

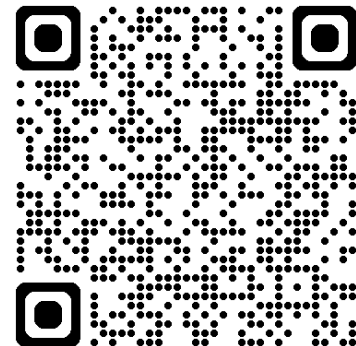
Empowerment Project

Term 3 Week 1 Due Monday 28th July

Part 1

Watch 'The Power of Yet'

<https://www.youtube.com/watch?v=J-swZaKN2Ic>



 **Reflect (in detail!) in your homework book:**

What is something you can't do... yet?

How does adding "yet" to a sentence make it more hopeful or positive?


Complete the sentence: "I can't ___ yet, but I'm going to ___."

Illustrate your "yet" statement with a growth mindset poster or sketch!


Part 2

Choose a Brand-New Skill & Write Your Learning Plan

This week, you'll begin an exciting challenge—learning a brand-new skill over 8 weeks, completely self-led! You'll practise a little each week, reflect on your progress, and in Week 8, you'll present your journey to the class.

 Think about a skill that:

- You've never done before (or only know a little about)
- You're curious or excited to try
- You can learn mostly on your own
- You can show or explain at the end

 Now, write your 8-week plan. Use the questions below to guide you. You can write this in your homework book.

1. What is your chosen skill? Why did you choose it?

Tell us what you're learning and why it interests you.

Example: I'm going to learn how to juggle because I've always thought it looked cool but never knew how. I also think it will help me practise coordination and patience.

2. What will success look like by the end of 8 weeks?

Think about your goal. What would "success" be for you?

Example: I'll be able to juggle 3 balls for 20 seconds without dropping them.

Or:

I'll be able to have a 30-second conversation using Auslan signs.

3. What resources will help you learn this skill?

List the things you'll use to help you learn. Are there YouTube tutorials? Books at home or the library? Websites or apps? People you could ask (family, friends, community members)?

Example: I found a YouTube video that teaches juggling in slow steps. My cousin also knows how and said she can help me. I'll also use a website called Juggling for Beginners.

4. Where and when will you practise each week?

Pick a regular time and space. A routine helps!

Example: I'll practise every Tuesday and Thursday afternoon in the backyard for 15 minutes. If it rains, I'll practise in the garage.

I'll also spend 10 minutes on Saturday watching tutorial videos and updating my journal.

Empowerment Project

Term 3 Week 2 Due Monday 4th August

Part 1

Remember When You Overcame Something

Think of something you found hard once but now feel more confident doing (e.g. swimming, spelling, making friends).

✍️ In your homework book, write about:

What was the challenge?

What helped you push through?

What can this memory teach you as you begin learning your new skill?

Part 2

First Try & Research Your Skill

🔍 Step 1: Research Your Skill

Before you jump in, find out more about the skill. Your job is to understand:

What are the basics?

What equipment or materials do I need?

What are the first 1–2 beginner steps?

🧪 Step 2: Try It for the First Time!

Once you've done a little research, give it a go!

This is your first proper attempt, so don't worry about getting it "right"—just focus on giving it your best shot.

Take your time and notice:

- What is confusing or tricky?
 - What feels easy or natural?
 - What steps do you need to practise again?
- 👁️ You might even record a short video or take a photo of your attempt to track your journey!

✍️ Step 3: Reflect in Your Skill Journal

Use the questions below to guide your reflection. Write at least one detailed paragraph for each.

1. What steps did you take this week to learn your skill?

Explain what you researched and what you tried.

Example: I watched two YouTube videos on how to spin a basketball on my finger. Then I tried it in the backyard. I used a timer to practise for 10 minutes and tried balancing it on both hands.

2. What went well?

Be proud of any small success—focus on effort and what felt positive.

Example: I could get the ball spinning on my finger for about 2 seconds! I also figured out that using my left hand to start the spin worked better for me.

3. What didn't go so well or felt difficult?

Describe the challenges or anything you didn't understand.

Example: I found it hard to keep the ball balanced. It kept falling really fast and hurt my finger after a while. Also, the video moved too fast and I had to pause it a lot.

4. What will you try differently next time?

Based on your first attempt, how can you improve your practice next week?

Example: I'll try using a softer ball to start with so it doesn't hurt. I'll also watch a slower beginner video and only focus on the first step until I feel more confident.

Empowerment Project

Term 3 Week 3 Due Monday 11th August

Part 1

Mistakes Are Proof You're Trying

Read or research someone who failed before they succeeded (e.g. Michael Jordan, J.K. Rowling, Walt Disney).

Answer:

What mistake or failure did they experience?

How did they bounce back?

What can you learn from them?

What mistake did you make this week while practising your skill?

Part 2

Retry + Refine

You've already made your first attempt—great job! Now it's time to try again using what you learned from last week. This week is all about growing from mistakes, making small improvements, and building your confidence.

After retrying your skill, use the reflection prompts below to guide a detailed journal entry. Try to write 3–5 thoughtful sentences per question.

☀️ 1. What improved this week, and why do you think it got better?

- What did you change or do differently that helped?
- Did a new resource, strategy, or tool make a difference?
- Did your mindset or attitude shift?

Example: This week, I slowed down and focused just on Step 1 instead of rushing through the whole process. I improved because I gave myself time to repeat the step instead of trying to be perfect on the first go.

🧱 2. What is still tricky or frustrating?

- Is there a specific step or part that keeps going wrong?
- Are you finding it hard to stay motivated or focused?
- Do you need a new resource or help from someone?

Example: I still struggle with holding the camera steady for filming my cooking. I also get nervous when I mess up, which makes me want to stop early.

🧠 3. If you were teaching someone this skill, what advice would you give them after your experience?

- What mistake did you make that they could avoid?
- What tip or trick made things easier for you?
- What should they do first to set themselves up for success?

Example: I would tell someone learning to juggle to start with soft beanbags instead of tennis balls because they're easier to catch and don't bounce everywhere. I learned that the hard way!

🔄 4. What did you learn about yourself as a learner this week?

- Are you more patient, persistent, or focused than you thought?
- How do you handle mistakes or slow progress?
- What learning strategies work best for you?

Example: I learned that I really need to write down small goals or I get overwhelmed. I also realised I do better when I watch short videos instead of long ones.

Empowerment Project

Term 3 Week 4 Due Monday 18th August

Part 1

Flip Your Self-Talk

Our brains believe what we tell them!

✍️ Write 3 negative thoughts you've had while learning your skill.

Then, rewrite each one as a positive or growth mindset version.

🎨 Turn one of these into a colourful poster to stick somewhere you'll see often.

Part 2

Focus on a Mini Goal

By now, you've had a couple of weeks to try out your new skill, reflect on your first attempts, and notice some successes and struggles. This week, your job is to zoom in and focus on just one small part of your skill—this is called deliberate practice. It helps your brain and body learn faster and more deeply!

🎯 Step 1: Choose ONE Small Part of Your Skill

Think about the steps or parts of your skill. Which part do you want to get better at?

Some examples:

If your skill is learning to juggle: Just practise tossing one ball in a perfect arc.

If your skill is drawing animals: Just focus on sketching the head or shading fur.

If your skill is sign language: Just focus on learning and practising 5 new signs.

🧠 Mini goals help you build confidence and feel success without trying to do everything at once.

✍️ Step 2: Reflect on Your Mini Goal Progress

Write a detailed journal entry using these prompts. Aim for 1–2 paragraphs.

1. What was your mini goal this week?

Which part of your skill did you decide to work on?

Why did you choose this part to improve?

Example: My mini goal was to practise signing the alphabet from A–E in Auslan. I chose it because I kept getting confused between B and D, and I wanted to feel more confident before learning more letters.

2. How did you practise this goal?

What strategies or tools did you use?

How often or how long did you practise?

Did you use any new resources?

Example: I practised for 5 minutes after dinner every day. I watched a slow-motion video of the signs and used a mirror to check my hand shapes. I also asked my sister to quiz me with flashcards we made together.

3. What progress did you see this week?

What improved since last week?

Did you notice anything becoming easier or more automatic?

Did anyone give you feedback or encouragement?

Example: I can now sign A–E in the correct order without looking at my notes. My hands feel quicker and more confident. My sister said I was "way faster" than last week!

Empowerment Project

Term 3 Week 5 Due Monday 25th August

Part 1

Bouncing Back from Frustration

We all feel like giving up sometimes.

✍️ Write a journal entry:

Describe a time this week when you felt frustrated or stuck.

What helped you keep going?

What could you do next time to calm yourself or stay positive?

Part 2

Teach It to Someone Else

You've been learning your skill for a few weeks now—it's time to take it to the next level by teaching someone else!

Teaching helps you:

Check how well you understand the skill

Spot gaps in your own learning

Build confidence

Strengthen your communication skills

👤 **Step 1: Choose What to Teach**

Pick a small, specific part of your skill that you understand well enough to explain to someone else. You're not teaching the whole thing—just a bite-sized piece.

Examples:

- Drawing: Teach how to sketch a cartoon eye using basic shapes
- Sign language: Teach someone 3 signs they can use in a sentence

👤 **Step 2: Find a Willing Learner**

Ask a: Parent or carer, sibling, friend, classmate, cousin, neighbour - anyone who doesn't already know how to do your skill!

👤 **Step 3: Teach the Skill**

Explain: What the skill is, why it's useful or fun and give step by step instructions.

Use clear instructions, demonstrations, and encouragement—just like a real teacher!

📹 Optional: Record yourself teaching your skill to include in your final project!

✍️ **Step 4: Reflect in Your Journal**

Write a thoughtful reflection answering these prompts in full sentences:

1. How did the teaching go?

Who did you teach? What part of the skill did you teach? Did your learner understand it or enjoy it?

Example: I taught my little brother how to fold the beginning of a paper ninja star. He found it tricky at first, but he started to get it after the second try. He even said, "This is kind of fun!"

2. What was tricky about teaching someone else?

Was it hard to explain clearly? Did your learner get frustrated? Were there any unexpected challenges?

Example: I found it hard to explain the steps without doing them for him. I realised I had to slow down and let him try it, even if it wasn't perfect. He wanted me to just do it for him, but I stayed patient.

3. Did teaching help you understand the skill better? How?

Did you notice something new about the process? Did it help you fix a mistake or explain why something works? Did it remind you of something you'd forgotten?

Example: Yes—it helped me realise that I was skipping a step without realising. When I had to explain it slowly, I understood the order better. Now I can do it more accurately too.

Empowerment Project

Term 3 Week 6 Due Monday 1st September

Part 1

I Am... Powerful Words

- ✍️ Write 5 powerful "I am" affirmations to boost your confidence as a learner (e.g. "I am capable of growth").
- 🎨 Using Canva, another online site or drawing, create a motivational poster for yourself. Make it detailed, decorative and unique to you.

Part 2

Progress Check & Preparation Plan

You're in the final stages of your 8-week skill-building journey—just 3 weeks to go! Now is the perfect time to reflect on the ups and downs so far and to plan how you'll finish strong.

- ✍️ **Write a detailed reflection in your skill journal. Try for 1 paragraph per question.**

🏆 1. What has been your biggest success or proudest moment so far?

- What have you achieved that makes you feel proud?
- Did you surprise yourself with anything you were able to do?
- Has someone else noticed your improvement or effort?

Example: I felt so proud when I could finally spin the basketball for 5 seconds without dropping it. My older brother was watching and said, "Whoa, that's actually cool." It felt great to see the practice paying off.

💡 2. What has been your hardest or most frustrating moment so far?

- What part of learning your skill has challenged you the most?
- How did you respond to that challenge?
- Did you feel like giving up? If so, what helped you keep going?

Example: The hardest part was when I couldn't get the code to run properly for my game. I tried for ages, and it kept crashing. I was frustrated and almost gave up, but I watched another tutorial and started from scratch. That helped.

🧠 3. How has your attitude towards learning changed since Week 1?

- Are you more confident, patient, curious, or focused now?
- Have you noticed any changes in how you deal with challenges or mistakes?
- What have you learned about yourself as a learner?

Example: I used to get annoyed when I couldn't get something right straight away, but now I realise learning takes time. I've learned to slow down, practise more, and not be afraid to fail first. I think I'm more resilient now.

📁 4. What do you need to do to feel ready for your Week 8 presentation?

- What part of your skill do you still need to practise?
- Do you need to organise materials, photos, or a video for your presentation?
- What will your next steps be in Week 7?

Example: I need to practise juggling for longer and make fewer drops. I also want to take some photos of me practising and make a quick slideshow. Next week I'll focus on cleaning up my technique and finalising what I'll show the class.

Empowerment Project

Term 3 Week 7 Due Monday 8th September

Part 1

Celebrate Your Wins

🎉 Write a list of 5 things you're proud of achieving this term (school, friendships, personal).

Highlight one that you want to write about in detail.

✍️ Explain:

Why is this moment special to you? What strength did it show about you? What did this moment or achievement teach you about what motivates you? How might this moment inspire or encourage someone else?

Part 2

Prepare Your Presentation

You're nearly at the finish line! 🎉

Next week, you'll present your 8-week skill journey to the class. This is your chance to celebrate what you've learned, share your ups and downs, and reflect on how you've grown—not just in your skill, but as a learner.

This presentation isn't about being perfect. It's about showing progress, effort, and growth. Be proud of what you've achieved!

🧠 **Step 1: Choose How You'll Present**

Pick a format that suits your style and your skill. You only need to speak for around 2–4 minutes, but visuals will help!

🎨 Be creative! Just make sure your visuals support your storytelling.

✍️ **Step 2: Plan What to Include in Your Talk**

Use the prompts below to plan your speech.

🧠 1. What is the skill you chose, and why did you choose it?

What drew you to this skill at the start? Had you tried it before or was it completely new?

Example: I chose to learn basic Auslan because I've always wanted to learn another language, and I thought it would be useful and respectful to communicate with people who are deaf or hard of hearing.

🧠 2. What did you learn about the skill itself?

What new knowledge or abilities do you have now? Can you explain some key steps or techniques?

Example: I learned the alphabet in sign language, plus how to sign "hello", "thank you", and "how are you?" I also learned that facial expressions are really important in Auslan.

📈 3. What were your highs and lows during the journey?

What moments made you feel excited, successful, or proud? What moments made you feel stuck, frustrated, or discouraged? How did you bounce back?

Example: I felt really stuck in Week 3 when I couldn't spin the basketball and it kept hitting my face. But by Week 5 I managed to spin it for 6 seconds, and that felt amazing. I realised I just had to keep practising.

🧠 4. What did you learn about yourself as a learner?

Did your mindset change throughout this challenge? What learning strategies worked best for you? What strengths did you discover in yourself?

Example: I learned that I like to break things into tiny steps and repeat them a lot. I also learned that it's okay to ask for help—I got better after my dad watched a video with me and helped me practise.

🧠 **Step 3: Practise Presenting Aloud**

- Rehearse in front of a mirror, family member, friend, or pet
- Time yourself to make sure it's between 2–4 minutes
- Check your visuals are clear and easy to follow
- Speak clearly and confidently—your class is cheering you on!

Empowerment Project

Term 3 Week 8 Due Monday 15th September

Part 1



Final Reflection

✍️ Write a one-page reflection:

What was the best part of this 8-week challenge?

What was your proudest moment?

What did you learn about yourself and how you learn best?

What advice would you give to someone starting their own 8-week journey?

Part 2



Present to the Class!

🎤 Present your project to your classmates. You can:

Demonstrate your skill

Show a short video

Share photos of your progress

Explain your growth and mindset journey

👏 Be prepared to answer questions and celebrate each other's progress!