

THE ENGINE THAT COULD

ACTIVITY

Time Needed

30-45 minutes

Materials

Access to internet
Digital projector and sound
Paper or journal or Chromebook
Pens, pencils (if using paper)

Activity Description

Everyone has limitations as they grow up. Often, we are told we can't do something because the perception people have of us doesn't fit into their mental model. The people who learn to push through, regardless of what others think, will develop an internal resilience that may serve them in other areas of their lives. Inner strength comes from confronting challenges and limitations and overcoming them.

In this activity, you will reflect on challenges where you have pushed through and think about your inner strength as you remember times when you have been resilient.

Suggested Steps

1. Facilitator will start by sharing an experience they had working through a challenge when they were told they couldn't do something but tried hard anyway.
2. Writing Assignment: Think back on your life experiences when you were told you couldn't do something.
 - Write down 2-3 sentences about the experience.
 - Give 2-3 examples of times when you pushed yourself to get better at something and how that made you feel.
3. Peer Sharing: After you have completed the writing assignment, pair up with someone or get into a group of three and take turns sharing.
4. Group Sharing: Pick someone from your group to share in front of the entire class.
5. Writing Assignment: Answer the following questions to help you think about how you will respond in the future when faced with a challenge.
 - "When I face a challenge, I'm the type of person who..."
 - "The next time someone tells me that I can't do something, I will remember..."



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