
Weaving Well-Being Empowering Beliefs Programme Samples

Pupil Book

•

Lesson 8: Belief 7

Activity 1

Activity 2

Homework





Belief 7: I can make a difference

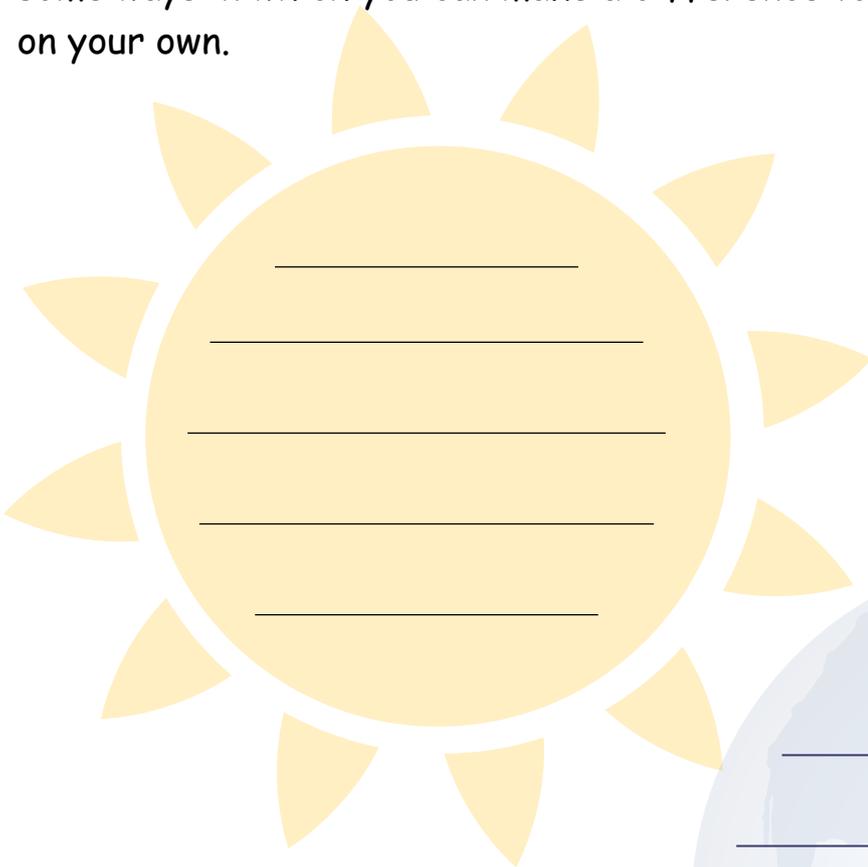


We can all do so much every day to make a difference in the **lives of others** and even to the world! Just think about how all those small acts can add up to make the world a **better place**.



How I can make a difference

In the sun shape, write some ways in which you can make a difference to the lives of others. In the globe shape, write some ways in which you can make a difference to the planet. Work in pairs or on your own.



Never, ever underestimate the power of caring!



If you completed the **Positive Relationships** programme, you might remember

that **Give, Give, Give!** was one of the steps. Giving to others can make a big difference in so many ways!



Values in action

When we want to make a difference, it is helpful to think about values. Our values are what we **care about** and what we think are the **most important things in life**.

Here is a list of ten common values. Which ones do you think are more related to making a difference? **Tick five values which you think help to make the world a better place**. Talk in pairs about the reasons why you chose them and compare them to what others chose.

10 common values	Tick 5 values which can help us make a difference 
Being kind	
Working hard	
Getting on with others	
Helping others	
Enjoying life	
Being famous	
Being popular	
Being the best	
Being fair	
Looking good	

Now think about your own values. Will they help you to make a **difference to the lives of others**? If not, maybe try to focus on some different values! Remember that making a difference in the lives of others can really help your own happiness and well-being!



Lesson 8 Homework: Making a difference - Everyday Heroes

Ordinary people can often really inspire us through their actions. Think of two everyday heroes who you feel have made a difference in the world, big or small. They don't have to be famous! Talk to your parents and get their opinions too!

Everyday Heroes

Hero 1: _____

I chose this person because

Hero 2: _____

I chose this person because

Remember to try out your new belief this week and notice any effect it has.

Parental signature/comment:
