

Overcoming Challenges



Name:			

Form: _____ Teacher: ____

LO Identify challenges
Identify strategies to overcome challenges

Overcoming challenges

New challenges help us grow - an opportunity to learn new things about yourself, and dev lop skills.

New things, uncertain things can make us fearful - fear of the unknown.

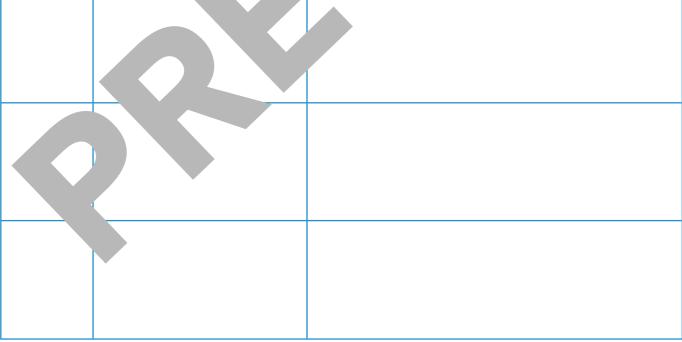


Task 1: Prepare for a discussion bout a classification in the past and how you overcame you. Take tes below.



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- **Task 2**: In pairs, list the challenges that you are likely to face in the next 2 or 3 years. Rank the top three challenges.

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Rank	Challenge	Reaso.		





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Embarrassment

Rejection

Pain

Not being 9 not h

Task 3: Choose one of the biggest challenges you the near future. List your biggest fears about this challenges.

The challenge is	
List your biggest fears about this halleng	
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Task 4: Choose two fears you had about your challenge. List ways in which your fears can be overcome.

Fear 1:	
, , , , , , , , , , , , , , , , , , ,	
How it can be overcome	
	<i>.</i>
Fear 2:	
How it can 'verco'	



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Task 5: In small groups, shares ideas about how fears can be overcome.





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Extension task :	Research
	Find out about people who have faced challenges and how they
	overcame them. Some people are listed below.
	overcame them. Some people are listed below.
. President Franklin	Roosevelt . Vincent Van Gogh . Oprah Winfrey . Walt Disne
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End of lesson: Discussion.

How can fears be overcome?



