Homework Booklet:

Habits of Successful People



Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TG: \_\_\_\_\_

Class Teacher(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Homework 1: My Coat Of Arms

Coat of Arms: Some historical context

Coats of Arms were originally used to help knights to recognise which family they were fighting for. The coat of arms was a picture which represented the family. The family would choose colours and symbols which were particularly important to them. Traditionally, a family would also have a motto.

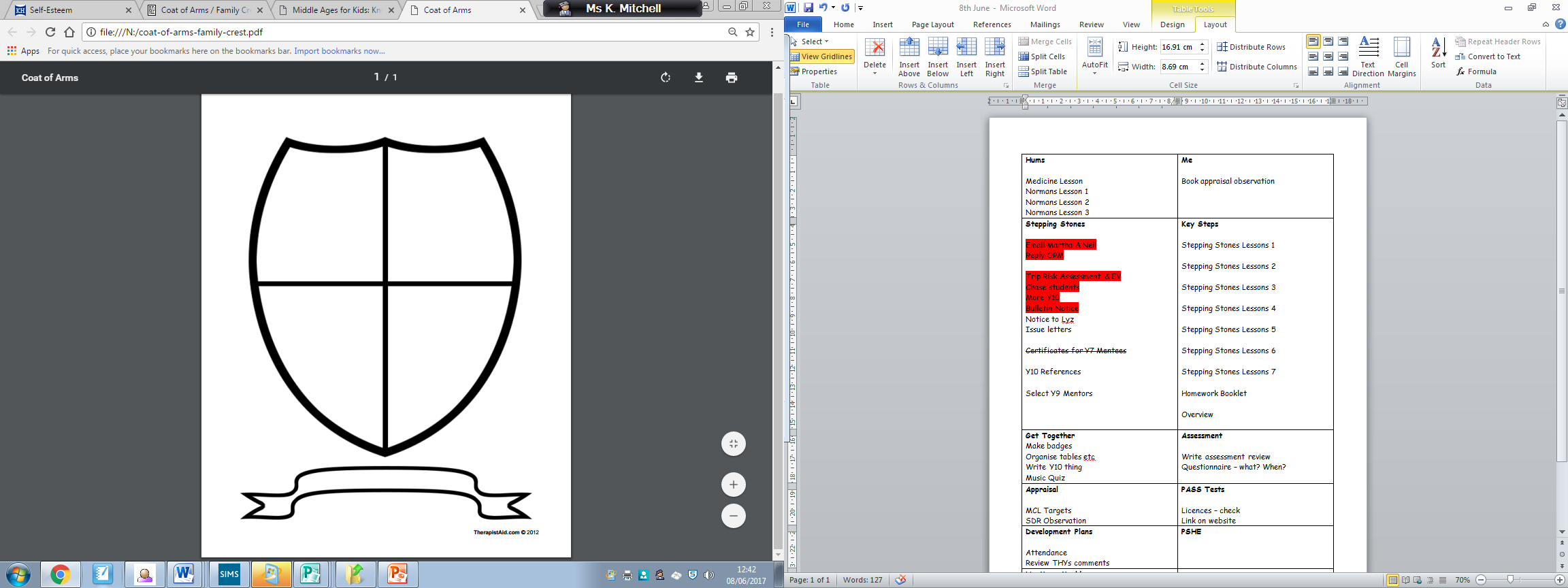


Create your own Coat of Arms and your own motto. Each quadrant (section) must have a meaning for you e.g.

* Things that are important to you
* Skills / Qualities that you have
* Things that motivate you

The Coat of Arms for the Royal Family in the UK. The motto means ‘God and my right’.

Success Criteria:

* Drawn in pencil
* Good use of colour
* Clear motto
* All 4 quadrants decorated in a way that has meaning for you 

Homework 2: Growing your self-esteem (a week challenge)

You will

You will

We challenge you to spend a week growing your self-esteem. You can start on any day.

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| **Strategy: Practise something that you are good at..** | **Strategy: Change negative self-talk into positive self-talk** |
| On Monday I practised… | Example 1:  What happened…  My initial negative talk  My NEW positive talk |
| On Tuesday I practised… |
| On Wednesday I practised… |
| On Thursday I practised… | Example 2:  What happened…  My negative talk  My NEW positive talk |
| On Friday I practised… |
| On Saturday I practised… | Example 3:  What happened…  My negative talk  My positive talk |
| On Sunday I practised… |

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| **Strategy: Spend time with people who make you feel good** | **Strategy: Help other people** |
| **Example 1:**  I spent time with…  It made me feel…. | Example 1:  I helped…  It made me feel… |
| Example 2:  I spent time with…  It made me feel…. | Example 2:  I helped….  It made me feel…. |

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| **Strategy; Keep trying – even when it is hard** | **Did other people notice?**  Show this homework to one other person who has seen you this week. Ask them to make a comment about how your behaviour was the same / different. |
| **Example 1:**  I was finding it hard to….  What happened…. |
| **Example 1:**  I was finding it hard to….  What happened…. |

Homework 3: Can you help other people?

To my new Tutor,

I am really nervous about starting school. I often find lessons difficult and I am worried that I won’t be able to keep up with the lessons. Sometimes I mess around in class to hide the fact that I don’t understand what the teacher is saying. At other times, I copy from the person next to me in order to make sure that I don’t get into trouble.

I don’t want other people to know that I am stupid – I know that they will all laugh at me if I try to answer questions. I hang around with a big group of friends but I know that they don’t really like me. They only hang around with me because I have got money and I buy stuff for them. I want to have real friends that I can trust, but I don’t know where to start?

**Task 1: Identify two phrases or sentences in the letter which suggest that the writer has low self-esteem.**

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**Task 2: Identify two strategies that the writer uses to try to cover up his low self-esteem.**

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Task 3: Write a reply to this student giving them advice on how he/she can help themselves. There are some key words below which you can use to help you:

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| mistakes | positive self-talk | resilience |
| honest | other people | visualisation |

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