

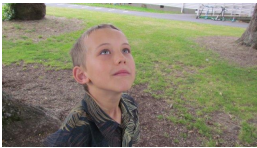
THINKING



FUTURE ME

We can make plans for the future and there are endless possibilities

As we grow older we are often asked what we want to be doing in the future. Do you remember what you wanted to be when you were five years old?



I want to be a doctor or a professional athlete.

I want to be a firefighter or a dancer.



As we get older our ideas can change. When we experience new things we figure out what we like doing and what we don't like doing. This is part of our personality.

What do you dream of for the future?

Nobody knows what the future holds so there are no right or wrong answers. The jobs people will be doing in the future may not even have been invented yet!

- What might you be doing?
- Think about job, family, activities, friends, dreams ...

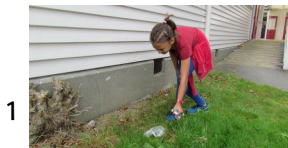
Draw what you imagine things could be like.

REVEAL!

Thinking to the future

1. What do you want the world to look like in the future?

To ensure that we have a great future to look forward to we have to think about what we are doing now. We know that every little thing can make a big difference. These people are trying to look after the environment to help out. Match the statement to the image. Talk about how this might make a better future.



- A. "I'm going to have shorter showers."
- B. "I might not be friends with everyone but I can be friendly to people I meet."
- C. "If I see litter in the playground or at the park I'll pick it up."

2. Set goals for the future

A habit is a regular pattern or routine that you have of doing something. People often use the term 'bad habits', but people can develop good habits too. It can be hard to change a habit that you have had for a long time which is why the habits you have when you are younger often carry through as an adult. What 'habit' would you like to have as an adult? Getting enough sleep, eating well, exercising more regularly, keeping in touch with friends, or something else?

Make a pledge to your future self.



Nikita's pledge

I will make it a habit to eat breakfast every morning. This habit will help me to focus better in class.

I will make this a habit by getting up ten minutes earlier every day.

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