



ACTIVITY: 'HAPPY SEVENTIETH'

TIME: 15+ minutes
SIZE: Individuals
SPACE: No special requirements
RESOURCES: Pens, paper

The aim is for students to project forward life possibilities that develop from their values.

The result should be rewarding discussion about goal setting and planning.

1. Explain that students are to imagine they are each a week away from their seventieth birthday. Someone (friend or family member) is going to give a speech about each of you – your life, your characteristics, your achievements, your community involvement, your relationships, etc. The speaker has asked if you could write the speech (or at least provide the points).
2. Students are to think about how they might like their life to have turned out in five key domains: work/calling; family; friendships; community; and fun pursuits (e.g. hobbies, sport). Students can also add other domains that might be important to them.
3. Give students five minutes to think about their achievements in these domains, then another five minutes to write their speech. They should bear in mind how they would like to be perceived and remembered by others.
4. Allow students willing to share their speech to do so with the rest of the class.
5. Commence discussion.



DISCUSSION SUGGESTIONS

- Was it easy or difficult to think of yourself that far ahead in time? If it was difficult, what mental obstacles laid in your way?
- How did your speech reflect the things you find valuable today?
- How and why might your values change over time?
- Does the act of thinking about your future help clarify your goals?
- How might you plan to meet those goals?
- What do you think you could do if those plans were thwarted? What might you be thinking and feeling? What thinking skills will be most valuable in those situations?