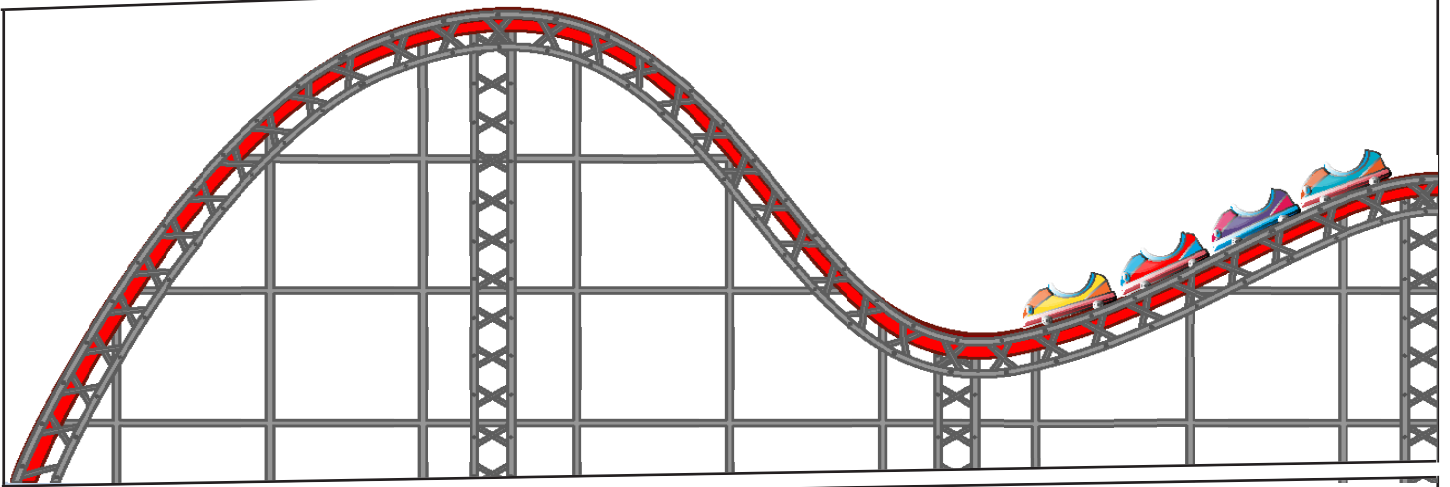


# TAKING THE GOOD WITH THE BAD



Life can be a little like a rollercoaster cart. Sometimes we're up (we have great times or just plain old good times), sometimes we're just coasting along (ordinary times), and sometimes we're plunging downhill (not-so-good times). Life is like that. If we dwell too much on the *not-so-good times* and think that is our destiny, then it will be. It's important to take the hard times on the chin. Try to be positive and get on with life. At times, this might be easier to say than do – particularly if you are facing the death of a loved one or a pet. Make sure you talk to a parent or teacher at times like these. Overall, it's much easier when we are talking about the ordinary little things that get us down, as we wait for the rollercoaster to rise uphill again.

*Some people are always Moaning and Groaning. It is their first reaction to anything they don't like.*

## ACTIVITY

**When was the last time that I accepted a disappointment in my life and didn't moan? What about umpiring decisions? In the schoolyard, have you noticed anyone in your team who accepts decisions well?**

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# GO-KARTS ...

The self-motivated person turns the key on and they perform. The key is made of three parts: self-regulation, grit, and being able to motivate yourself into action.



## BILLYCARTS

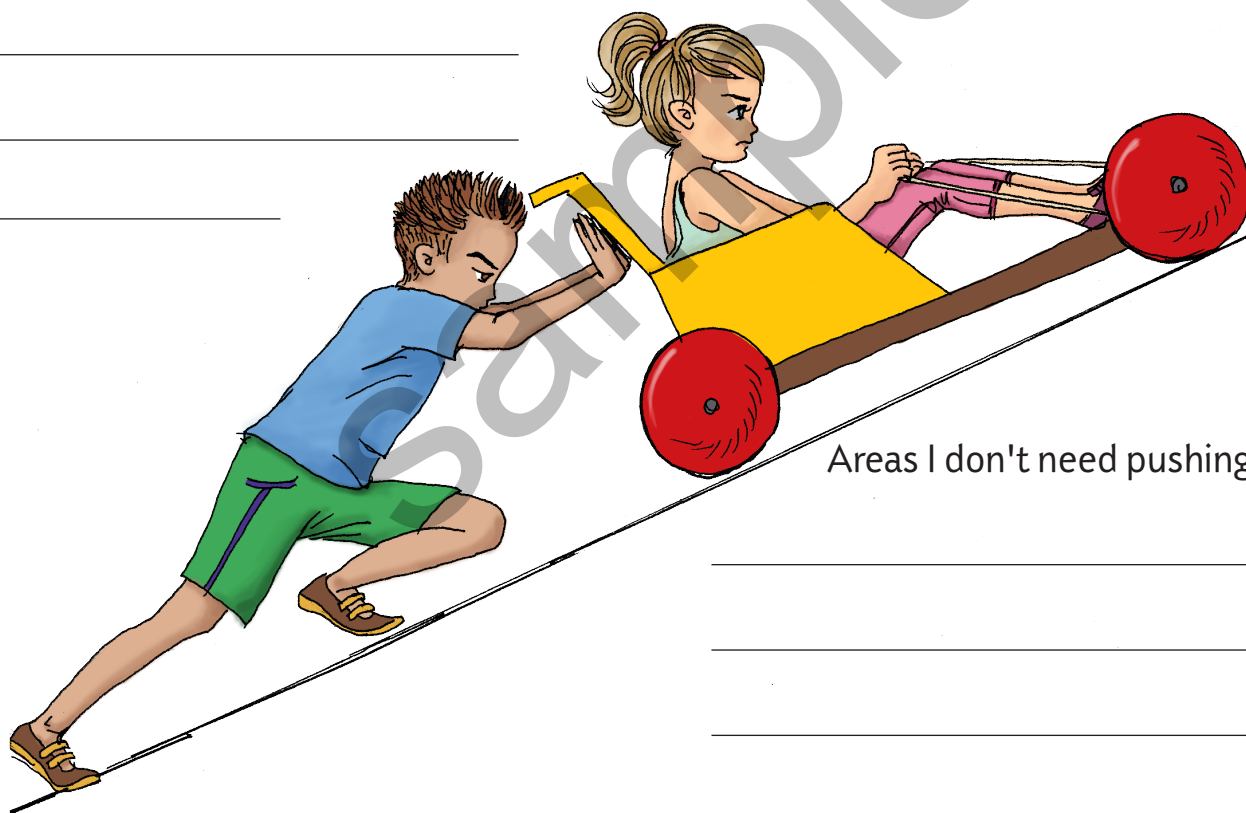
In what areas do I need pushing?

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Areas I don't need pushing in:

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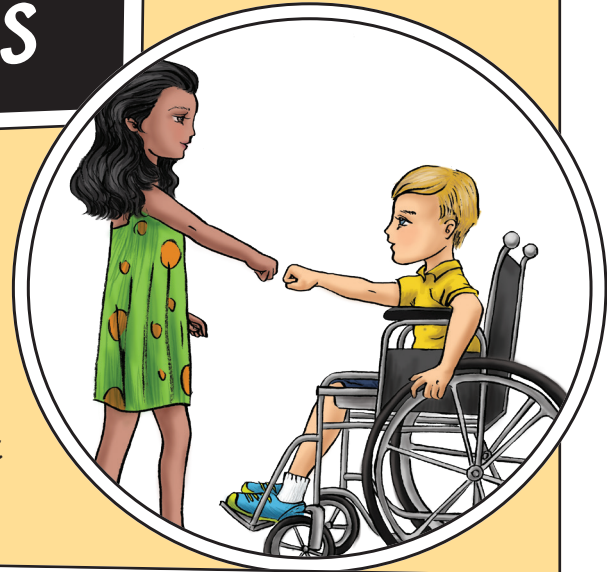
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To move a billycart up a small hill or on the level, you need someone to push you. Take away the external push, and it doesn't move. We are all, at times, like billycarts – we only work or behave when parents, teachers, or coaches are present and pushing us.

# LEADERSHIP IN SCHOOLS

When we get to a senior class in a primary school a good question to ask is, "What can we do to make our school a better place for the children and staff of Prep to Grade 6?"

A good basis is to develop our own classroom spirit before we go out to the rest of the school.



Basically we would all like to belong to a class where we are welcomed each day by our friends with a 'Good Morning' when we walk into our classroom. Where our opinions are listened to without being put down by others. Where we feel welcome to join in games. And where we are encouraged by the rest of the class.

## ACTIVITY

Ask yourself:

1. Do I welcome people into the class by saying 'Hello'?
2. Do I put people down, by words or body language?
3. Do I invite others to join in? (Class spirit is strong if individually we all try.)
4. How can I improve my people skills in class?
5. Can I go outside my friendship group to greet and treat others?

List some people who are role models for you as great leaders in the medals below ...



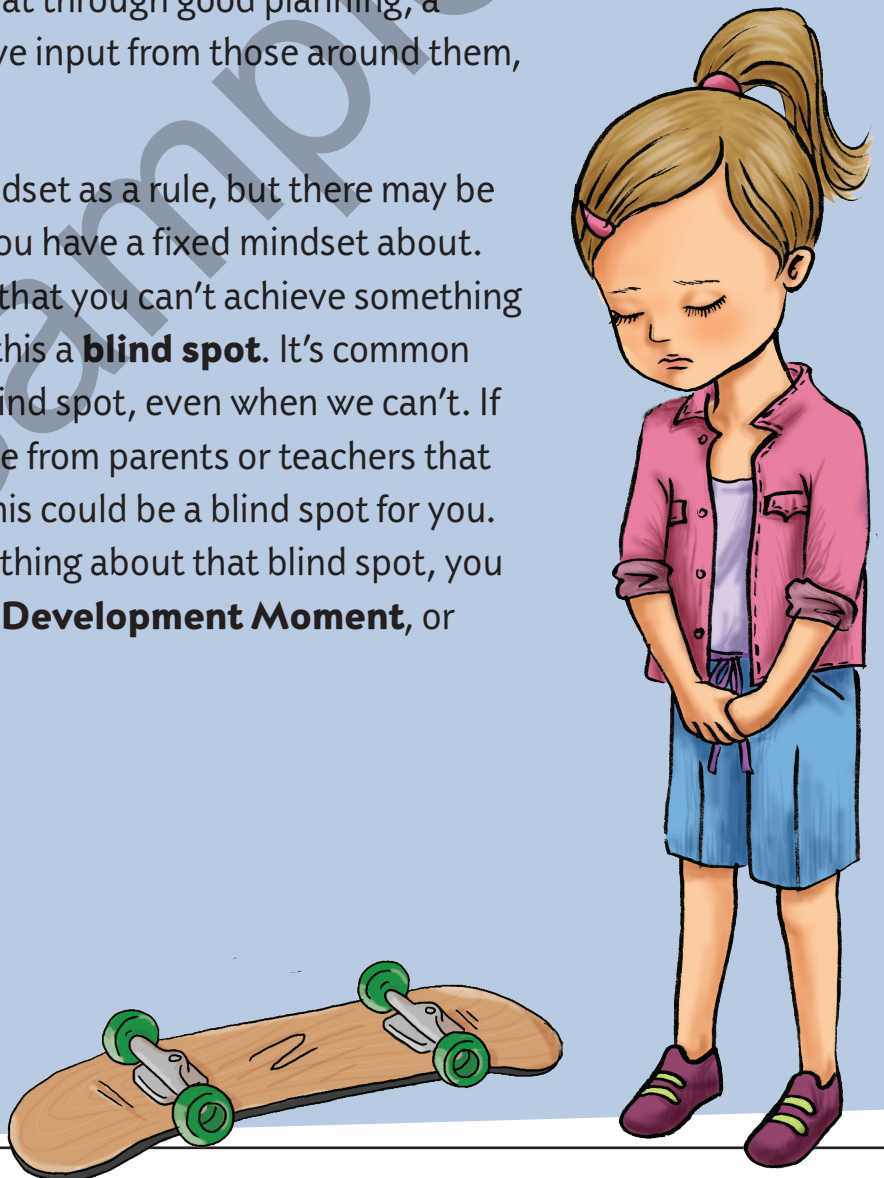
# GROWTH MINDSET

## THE "OH YEAH" MOMENTS – THE HOLY SPIRIT THROUGHOUT OUR LIVES

When you look in the mirror each day – to comb your hair or brush your teeth – you probably think you look the same as you always have. It's not until you look at photos taken when you were younger do you notice how much you have changed. It's the same with subjects at school. Think about how much you've learned at school since Grade 1, and you'll realise how far you've come.

A student with a **fixed mindset** might think they will never be able to read, or play guitar, or learn to skateboard. This might stop them from practising reading, or picking up a guitar, or even bothering with a skateboard. A student with a **growth mindset** believes that through good planning, a strong work ethic, and positive input from those around them, their goals are achievable.

You might have a growth mindset as a rule, but there may be some areas of your life that you have a fixed mindset about. When you convince yourself that you can't achieve something without even trying, we call this a **blind spot**. It's common for other people to see our blind spot, even when we can't. If you've had feedback or advice from parents or teachers that you've continually ignored, this could be a blind spot for you. When you decide to do something about that blind spot, you will experience a **Character Development Moment**, or **Growth Moment**.





# TEAMWORK – FROM SMALL THINGS BIG THINGS GROW

Over many years, Australian sports teams have achieved excellent results.

Coaches are usually asking their players to do the unselfish extras so that the team reaches its maximum potential. (Think things like blocking, tackling, passing, shepherding and encouraging team-mates.) Often the players doing these extras, which the coaches call the '1 percenters', makes the difference between a good team and an excellent team.

At life, at home, and at school with our friends, the "1 percenters" are living a WEST life. It's the small things they do, like remembering to say **please**, **thank you**, **sorry** and **excuse me**, holding a door open for people, and giving a welcoming smile when we meet someone. Small things in life are the very important things. You can make someone's day with these small acts, and they help you to become a **Giving Person**.

FROM SMALL THINGS BIG THINGS GROW

OK

You're a legend.

You're a team player.



# **SPIRIT OF JESUS IN ACTION...**

**DRAW A SELFIE OF YOURSELF PERFORMING A  
SPIRIT OF JESUS MOMENT**

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