




Optimism and Hopefulness



Try Something New 	Set a Personal Goal 	Tell Your Success Story 
<p>Take up a new activity or learn a new skill. Here are some examples to get you thinking:</p> <ul style="list-style-type: none"> • Try a new sport • Enter the High Down Eisteddfod • Join a singing or dancing group • Learn how to cook a new recipe • Learn how to sew • Learn how to play a musical instrument • Join the cubs/scouts/brownies/guides • Learn how to play a new game e.g. chess • Try a new art or craft activity <p>My Choice is</p>	<p>Set yourself a personal goal. Make sure it is something realistic that you can achieve in a short time. Here are some ideas to think about:</p> <ul style="list-style-type: none"> • Swimming distance badge • A sporting Personal Best • A new dance routine • Pass a music exam • Play a particular piece of music on your instrument <p>What are you going to do to Achieve your goal? How will you feel when you achieve it?</p> <p>My Personal Goal is</p> <p>.....</p> <p>.....</p>	<p>Tell us about your recent success story.</p> <p>What is it that you have achieved?</p> <p>How did you get there?</p> <p>When things became difficult, how did you stop, yourself from giving up?</p> <p>How do you feel now that you have achieved your goal?</p> <p>What is in it for YOU?</p> <p>Complete the 'Success Story' report file.</p>

Complete two tasks to earn your optimism and hopefulness badge.

Parent Signature