



SCHOOL PROGRAM

THE JOURNEY

VIDEO LEARNING ACTIVITIES

(Grade 6 and up)



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 exciting but it can all also be hard. This video profiles Olympians who overcame 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 was favored to win an Olympic medal until a month before the 2018 PyeongChang Games. Then disaster struck. Despite a season ending knee injury, Philippe wasn't going to give up on his Olympic dreams. Hours of physical therapy and unbending determination paid off. He did the impossible and made the final despite his injury.

Life can be difficult. Sometimes our journey has sadness, disappointment, and tough times. 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 difficulties 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 watched the video, you might have been thinking of a loss, challenge or disappointment you had on your journey. Or, maybe you know a friend who is going through a tough time. Resilience is our ability to recover from difficulties and press on. It is being tough when circumstances are against us. **If you could give yourself or your friend a bit of advice about how to get through difficulties, what would it be?**

SAY IT

In pairs, share your advice with your partner. Sometimes athletes will have a motto that they turn to as motivation to continue. Together, use your advice to think up three mottos 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.**

Join your partner group with another (groups of four people). **Use your six mottos to create a motivational slide presentation. Put it to music to make an inspiring presentation that the whole class can enjoy.**

