

Learning

Self-Actualization means working to reach your goals and being eager to follow your dreams. It means knowing what you want to do in life and caring about improving yourself. It's important to work on skills in order to know who you are and in order to have a full life. That's pretty much the point of school.

Sometimes it takes courage to try a new skill because you are afraid you might fail or be embarrassed. Try encouraging your pupils to take a risk or two. Encourage them to pick a skill they'd like to develop. It could be something as simple as being a better listener or being on time. It could be something harder, like volunteering answers in class or a meeting.

Break this goal down into a couple of mini goals. Things they can do today or the next couple of days. Write mini goals down and tick them off as you go along. Maybe even give them a treat when they do them.



Record your reflections and evidence of impact in  My CPD within Sponge Elephant