



GREENLAND GREETINGS



Milestones and Stepping Stones TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Milestones and Stepping Stones Worksheet
- ▶ Pens / Pencils (or paints and stones depending on preferred materials)

L.O:

- ▶ To know why it is important to reward smaller achievements.
- ▶ To feel able to divide a project up into smaller milestones.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – As a group discuss all the different ways we reward or celebrate our achievements and how we each define when an achievement has been accomplished.

MAIN TEACHING (10mins)

Depending on the general consensus from the Group Discussion, tell the children that we often believe that only when we achieve a goal or ambition should we celebrate. Ask the children if they can suggest why this might be a bad thing. Tell them that having this mindset could put extra pressure on us and set potentially unrealistic expectations.

It also ignores all of the effort that went into achieving that goal. Because even if we do not achieve what we set out to, a lot of time, work and effort has gone into it which we should be proud of. A good way to take note of this effort is to set milestones that we can stop at to review and celebrate achieving. Not only does this make the whole effort more rewarding, but also breaks it down into more manageable chunks.

MAIN TASK - (15mins)

Have the children think about different projects, such as writing an essay, making a model car or preparing for a football match. Have them note

down what the ultimate goal is in the ultimate Goal Stepping Stone on the worksheet. For these examples it could be having completed an essay, building the whole car or winning the football match. Then for each of the other stepping stones have them think of certain notable points in the journey towards their goal that they could use as stopping points to reflect and celebrate. For example, when writing an essay, the first stepping stone is deciding on a subject for the essay, and the next is doing the research.

GUIDANCE – The children can fill out as many or as few of the stepping stones as they like. If there is time, they can also think about different rewards for each stepping stone. Alternatively you can use real stones and paint.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their stepping stones and have the other children suggest things they might add.

DID YOU KNOW!

Greenland's ice-cap is over 2000 metres deep and Mount Gunnbjorn, its highest point 4000 metres high.



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Milestones and Stepping Stones CHILDREN'S SHEET

Think about different projects, such as writing an essay, making a model car or preparing for a football match or one of your own. Note down what the ultimate goal is in the ultimate goal stepping stone on the worksheet. For these examples it could be having a completed essay, building the whole car or winning the football match.

Then for each of the other stepping stones, think of certain notable points in the journey towards your goal that you could use as stopping points to reflect and celebrate. For example, when writing an essay, the first stepping stone is deciding on a subject for the essay, and the next is doing the research.