

nurturing potential



Session: 'Learning from Mistakes'

Pre-session Preparation

PowerPoint Slides (optional)
Copies of worksheets

Learning Objective

Learning from mistakes and the mistakes of others, to make better decisions for our lives in the future.

Two minute recap of last session.

Hand out 'Learning from Mistakes' Session worksheet

Ask children to write their name, date, and session number on the top of the sheet

Start the Session.

In groups no larger than four, ask participants to consider the questions and write their answers on their worksheets. They should be prepared to share some of their answers with the rest of the class.

Allow 20-30 minutes depending on time available.

- What mistakes have you made in the past (before today) that you wish you hadn't?
- How did you feel when you made the mistakes?
- What did you learn from making the mistakes?
- Have you made the same mistakes more than once? If yes - why?
- What can you do to make sure you don't make them again?

Finish with group discussion regarding some of the examples provided and how we can learn from not just our mistakes, also the mistakes of others.

Relate to Role Models – if you want to be like them what can you learn about what to do, and also what not to do.

If "being famous" is an ambition perhaps link into this about consequences of being famous and not having control over what is written about you or pictures taken.

Relaxation – Last 5 minutes

Close session and thank participants for their time and contribution.



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Name:	Date:
Session Number:	Session Name: Learning from Mistakes

In groups no larger than four, consider the questions below and write answers on your worksheets. Be prepared to share some of your answers with the rest of the class.

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