

Activity 3:

Looking forward...Dreambow

Learning Outcome:

To encourage pupils to have aspirations and dreams.

Context:

Hope helps pupils hold on to the possibility of change and the anticipation and wish that tomorrow will be better. When hope is present it can make the most difficult challenges feel manageable and survivable.

Activity:

Start the session with groundrules, to ensure that children feel safe to speak and only share what they don't mind others knowing.

- As a whole class, discuss why hope and having aspirations is important for the way we feel. What does it help us to do? How does it make us feel? Does it make us more resilient?
- Read out the Malala quote on Page 3 of the PDF, and discuss her story.
- Ask the class to sit quietly and think about what hopes and dreams they have for the future, and especially for going to secondary school.
- Explain that they are going to have a chance to write some of these down, but they do not need to share them if they do not want to.
- Hand out the dreambows and ask children to fill in the coloured stripes with their hopes/dreams, encouraging them to fill out as many as they want.
- Ask if anyone wants to share any of their hopes/dreams with the class.
- Ask the children how having these hopes and dreams might help them cope better with the challenges of going to secondary school.
- Allow the children to take the dreambows home with them.



Time:

20 mins



Resources:

- Dreambow handout and slide
- Malala slide

Thing to consider:

Be aware that some pupils may feel stuck and have no dreams. They can lack confidence in the ability to change things, what they believe they deserve and can achieve. Their own beliefs may be stopping them from achieving. Make this exercise fun while being sensitive that some pupils might find this exercise challenging.

Extension activity:

Print off and discuss Martin Luther King's speech – what did he dream, what were his hopes, what did he believe was a better future?





Peace in every home, every street, every village, every country - this is my dream. Education for every boy and every girl in the world. To sit down on a chair and read my books with all my friends at school is my right. To see each and every human being with a smile of happiness is my wish.

— *Malala Yousafzai* —

AZ QUOTES