



When I Grow Up

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will show an awareness for own strengths and areas for development.

MATERIALS

Poster Paper, Writing Utensils

AGE ADJUSTMENTS

This lesson is suitable for all ages.

Lesson Plan

Introducing the Lesson

- Ask participants what they want to be when they grow up.
- Ask participants who they want to be when they grow up.
- Have participants share their responses with the group.

Experiencing the Lesson

- Ask participants to split their paper into two halves for writing. In the first column, title it "When I grow up." For example:
 - *What makes you happy? What kind of job would you like?*
- Give participants a few minutes to write down their ideas
- After 5-7 minutes, ask participants to share out some of the things they came up with
- After participants have shared, show the prepared videos, and have participants add to their column any new ideas they have.
- Once you have finished viewing the videos, ask participants to move on to column two.
- Title this column "To learn" and ask participants to write down things they need to learn to meet their goals for when they grow up.

What if participants don't know what they want to be when they grow up?



"That is totally okay and participants shouldn't feel stressed out about it! Remind them that there are no wrong answers and that they can always change the mind in the future."



Closing the Lesson

- After participants have completed both columns, have them pair up with a partner to share their "When I grow up" and "To Learn" lists.

After the Lesson

- Collect these papers from participants and save them for a later use.
- Participants can revisit these lists later in the year and see what they have been able to learn and what they still want to.

Further Exploration

- Discuss items and categories with participants
 - What is the relationship between these two lists? “When I Grow Up” and “To Learn?”
- Ask participants how these items are important for their future.
- Ask participants to identify people who can help them work towards their “Growth” lists.



Get Creative

- As a group, have participants create a word wall of individuals who have helped them complete their “When I Grow Up” lists
 - Who are the people that have helped you in your growth?
- As a group, have participants create a word wall of they can get help from for their “To Learn” list
 - Who can help you work on your “To Learn” list?
- Discuss with participants
 - How many of these can we begin doing?

Online

- To facilitate this lesson Online, the facilitator and participants will need access to video-sharing (ex: Zoom)
- Participants can continue the activity by sharing in the chat features or to the entire group, and can randomly be assigned to breakout rooms for partner sharing.

