



**YOUR CHOICE:
CHOOSE WISELY**

DREAM BIG



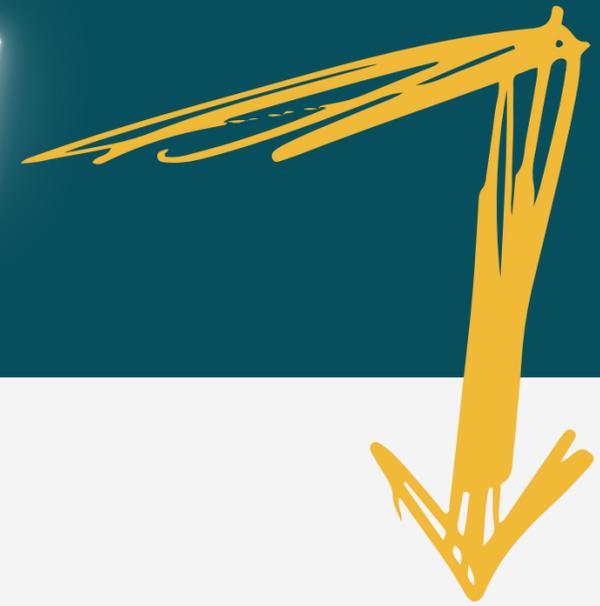
INTRODUCTION

Today, we will:

- * Discuss the importance of setting goals to work towards
- * Create long term goals that are relevant to our own lives
- * Discuss what it means to be victorious and to overcome challenges



SEL CONNECTION



Today, we will practice **self awareness** by reflecting on our own dreams, goals and ambitions and **responsible decision making** by considering what it takes to dream big and overcome challenges.





ICEBREAKER

FREEZE DANCE

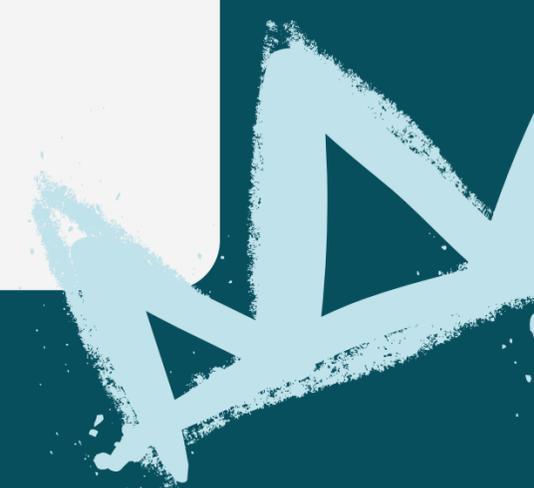


ICEBREAKER

➤➤➤ GET MOVING!

FREEZE DANCE

- 1) When the music plays, get up and move!
 - Dance
 - Walk and mix around the room
- 2) When the music stops, you stop!
- 3) If you move when the music stops, you're out.





LESSON

PART ONE

DREAM, DIRECTION AND DESTINATION



LESSON: PART ONE



WATCH A VIDEO

DREAM, DIRECTION + DESTINATION

Watch [Denzel Washington's "Dream Big" video](#).





DREAM, DIRECTION + DESTINATION

- What was something that stood out to you in the video?
- How can forward thinking and planning increase the chances that you will reach your goals / dreams?
- What are dreams or goals?
- Why is it important to plan our goals and dreams?



LESSON: PART ONE



DREAM, DIRECTION + DESTINATION

- 1) Think of a dream or goal you have.
- 2) Use the "12-step" Dream, Direction and Destination Map.
- 3) Write in detail. Use colors and images to personalize it.

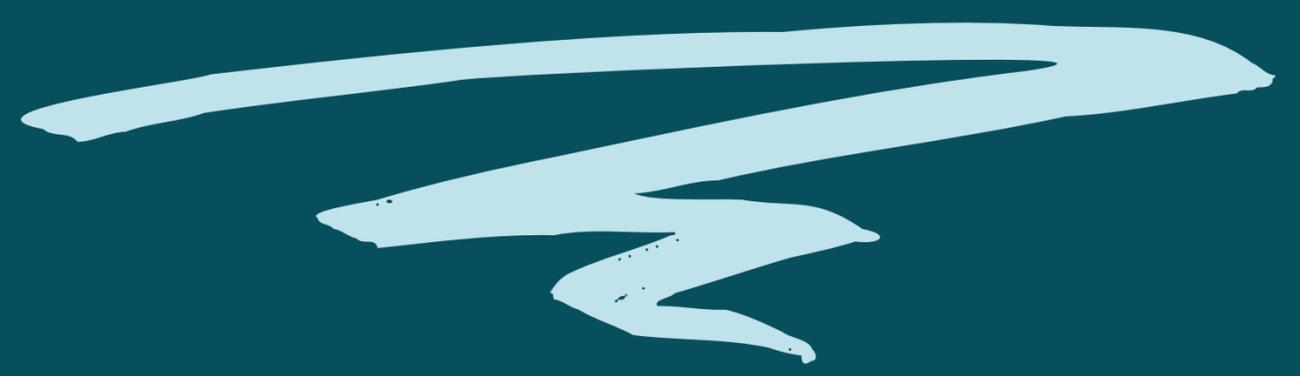




LESSON

PART TWO

VISION OF VICTORY



LESSON: PART TWO



WATCH A VIDEO

VISION OF VICTORY

- 1) Watch "Powerful" by the Empire cast.
- 2) Use your 5 Thoughts document to write observations from the video.
- 3) Share with a partner.





VISION OF VICTORY

VICTORY

The act of achieving a goal by defeating an opponent.



LESSON: PART TWO



WORK TOGETHER

VISION OF VICTORY

In your groups, create an image or collection of words that represent what it means to bring your dreams to victory.

- * What does victory look like for you?
- * What words or images come to mind when you think of victory?





DEBRIEF / EXTENSION





DREAM BIG

- What were some of the commonalities and differences between your group's vision of victory presentation and other groups?
- What are some of the first things that have to be done to begin to walk in the power that is described in the song and identified by you and your peers?

