



# Dealing with low points

PEERS



List 3 key takeaways from this video



STAY POSITIVE

## STORY



"In terms of confidence I had nothing going for me" Daragh said. "I have had ups and downs but I've never been that low."



People react to difficulty in different ways. At some point in secondary school you will hit a low point. It could be a failed maths test. It could be a bad set of results. It could be falling out with your friends. It could be bullying.



Daragh had just received his mock results and it didn't make for good reading. However Daragh did not blame his teachers. He didn't blame his parents. He did something different. He took responsibility. He simply asked "is there a better way?"



The ability to ask good questions is a critical skill for life. With the help of his Mom, he came to see me. He was working really hard but not very smart. He was spending hours writing lots of notes. But we needed something different. Daragh has a kinaesthetic learning style. I suggested he get up from his desk and walk around when learning. In other words he got ACTIVE with his study. This was a game changer.







## Game 2

### MY GO-TO GUYS

If you are having difficulty you need some go-to people to go to for help. Who can you go to?



1. ....
2. ....
3. ....
4. ....
5. ....

## Game 3

### EYE CONTACT

Having good people around you and nonverbal communication skills are very important.

Get 8 – 10 students into a circle. Designate a player one who stands in the centre of the circle.

To begin, player one makes eye contact (no words or hand motions) with another player (player two) and gives them a signal that means go. When player two says go, player one starts moving slowly toward them to take their place in the circle.

Player two then makes eye contact with another player (player three) and gives them a signal meaning go and starts moving toward them. The idea is that each person is to get to the centre and you can only communicate with your eyes.

# Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

5. I worked well with others

1. I enjoyed today's story

