your workbook, write down your thoughts about the following:

1. What do you hope you will achieve?
2. What kind of person do you hope you will become?
3. Write down three words that you hope people will say about you.

Are you scared of failure?

What are you worried about 'failing' in secondary school?

Some Year 6 students say that they are worried about some of the following:

- not making friends
- not being able to do the work
- that they won't know where to go.

Each one of us will be scared of failure at some point in our lives BUT sometimes fear stops us from doing things.

It can stop you from achieving your goals and dreams.

Why do we fear failure?



You don't want to feel stupid.

You don't want to be teased by others.

You don't want to disappoint yourself or others.

You don't want to be a 'loser'.

As you go to secondary school, you might worry about not getting things right.

I'm worried about not knowing what to do.

I am worried about getting lost.

I am worried about not doing well on tests.

I worry that I won't make friends.

I'm worried I am going to say or do the wrong thing.

Not all of these things would mean you had failed. You can always start again and keep trying. Everyone is there to help you!



How can you view failure differently?

- Start to see failure as an incredible learning experience.
- Learn a lesson each time you fail.
- Know that mistakes can help you grow and move forward.



Don't be afraid to fail and here is how...

- Change your attitude about failing.
- Remember that we have to make mistakes to learn.
- Understand that some things in life are hard and take work.
- Keep a positive mind, even when you get setbacks.
- Try and try again.

**Think again about failure. That is how we learn.
It is how we become determined.**

**Think of something that didn't go quite as you had
expected: what did it teach you? Jot that down in
your workbook.**