

This simple worksheet provides 4 sections to work through with a class to establish an understanding of what your 'element' is and why it's important for building our own self confidence, happiness and resilience.

Section 1: Background

For teacher use or to be shared with the class

Finding your Element: do more of what you love and what you're good at

The concept that we all have an 'element' comes from the author and international speaker Ken Robinson. It's also a belief held by many educationalists that if we have a **talent** for something that is also something that **we love doing with a passion**, then this meeting of the two is described as 'finding your element'. The quest to find our element may be straightforward for some but not others. We may need to search further than our immediate surroundings, sometimes outside our community or comfort zone. But as human beings we can benefit greatly from going on this quest and it's important that we aren't held back through fear of being judged by our peers or by society.

If we can achieve this goal of **finding** our element we can then begin to spend more time **being** in our element ie doing more of what we love and what we're good at. This is a vitally important way to gain self confidence and inflate our balloons of self belief. With inflated balloons we can be more resilient when we're carrying out an activity in an area where we're less capable or less passionate.



Finding your element – where passions meet abilities

Section 2: Vlog from James Shone

Spend a few minutes watching the following video clip on Youtube where James Shone will give his own views on 'Finding our Element' and why it's so vitally important.

<https://www.youtube.com/watch?v=6dkRusvtgYg>

Section 3: Class Discussion

Spend some time as a class discussing the following questions:

- Do you believe this theory to be true
- Can you think of some examples of people who have an 'element' in or out of school
- Do you believe that it's possible for anyone to discover their 'element'?
- Think of some examples of what a teenagers' element might be (nb – your element cannot be eating pizza and watching computer games!)

Section 4: Class Activity

A key goal in our lives should be to try and establish what our own element might be. Sometimes it's hard to find out what this and it often helps to speak to those that are close to us to provide their thoughts on where we should be looking. As stated at the beginning, we may need to search further than our immediate surroundings, sometimes outside our community or comfort zone. But as human beings we can benefit greatly from going on this quest and it's important that we aren't held back through fear of being judged by our peers or by society.

Spend some time individually or in groups thinking about how we might find what our element is. Think about:

- What do I like doing?
- What am I good at?
- Is there any cross over between the two?
- What ideas do you have about how to create a cross over?

And most importantly, have a think about how you might be able to spend time doing more of what you're good at and what you're passionate about. Remember, by doing so we can add air in to our balloons of self-belief. With inflated balloons we can be more resilient when we're carrying out an activity in an area where we're less capable or less passionate.