



Lesson plan

Overcoming challenges and pushing ourselves

A big part of how we fundraise at Children's Hospice South West (CHSW) is through encouraging people to raise sponsorship for taking on and accomplishing challenges. These can range from abseils of more than 200ft, to cycling hundreds of miles. Whatever the feat, reaching that goal is always an incredibly proud moment for everyone involved. We believe your class can use these examples of incredible determination and success in thinking about their own goals and how they can push themselves to achieve almost anything, all whilst being adventurous, exploring and having fun!

Warm up activity

Desert island supplies: Ask children in your class to think about the top 5 things they would take with them on a desert island. Have a discussion looking at practical suggestions and comparing these with fantasy ideas. Can children debate why their objects are the most important things?

Main input

Please use this part of the lesson to introduce our charity and show examples of the adventurous fundraising that goes on, using the PowerPoint resources. The section below gives you an understanding of how this lesson links to the work we do at CHSW.

Understanding the connections

The motivation for people raising sponsorship and pushing themselves stems from their compassion and empathy towards the children we care for, and their wish to support the work we do. However, some of the greatest challenges we see at CHSW are the ones faced by the children themselves and it is inspiring to see them overcome these challenges daily. We hope this lesson will be a springboard for ideas of how the class can become involved in their own challenges and events to support us.

Activities

Ask children to share an achievement or something they're very proud of from their lives (some children may benefit from the think, share, pair format or support from the teacher if they struggle to think positively about themselves in this way). Discuss the emotions, the build up and the work required to have this moment.

In groups, ask the children to come up with positive phrases or slogans to sum up what pushing yourself, accomplishing goals and overcoming challenges mean to them. Share these as a class and create a working wall of ideas.

Children will then design a poster to promote to the public the idea of 'never giving up', 'reaching for your dreams' and other phrases or expressions they may have thought of in their groups.

- 😊 What images will they use and why?
- 😊 What will inspire people?
- 😊 What is the aim of the poster?

Extending the activity: Children could use magazines and newspapers to make collages of their inspirational posters. Groups could then be asked to pitch their design ideas to the class as though they are trying to secure funding or sell a concept. Children could think of an event or challenge and design ways to promote it (you could use some of our event posters found on our website as examples).

Plenary

Discuss each other's posters with the class. Groups or individuals could present using a visualiser to talk through their design choices. Did any children use an upcoming challenge for inspiration? Have any been inspired to take on a new challenge?

Have children look at each other's posters and get them to vote with a token for the one they felt most inspired by. Discuss why they felt this way.

Thank you

Thank you for using this lesson resource. Every download helps to raise awareness of CHSW and the work we do.

