

Make Jesus Real

A
BOOK
FOR
LIFE

TEACHER RESOURCES SECTION 4 – SELF-BELIEF



Written by Peter Mitchell
with
Marty Ogle



SECTION 4

SELF-BELIEF

Not all heroes wear capes!	66
The 'Greta Effect'	67
MJR comes at you from 360 degrees	68
Resilience	69
Growth mindset	70
BIY – Believe in yourself	72
My special gifts	75
If it is to be, it is up to me	76

QUOTES

“Confidence is contagious.
So is lack of confidence.”

— Vince Lombardi

INTRODUCTION

Introduction - Self belief at this age is not 'a given'. It can be taught with the proper encouragement and there are many stimulating exercises in this section to encourage dialogue, thinking and conversation. As our students take the step from primary into high school, the concept of 'self belief' needs to be a major focus.

LEARNING INTENTIONS

We are learning that...

- i) by using a growth mindset, change and self-belief can occur
- ii) a fixed mindset person can encounter difficulties with failure and taking on board advice or criticism
- iii) resilience is a learned skill and that there are many inspirational people around the world to learn from in this area
- iv) we all have special God-given gifts.

ACARA CONNECTION

YEAR 5/ 6 – HPE

Analyse the influence of emotional responses on behaviour and relationships, and propose strategies to manage own and others' emotions (AC9HP6P05).

SUCCESS CRITERIA

Students will be able to ...

- i) acknowledge the importance of reflection
- ii) identify and use recommended strategies to help their self belief
- iii) identify family, friends and classmates who suffer from lack of self belief and offer positive actions and feedback that may help them in the future
- iv) discover their special gifts.

SCRIPTURE

Proverbs 14:26

In the fear of the Lord one has strong confidence, and his children will have a refuge.

TAKE AWAY FROM SECTION 4

**That students
(and staff) will be
encouraged to
cultivate a growth
mindset that
inspires others and
themselves.**

see pages 66 & 72

4.1 The Thailand Cave Rescue

- Looking at resilience and the Spirit of Jesus around us.
<http://garrattpublishing.com.au/pdf/MJR-teacher-resources/ThaiRescueLesson.pdf>

see page 72

4.2 Pike Place Fish Market

- A fish market became world famous by simply declaring themselves 'World Famous' after being on the verge of bankruptcy in 1986.

Pike Place Fish Market

https://www.youtube.com/watch?v=8Z_lqcpXAUw
(2:32 minutes)

see page 72

4.3 Paralympic silver medalist wins silver

- With the toughest physical disadvantage among all finalists, Zheng Tao still managed to win the gold medal and break the world record!

Zheng Tao: Para Swimming Torpedo

<https://www.youtube.com/watch?v=IrlwMVi5QMg>
(7:17 minutes)

see page 72

4.4 Paralympian plays table tennis with no arms

- Tokyo Paralympics: Table tennis player Ibrahim Hamadtou has no arms, so instead serves with his foot and plays table tennis with his mouth at the Tokyo 2020 Paralympic Games.

No-Armed Table Tennis Player Ibrahim Hamadtou

<https://www.youtube.com/watch?v=HeOpMbuweYQ>
(24:33 minutes)

see page 72

4.5 'No arms, no legs, no worries!'

- Nick Vujicic was born without arms and legs. After a childhood of bullying, he is now one of the best motivational speakers there is.

Nick Vujicic "No Arms, No Legs, No Worries!"

<https://www.youtube.com/watch?v=vAVbMggSU48>
(4:10 minutes)

see pages 66 & 74

4.6 How To Change The World – Kid President

Any ordinary person can change the world, probably a nice warm up tune in video before the Greta effect page.

How To Change The World

<https://www.youtube.com/watch?v=4z7gDsSKUmU>

(3:43 minutes)

- Don't wait for others to do things for us (p 66).

see page 69

4.7 Martyn Ashton – trick rider

1. Watch this video first: Road Bike Party 2 – Martyn Ashton

Road Bike Party 2

<https://www.youtube.com/watch?v=HhabgvIIXik>

(6:12 minutes)

2. Watch this video next: Road Bike Party 2 – Behind The Scenes Documentary (talking about getting injured making the video, and showing his resilience)

Road Bike Party 2 - Behind The Scenes Documentary

<https://www.youtube.com/watch?v=xhI3CUDEWfU>

(28:13 minutes)

see pages 69 & 72

4.8 Perserverence

Baby Bear Shows Perseverance As He Climbs This Snowy Mountain

<https://www.youtube.com/watch?v=RDomahMTEs4>

(2:27 minutes)

- Resilience (p 69)
- Believe in yourself (p 72)

see page 76

4.9 A GPS for Life

This podcast episode 1 on If it is to be it is up to me contains videos and stories that explore 'If it is to be it is up to me'.

Episode 5 May 2020

<https://open.spotify.com/show/4VDJEOncL2UVvL7AqPX91Y>

(18.00 minutes)

https://www.garrattpublishing.com.au/pdf/MJR-teacher-resources/Bulletins/BulletinResources/Episode_ONE_3-2-1.pdf

see page 72

4.10 Iguana chased by killer snakes

- A snake's eyes aren't very good but they can detect motion. The iguana needs to stay still to stay safe... a miraculous escape sees this lizard safe and sound.

Iguana chased by killer snakes

<https://www.youtube.com/watch?v=B3OjfK0t1XM>

(2:11 minutes)

4.11 Failure is where the lessons are

see page 69

Will Smith on Failure (Motivation)

Understanding it and using it to evolve as a person.

Fail Early, Fail Often, Fail Forward

<https://www.youtube.com/watch?v=rBUSsP9rDsw>

(1:30 minutes)

see page 66

4.12 Do Something

- A good warm up video for not all heroes wear capes – it's about doing something now.

Matthew West - Do Something

https://www.youtube.com/watch?v=b_RjndG0IX8

(4:05 minutes)

4.13 One of the best

- Michael Jordan Inspiration for Growth Mindset created after the passing of his father.

Michael Jordan, One of The Best

<https://www.youtube.com/watch?v=gEj-lw83pgw>

(7:13 minutes)

see page 72

4.14 Believe in yourself

- A motivational video - our brain is like a circuit, we need to ensure it has the proper wiring. Dealing with negative thoughts and replacing them with positive thoughts and trust in yourself.

Believe In Yourself (Jaret Grossman & Eric Thomas)

<https://www.youtube.com/watch?v=AjZ0KbJcav0>

(4:09 minutes)

see page 69

4.15 Best version of yourself

Push yourself every day, to become the very best version of yourself. You don't need to compete with others, just work on becoming a better you – EVERY SINGLE DAY.

Best version of yourself

<https://www.youtube.com/watch?v=IkDBImBAmNO>

(2:10 minutes)

see page 70 & 71

4.16 Growth mindset vs Fixed Mindset

There are two types of mindsets we can cultivate. One that embraces problems as opportunities to learn, and one that avoids them, often out of fear to fail. People that avoid conflicts can be described as having a fixed mindset. Those who see problems as interesting challenges have a growth mindset. Sometimes we like to switch from one to the other.

Growth mindset vs Fixed Mindset

https://www.youtube.com/watch?v=KUWn_TJTrnU

(5:03 minutes)

2Pac – The Rose that grew from concrete

<https://www.youtube.com/watch?v=mQ8TXGzgXIo>

(2:35 minutes)

see page 69

4.17 Resilience

Kurt Fearnley talks about what drives him and what it takes to succeed on and off the track.

https://www.youtube.com/watch?v=zpgX_UK62Io

(4:07 minutes)

4.18 Resilience Ideas

9 Activities To Build Grit and Resilience in Children

<https://biglifejournal.com/blogs/blog/activities-grit-resilience-children>

see page 72

4.19 Never Give Up

- A powerful inspirational story about never giving up. Things don't always work out the way you plan. An athlete favoured to win a gold medal falls to the ground mid-race due to a torn hamstring. Determined to finish the race, he hops through the pain towards the finish line. When his father gets onto the track, he helps the runner to finish the race.

Powerful Inspirational true story...Never give up!

<https://www.youtube.com/watch?v=kZIXWp6vFdE>

(3:14 minutes)

The Rose That Grew from Concrete

<https://allpoetry.com/The-Rose-That-Grew-From-Concrete>

This short poem from Tupac is all about overcoming obstacles.

1. Discuss – who do you know who has overcome obstacles?
2. What qualities do they have that you admire ?
3. Why ?

RESILIENCE

Put the heading RESILIENCE on a page of your journal.

1. Investigate Nick Vujicic – what has he overcome?
2. What has he achieved ?
3. What qualities would you like to borrow from Nick?
4. Why ?

Overcoming adversity

Others who have overcome huge obstacles include Turia Pitt, Jessica Watson, Albert Einstein, and Stephen Hawking.

1. Go to <https://www.buzzworthy.com/10-people-who-overcame-adversity-to-achieve-unbelievable-things/>
2. Find a crucial link between these people.
3. NOW for you – where:
 - a) have you shown resilience in the past?
 - b) do you need to show it currently in your life?

OTHER RESOURCES

Helpful Links

- Educational videos for teachers to use for free.
www.sproutsschools.com
- Actionable advice for parents and teachers based on science
<https://characterlab.org/>
- **Grit as a predictor of success**
Leaving a high-flying job in consulting, Angela Lee Duckworth took a job teaching math to seventh graders in a New York public school. She quickly realized that IQ wasn't the only thing separating the successful students from those who struggled. Here, she explains her theory of "grit" as a predictor of success.
Grit: the power of passion and perseverance
<https://www.youtube.com/watch?v=H14bBuluwB8>
(6:00 minutes)

Books

Mindset: The New Psychology of Success by Carol S Dweck
ISBN: 9781472139955

