



**SCHOOL PROGRAM**

# THE JOURNEY

**VIDEO LEARNING ACTIVITIES**

(Grade 4-5)



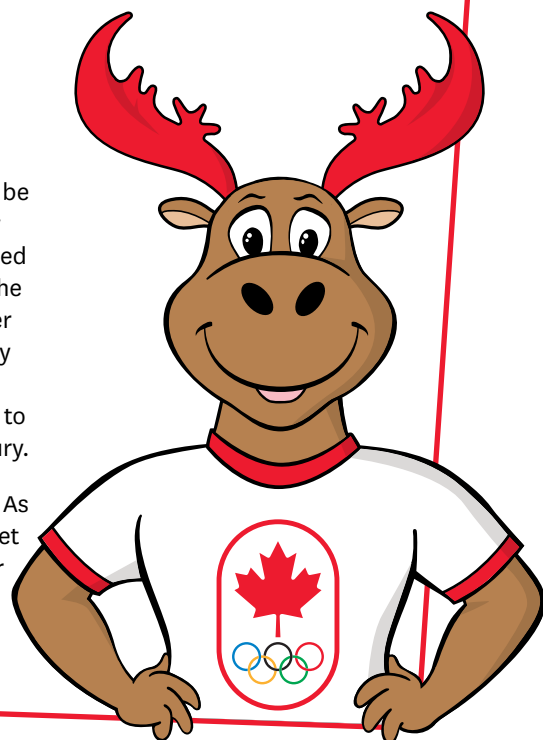
## **PRE-READING**

*"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. This video tells the story of Olympians who fought tough times on their journey towards their dreams. They kept picking themselves up when things didn't go as hoped or planned. You will learn about men's moguls Olympian, Philippe Marquis. He had the potential to win an Olympic medal until a month before the 2018 PyeongChang winter Games. Then disaster struck. He seriously injured his knee. For most athletes this injury would have ended their season. But Philippe didn't give up on his dreams. He spent hours in physical therapy. Coming back from injury became his new goal. He wanted to race in the Olympics, and he did. Against the odds, he made the final despite his injury.

Life can be hard. Sometimes we have to go through tough times and big challenges. As you watch this video, listen to what the Olympians are saying. Hear how they didn't let the bumps on the road end their journey. They used the hard times to become better athletes and people. Maybe this part of being an Olympic athlete is something you can adopt in your life.



**THINK IT**

As you saw the video, you might have been thinking of a difficulty you had on your journey. 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. **If you could give yourself or your friend a bit of advice about how to get through tough times, what would it be?**

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**SAY IT**

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

**When times are tough I tell myself:** \_\_\_\_\_

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**PERFORM IT**

As partners, use one of your mottos to create a motivational poster. **Draw a picture that goes with your motto. If you have access to a computer, create a PowerPoint slide for your motto(s).**