



SCHOOL PROGRAM

THE DREAM

VIDEO LEARNING ACTIVITIES

(Grade 4-5)

PRE-READING

"No dream is too big to go after."

Andi Naude, Freestyle Skiing Olympian

The video that you are about to watch profiles Olympians who as kids started to dream big. But they didn't just dream. They dared to chase down their dreams. You will learn about men's moguls gold medalist, Mikaël Kingsbury. At nine years old, he drew a picture of the Olympic rings and wrote "I will win". This poster hung over his bed for 17 years as a constant reminder of his gold medal dream. At the 2018 PyeongChang Olympics, his dream came true.

Some dreams are like that. They are big and bold and take a lot of time and hard work to achieve. As you watch this video, listen to what the Olympians are saying. Maybe your dreams could come true if you have the courage to pursue them.



THINK IT

As you watched the video, you might have been thinking of one of your dreams. Maybe you dream of being a teacher, scientist, doctor, business person, leader, musician, or sports star. Maybe you dream of helping people or traveling to a distant country. **Write down your dream.**

Some day, I will _____

SAY IT

In pairs, share your dream with your partner. Discuss what you would need to do to make the dream come true. Brainstorm a few things that you can do to pursue your dream. Be encouraging with your partner. Big dreams take many years to come true, and at the start they can seem pretty overwhelming.

To pursue my dream, I will _____

PERFORM IT

As a class create a Dream Board. On a three metre length of art paper, **draw a picture of you reaching your dream. Write a few words next to your picture to describe what you would need to do to pursue your dream.** Remember to leave room on the Dream Board for everyone in the class to draw their picture.

