

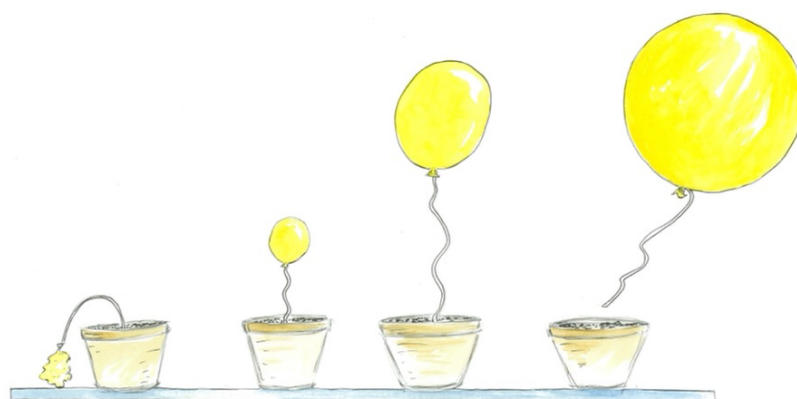
TEACHER GUIDE – Inflating Balloons of Self-Belief

Learning Objectives

- For students to hear James Shone's story and to understand his metaphor of the balloon and how it can be used as a tool to maintain self-belief.
- To understand the key tools to recognising and improving self-belief and resilience.

James Shone and his metaphor of the balloon

Following a 16 year teaching career and having been offered a job as Headmaster in 2012, James was diagnosed with a brain tumour which left him with very little sight. However, James is a man who embodies a positive attitude to life and a determination to turn setbacks into springboards. As a teacher, this was at the heart of his pastoral message and led to the creation of the charity "I Can & I Am and a new life as a speaker within schools. At the heart of



James's presentation is the idea that we all have a metaphorical 'balloon' within us and when this has air in it we feel good about ourselves, we are resilient and have self confidence. Further information about James and his story can be found here: <https://icanandiam.com/james-shones-story/>

2 minute animated summary of James's story and the balloon metaphorAnimation

Watch this 2 minute animation which summarises James's story and his metaphor of the balloon and how it can be used to maintain good self-belief: <https://www.youtube.com/watch?v=MEaRExVONco>.

Discussion ideas

- Do you recognise when your balloon of self-belief is inflated?
- How do we feel when our balloon feels deflated?
- How might James now keep his balloon of self-belief inflated?
- Why is it important that our self-belief remains good?

Worksheet – the following are included below:

- Worksheet and **Plenary Activity**.
- Lists of different skills and different qualities.
- List of different challenges.

PUPIL WORKSHEET

Inflating balloons of self-belief

1. **WATCH:** Watch this short 2 minute animation which tells the story of James Shone, founder of the charity I Can & I Am and his ideas of how we keep our self-belief strong:
<https://www.youtube.com/watch?v=MEaRExVONco>.

Now follow the questions below which all focus on different ways that we can keep our balloons inflated.

2. **SKILLS:** When we do what we are good at and what we enjoy, we top up our balloons of self-belief so that we can cope better when we have to do the things we're not so good at and are less keen on. Look at the list of different SKILLS and write down some things that you are good at or that you enjoy:

3. **QUALITIES:** When we recognise our QUALITIES, this puts air into our balloons. It's important to understand what our qualities are. In groups, pairs, or on your own, look at the list of QUALITIES and pick some out for other members of your group to write down, or simply write some down for yourself.

4. **BELONGING:** When we spend time in a place where we feel that we fit in, we feel safe, and we belong, we are able to fill up our balloons. This enables to cope better when we're somewhere we feel less comfortable. Think about places where you feel that you belong and write them below – these could be at home, as part of a club, with friends, in a team, doing a hobby, or enjoying time alone:



5. **CHALLENGE:** When we challenge ourselves to improve, to get better at something, or to fix something about ourselves or our lives, it's a powerful way of inflating our balloons. By moving forward, even if it's by taking very small steps, we feel better about ourselves. Have a look at all the challenges listed on the 'Challenge' sheet and pick one that you feel you'd like to have a go at.

My challenge is:

The first step towards achieving my challenge is:

6. **GRATITUDE:** Having an attitude of gratitude is a CHOICE. If we choose to be thankful for what we CAN do and for what we DO have, rather than focusing on what we CAN'T do and what we DON'T have we live life in a much happier place. Think of some things, talents, people etc that you are grateful for and write them down.

Plenary Activity

"Some people are always grumbling because roses have thorns. I am thankful that thorns have roses"

Alphonse Karr, French journalist and novelist.

Write down a sentence to explain what you think that this quote means:



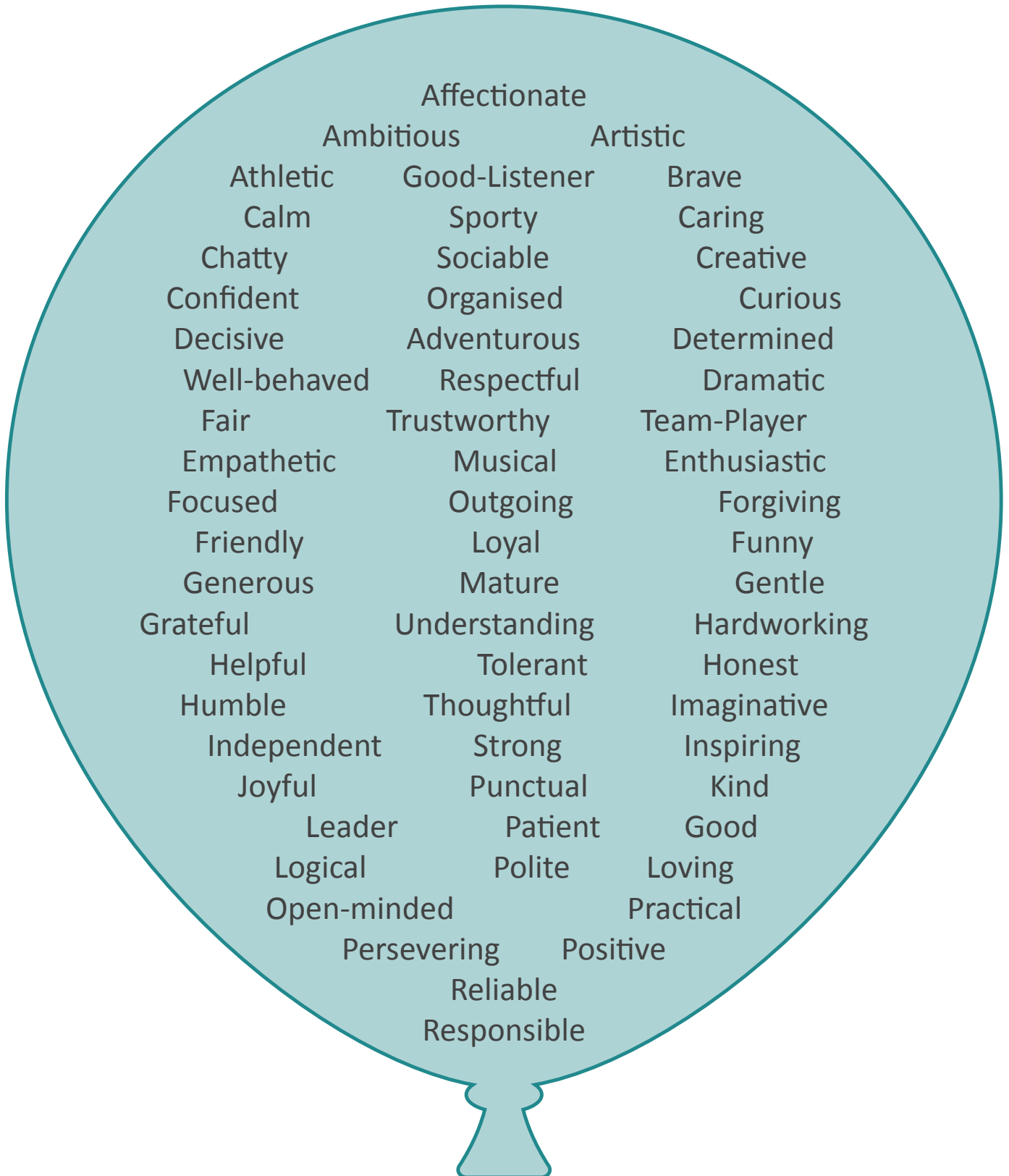
For question 2: SKILLS

Choose some skills that you are good at and write them down against question 2 on the worksheet. They don't have to appear on the list below.



For question 3: QUALITIES

Choose some QUALITIES for yourself or others in your group and write them down against question 3 on the worksheet.



For question 5: CHALLENGE

Choose one CHALLENGE from the list below that YOU want to do and that you believe you CAN achieve. Think about what your FIRST STEP would be to achieving this challenge and write the answers down against Question 5 on your worksheet.

At Home

- Offer to help more
- Try not to argue back
- Come out of my room more
- Tidy my room
- Improve my relationship with a sibling
- Improve my relationship with a parent
- Take more exercise
- Reduce my screen time
- Take up or improve in a hobby
- Be more positive
- Try to get up on time

In School

- Try not to be late
- Do my homework on time
- Stop talking in lessons
- Ask for help more
- Respect my teachers more
- Work on my focus in a lesson
- Put my hand up in class
- Don't compare myself to others
- Improve in a subject
- Be more social
- Be more positive
- Try not to argue back
- Join a club

Self Care

- Take more exercise
- Be more organised
- Don't compare myself to others
- Think about my social media use
- Improve my sleep schedule
- Take care of my school uniform / clothes
- Try to eat more healthily
- Don't be afraid of failure
- Reduce my screen time
- Be kinder to myself
- Share my worries more
- Be more sociable

