



PREP

Overview

At this stage in a student’s life, they begin to organize abstract thoughts and to see the bigger picture. This lesson introduces students to the Everything Is Possible Mindset and teaches them how important it is to identify and establish the small steps they have to take to achieve their dreams.

Objectives

- Understand that a dream is a highly desired goal or purpose
- Begin to understand that the first step in achieving our dreams is visualizing and identifying them

Required Materials

- Pencils
- Pens
- Markers or crayons
- Your own “Dream Big Plan” example that you created in advance as a model
- One blank copy of the lesson [Activity Sheet](#), Dream Big Planning, per student

Competency Alignments

- **Decision-Making** – Students increase their expectations and connect current decisions and actions to future goals and consequences.
- **Hope** – Effective visioning and goal setting increase students’ expectations and overall perspective on their lives and future.
- **Self-Awareness** – Students build a positive self-image by recognizing their unique abilities that will help them succeed in school and life.



Step 1: Get Their Attention

Section	Displayed	Instructions
Icebreaker: (4 min.) <i>Optional</i> Slide 2	Happy Video Link	<p><i>Suggestion:</i> Before the session, remind students that this is a safe place where no one will be bullied or made fun of. This is a good time to refer to class norms and guidelines for group discussion.</p> <p>Prompt: “I am feeling happy today. How about you? Let’s get up and show we are in the happy zone!”</p>
Quote: (1 min.) Slide 3	<p>“Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal.” <i>– Pamela Vaull Starr</i></p>	<p>Display the quote.</p> <p>Prompt: “What do you think this quote means?”</p>
Hook: (2-4 min.) Slide 4	<p>The first step to making our dreams come true is owning them. Do you have big dreams?</p>	<p><i>Suggestion:</i> If students were given a challenge in the previous class, ask students to share their experiences.</p> <p><i>Suggestion:</i> Give students one to two minutes to share their thoughts with the student beside them.</p> <p>Prompt: “The Everything Is Possible Mindset is about dreaming big and reaching for our goals. Today, we are going to identify what our big dreams are and talk about why it is important to identify them!”</p>



Step 2: Make the Connection

Section	Displayed	Instructions
Video: (3 min.) Slide 5	Are Your Biggest Dreams Possible to Achieve? Video Link	Prompt (before showing the video): “Sometimes our biggest dreams seem impossible to achieve. Watch what happens when the children in the video learn that anything is possible.”
Discussion: (5-7 min.) Slide 6-9	<ol style="list-style-type: none"> 1. What does it mean for someone to have a dream? Is it just something that happens when we fall asleep? 2. What were some of the things the children dreamed about achieving? 3. Why did the children think their dreams were impossible? 4. How did the children feel after seeing their dreams come true when they had thought they were impossible? 	<p><i>Suggestion:</i> For all discussions, choose the most appropriate option or combination of options from the following:</p> <ul style="list-style-type: none"> • Think/Pair/Share – Students find partners and discuss together. • Student Facilitation – Break students into smaller groups and have one student per group act as discussion facilitator. • Large Group Discussion – Facilitate discussion with entire class, making sure to involve as many students as possible. <p>Possible student answers:</p> <ol style="list-style-type: none"> 1. It means you have something to work toward. It means you have a plan. Dreams can happen at any time. 2. To be a filmmaker. To have a star on the Hollywood Walk of Fame. To open a nature reserve. 3. They thought they were too little. They thought they were too young. 4. They were excited. They were inspired. They thought big dreams were possible.



Step 3: Transition to Life

Section	Displayed	Instructions
Activity: (15 min.) Slide 10	Dream Big Planning Activity	<p>Prompt: “Someone once said, ‘If you can dream it, you can achieve it’. The first step to making our dreams come true is owning them. Today, we are going to start doing just that by putting our dreams down on paper. We’ll also identify small steps we can take to help make our dreams come true.”</p> <p>Dream Big Planning Activity Instructions</p> <ol style="list-style-type: none"> 1. Give each student a blank copy of the Dream Big Planning Sheet and writing tools. 2. Put your own <i>Dream Big Planning Sheet</i> example up on the board and share it with students to give them ideas. 3. Give students seven to eight minutes to fill in their sheets. 4. Allow students to share their Dream Big Plans with their classmates by reading their dreams and the steps they can take to make them come true. 5. Post the students’ completed Dream Big Plans in a place where everyone can see them. Students will refer to them throughout the month.
Challenge: (1-2 min.) <i>Optional</i> Slide 11	How are you going to make your big dreams come true?	<p><i>Suggestion:</i> Always look for student artifacts and stories to share and post in the classroom or hallways.</p> <p>Prompt: “As we leave today, let’s think about what our big dreams are and how we’re going to make them come true! Our challenge is to do one thing this week that will help us reach our big dream. I can’t wait to hear about what we all do at our next meeting!”</p>