

## *nurturing potential*

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### Session: 'Your Life of Purpose – Positive Contribution'

#### Pre-session Preparation

Copies of worksheets

Two minute recap of last session.

#### Hand out 'Your Life of Purpose' Session worksheet for personal notes

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

#### Learning Objective

In pairs individuals consider how they are going to make a positive contribution to the world. Why is it important? They may use the information discussed in Stress-Free-Kids™ so far to help.

They should consider what the following mean to making a positive contribution to the world;

- Be Safe
- Be Healthy
- Enjoy and Achieve
- Make a Positive Contribution
- Achieve Economic Well-Being

Working in pairs, ask participants to discuss and make notes on their answers to the learning objective. (15-20 minutes depending on the time available.)

Participants should be prepared to share their thoughts with the rest of the class and provides an opportunity for some to receive personal coaching to demonstrate how to think further about what they want to achieve and how to get there.

Relaxation – Last 5 minutes

Close session – thank participants for their time and contribution.



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<b>Name:</b>	<b>Date:</b>
<b>Session Number:</b>	<b>Session Name: Your Life of Purpose 'Positive Contribution'</b>

## Objective of the Session

In pairs consider how you are going to make a positive contribution to the world. Why is it important?

Use the information discussed in Stress-Free-Kids™ so far to help you.

Make notes on your worksheet.

Be prepared to present and discuss your thoughts to the rest of the class for further discussion and debate.

Consider what the following mean to you making a positive contribution to the world;

- Be Safe
- Be Healthy
- Enjoy and Achieve
- Make a Positive Contribution
- Achieve Economic Well-Being

