

# Understanding Self

**Activity 1**      **Health Professional Talk**

**Time**            30 minutes (1 unit)

**Activity**        Organise for a Health Professional to come and talk to the participants. -

Have the presenter talk about the health risks of people of the Participants' age

Have the presenter talk of the help risks related to drug use particularly alcohol, tobacco and drugs in sport.

Have the participants ask question of the Health Profession related to the presentation

**Activity 2      Physical Development Talk**

**Time**            30 minutes (1 unit)

**Activity**        Organise for someone to come and talk to the participants about Physical Development of people the age of the participants and what changes the participants may find themselves going through physically over the next few years

Have the participants ask question of the presenter in regards to some of the changes they are currently going through or changes they may have more questions about which they may not have experienced yet

A suitable person to give this presentation maybe a health professional, teacher or youth councilor.

**Activity 3      Goal Setting Workshop**

**Time**            30 minutes (1 unit)

**Equipment**    Activity 3 Worksheet (1 copy per Participant)  
Pens and Textas

**Activity**        Talk to the participants about goal setting

Outline the differences between Major Goals (Long Term Goals) and Minor Goals (Short Term Goals)

Explain to the Participants that Minor Goals can be used as stepping stones to achieving Major Goals

Explain to the participants that Goals must be realistic

Have the participants set a Major Goal that they would like to achieve in around 2 to 5 years time.

Have the participants write the major goal on the Activity 3 Worksheet

Have the participants think of the step by step Minor Goals they have to achieve to achieving the Major Goal

Have the participants look at the 10 Minor Goals they wrote on the Activity 3 Worksheet and assess if they are realistic

Finally have the participants realise if their Major Goal is realistic by noting the steps (Minor Goals) that need to be achieved and if they are first realistic.

# Activity 3 Worksheet

# Goal Setting Workshop

**Step 1** **Minor Goal 1**

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**Step 2** **Minor Goal 2**

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**Step 3** **Minor Goal 3**

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**Step 4** **Minor Goal 4**

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**Step 5** **Minor Goal 5**

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**Step 6** **Minor Goal 6**

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**Step 7** **Minor Goal 7**

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**Step 8** **Minor Goal 8**

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**Step 9** **Minor Goal 9**

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**Step 10** **Minor Goal 10**

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**Final Step** **Major Goal**

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**Activity 4      Positive Thinking Workshop**

**Time**            30 minutes (1 unit)

**Equipment**    Activity 4 Worksheet (1 copy per Participant)  
Peaces of card 5cm x 5cm (5 per Participant)  
Pens and Textas

**Activity**        Explain to the participants the benefits of positive thinking

Have the participants explain how they feel when they are thinking positively

Have the participants compare how they feel when they at thinking positively compared to when they are not

Have the participants discuss how they think that positive thinking may help them in their lives

Go through the positive thoughts on Activity 4 Worksheet and explain to the participants that they can use thoughts like this to help them think positively

# Activity 4      Positive Thought Control

## Worksheet

**“First be a believer then an achiever”**

Believing in yourself is an important part of achieving anything.

Highlight some pleasing things you like about participating in Surf Life Saving and things that you would like to achieve

Think of a phrase that is positive and will help you focus on the pleasing this and do it better (i.e. “I can do this”)

Write this particular phrase on a card, concentrate on these words and re read it over and over again to help you focus on achieving.

Build a bank of positive phrases to help you achieve. Write these phrases on other cards.

Keep Building the bank of phrases when ever you think of something you can say to your self to help you achieve.

Example phrases:

- I can do this
- I am in control
- I know I will do well
- I will achieve and be successful
- I know I have trained hard for this
- This is for me
- I am prepared
- I am happy with myself