



SCHOOL PROGRAM

THE JOURNEY

VIDEO LEARNING ACTIVITIES

(Grade 2-3)



PRE-READING

*"There are going to be moments when,
just the entire journey does feel tough"*

Sam Edney, Luge Olympic Medallist

The journey to our dreams can be fun and full of exciting moments but it can all also be hard. Some of the Olympians in this video faced hard times. They got hurt or didn't race like they hoped. They had to pick themselves up and keep going. You will learn about men's moguls Olympian, Philippe Marquis. He had the potential to win an Olympic medal. A month before the Games, disaster struck. He crashed in training and badly hurt his knee. This injury usually ends a skier's season. But Philippe didn't give up! He worked hard to recover. He wanted to race in the Olympics. Against the odds, he made the final even though he was still injured.

Life can be hard. Sometimes things go wrong. Sometimes we fail. Sometimes people we love get sick. As you see this video, listen to what the Olympians say. Hear how they picked themselves up after the hard times. Maybe you can too.



THINK IT

As you saw the video, maybe you thought of a hard time you had. Or, maybe you know a friend who is going through a tough time. Resilience is being able to recover from hard times. It is being able to pick yourself up. **Write down some advice you would give yourself or your friend.**

SAY IT

In pairs, share your advice. Sometimes athletes will have a motto that inspires them to keep going. Together, use your advice to think up a motto that inspires you to keep going.

When times are tough I tell myself: _____

PERFORM IT

As partners, create a motivational poster with your motto. **Draw a picture that goes with your motto.** (On a blank page)

