

This activity will help students see how some of the greatest obstacles in their lives have helped them develop as a person and learn valuable life skills. Complete each section by following the instructions below.

Teacher Led	X	Requires Computer	X	Requires myBlueprint.ca	X
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LEARNING GOALS:

1. Students will understand that obstacles are a normal part of life and they can be used to help us grow and develop as individuals.
2. Students will reflect on personal challenges and to identify the positive outcomes of those situations.

MATERIALS:

- Writing tools
- Handout [A] - My Personal Story
- Handout [B] - Reflection Questions
- Computer, mobile device, or tablet

INSTRUCTIONS:

1. Provide students with **Handouts [A]** and **[B]** and have them individually complete the activities.
 - *Note: You may want to share this handout electronically with your students via a 'Class Bulletin' on myBlueprint to allow them to upload this file to their 'My Individual Profile' portfolio.*
2. If needed, allow students to do research online to complete part of the *Reflection Questions*.
3. After the activity, have students upload Handout [A] to their 'My Individual Profile' portfolio and have students add a reflection (**+Reflection**) to answer the reflection questions individually in their portfolio (see **Handout [B]**).

HANDOUT [A]: MY PERSONAL STORY

Fill out the chart below for challenges or events you experience in your life

Challenge/Life Changing Event	Strategies to Overcome	Strengths/Skills Gained
Example: My father left when I was young	Had to make choices about school. Help ran household for ailing Mom, worked hard to help pay bills	Learned to be responsible for self and others, make decisions and manage finances
1.		
2.		
3.		
4.		
5.		

HANDOUT [B]: REFLECTION QUESTIONS

Answer the following reflection questions

1. How did these events change the way you see the world?

2. What challenge are you proudest of overcoming? Why?

3. When looking back on all your obstacles, what strategies did you use to overcome these life challenges?
What were your best ones? Why?

4. Describe two ways in which you have grown from overcoming these life obstacles?
