



Session 2 of 8	Key Language Obstacle
Suitable for Year 6	Success Overcome
Focus: Overcoming obstacles	Solution Resilience, Confidence Mindset – growth and fixed
Learning objectives <ol style="list-style-type: none"> 1. To recognise different responses when people encounter obstacles. 2. To understand that I can consciously choose to overcome obstacles in my path. 	
Lesson Timings	
1 min 3 mins 1 min 1 min 3 mins 3 mins 4 mins 3 mins 1 min	<p><i>Assume that the chapter has already been shared as part of a wider lesson, assembly or in the first part of this session.</i></p> <p>Slide 1: Remind pupils of the book/purpose of the course.</p> <p>Slide 2: Reflect on the PLC that was completed in session 1. Ask pupils to identify if they have felt any changes in themselves and consider why these might have occurred. Explain to pupils that changes to mindset happen gradually over time.</p> <p>Slide 3: Introduce the session for today – ‘What’s holding me back?’</p> <p>Slide 4: Briefly recap the main themes of the chapter (we have to overcome obstacles, both physical and emotional, in order to succeed).</p> <p>Slide 5: Display the quote about obstacles from the book.</p> <p>Slide 6: Remind pupils of the obstacles that Matthew had to overcome. Ask them to identify which of these they have encountered in their own paths. Have any of these ever stopped you from doing something completely? How did that feel?</p> <p>Slide 7: Share the definition of an obstacle. Discuss how obstacles would be viewed differently through a fixed mindset (a reason to give up or not even try something) and a growth mindset (an extra challenge to be negotiated that ultimately makes success even more rewarding).</p> <p>Slide 8: Ask pupils to reflect on the goal they identified in session 1. Discuss what obstacles they might face in working towards this and how Kid Average and Kid Awesome might respond to those obstacles. Collect ideas of things each might say.</p> <p>Slide 9: Model to pupils how you can use the four solutions focussed questions to help you work around an obstacle. <i>(You could use the example of some really difficult homework as a starting point.)</i></p> <p>Slide 10: Watch Matthew Syed clip.</p> <p>Slide 11: A reflection</p> <p><i>Later in the week, revisit this session and ask pupils to report back on what they have said to themselves when they have met an obstacle during daily life and how it made them feel different. Exemplify differences between fixed & growth mindsets in examples pupils share.</i></p>
Resources YAA Y6 PPT 2 YAA Y6 Worksheet 2 YAA Book and clip 2 YAA PLC from session 1	Teacher notes Pupils will need their worksheet from last week to reflect on.

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