



SCHOOL PROGRAM

THE DREAM

VIDEO LEARNING ACTIVITIES

(Grade 6 and up)



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 did so much more than just dream; they dared to pursue 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". These challenging words hung over his bed for 17 years as a persistent reminder of his gold medal aspirations. It wasn't until the 2018 PyeongChang Olympics that his dream was finally fulfilled.

Often our dreams are like that. They are big and audacious and consume years of passion and ceaseless hard work. Along the way, it is easy to become discouraged, and many people abandon their childhood dreams out of frustration. 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 what would be required to realize your dream. Be encouraging with your partner. Big dreams take many years to come true, and at the start they can seem pretty overwhelming and out of reach.

To pursue my dream, I will _____

PERFORM IT

Prepare a presentation on PowerPoint with video and photo to share with your classmates. Take some time to share your dreams and what it would take to make them reality. Remember to always be encouraging.

