

# Learning to:

- ☐ describe the dreams and goals of young people in a culture different to mine
- ☐ reflect on how these relate to my own



# What do these words mean?

- ☐ Dream
- ☐ Hope
- ☐ Goal
- ☐ Aspiration
- ☐ Culture
- ☐ Country



## ❑ Dream

Dreams are something you create in your mind that can take any shape or form, while goals are based on taking action.

## ❑ Hope

a feeling of expectation and desire for a particular thing to happen.

## ❑ Goal

A goal is something that you determine you want, and you work hard to achieve it.

## ❑ Aspiration

a strong desire to achieve something She left home with aspirations for a better life.

## ❑ Culture

Culture is a word for the 'way of life' of groups of people, meaning the way they do things. Different groups may have different cultures.

## ❑ Country

A country is land that is controlled by a single government.

# Jigsaw Charter

We take turns to speak

We use kind and positive words

We listen to each other

We have the right to pass

We only use names when giving  
compliments or when being positive

We respect each other's privacy  
(confidentiality)

# I sit in the garden

Play 'I sit in the garden'. With the children sitting in a circle, make sure there is an empty chair by someone in the circle. The person with the chair on their right moves into the empty chair saying 'I sit...', then the person next to them, who now has the empty chair on their right, moves into the chair and says 'in the garden...' and then the person next to them, who now has the empty chair next to them, moves into the chair and says '... and I would like... (person's name) to sit next to me'.

I invite you to sit back in your chair, to adopt a dignified posture with a straight back and relaxed shoulders.

Close your eyes if you are comfortable to do so and start to focus your mind by directing your attention to your breathing as you breathe in through your nose and out through your mouth.

Your breaths are slightly deeper than usual and now you are helping your mind to focus on the air coming in and out of your body.

When I sound the Jigsaw Chime, allow yourself to listen to the sound until you can no longer hear it, and then re-direct your attention to your breathing.

Breathing in through your nose and silently counting to 4...1..2..3..4

Breathing out through your mouth and silently counting to 6...1..2..3..4..5..6



Do this a few times without me talking and become aware of the cycle of the breath, like a circle coming in through your nose, travelling to the lungs and then following the outward path to be breathed out through your mouth.

You may like to practise pausing your breath at the moment the in-breath wants to turn around and become the out-breath.

(Give children a minute or 2 to practise one of these breathing techniques to help them experience being able to choose how they direct their mind's attention)

When I sound the chime again, please gently bring your attention back into the room. It may help to wiggle your fingers and toes before gently opening your eyes.



*Open my mind*



*What do you think could  
be the goals or dreams of  
this child?*

*Open my mind*



*What do you think could  
be the goals or dreams of  
this child?*



Open my mind



What do you think  
could be the goals or  
dreams of this child?

## Pause Point



Stop. Breathe some calming breaths and look inside to see your thoughts and feelings in this present moment.

# Let's discuss what life is like for Mary 1 and Mary 2, who both live in Kenya..

Hello my name is Mary and I live in a country called Kenya. My home is in a little village in the countryside. I am 10 years old. I live with my parents. I have a big family. I have 4 older sisters who are married with children of their own. We all live together.



I go to a private school in the city. My parents earn enough to pay for me to go to this school. They say I will get a better education. My mother takes me to and from school in her car. She is a bank manager and my father is a doctor. School starts early at 8am but finishes around 2pm. In my class there are 19 other girls. They are my friends. My favourite lesson is Information Technology when we get to use the I-pads and classroom computers. When I am older, I would like to be a computer programmer because I am very good at coding. I enjoy school and would like to go to University, maybe overseas, so I can experience a different country. One day I might find a husband and have children, but for now I would rather focus on my dream of having a career in computing.

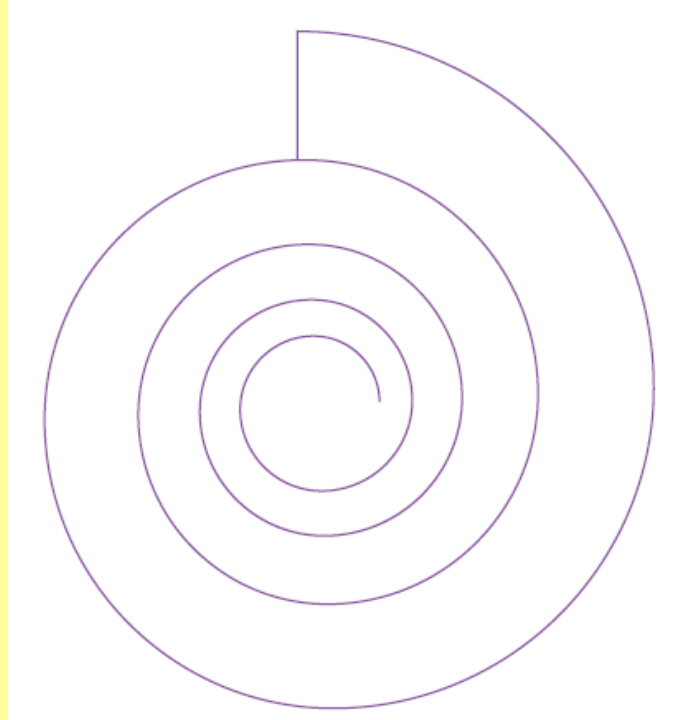
In talking partners or small groups, discuss and scribe our ideas in response to the following questions:

1. How are the lives of these children the same as yours?
2. How are the lives of these children different from yours?
3. What aspirations/dreams might these children have?
4. How are their dreams the same/different to yours?



Choose one of the children from the Mary Fact Sheet and to hold in mind what you think that child's dream/goal might be.

Using a spiral template, write what they think your chosen child's dream might be around the spiral.



# Can you now...



- ☐ ...identify a job you would like to do when you grow up and understand what motivates me and what you need to do to achieve it.
- ☐ ...appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future.