

Educator Directions: Making my own Luck

Prompt: What does it mean when someone says “good luck!” or “you’re lucky?”

* Allow for some students to answer and have a quick discussion*

Some people think that finding a four leaf clover, especially on St. Patrick’s day can bring you luck. Today we’re going to learn how we can make our own luck!

The best way to reach a goal is to create a plan. For example, if I want to make the soccer team but I’ve never played soccer. What are some ways I can put a plan in place and prepare? (get a soccer ball, practice at home, ask a friend that plays soccer for help). In order to reach our goals, we can create our own luck by putting an action plan in place. I’m sure you all have something you’d like to do or would love to have. We’re going to work on creating plans to create our own luck today!

* Pass out “Making My Own Luck” worksheet *

Prompt: A goal is something we dream about or desire to happen. A lot of people say “follow your dreams” or “dream big” and that we should. But we need to have a plan in place to work towards it. Some steps we can take to do this are:

Step 1: Write down your goal (the thing that you want)

Step 2: Think about how you can make it happen.

Step 3: Make a plan and write it down

Step 4: follow your plan and don’t give up!

Prompt: Take a few minutes and think of a dream you have, it can feel big or small. It can be something you’ve wanted to do at home or school, etc. Write it down in the space where it says “goal” on your worksheet.

Now, take some time and think about how you can make that happen. What do you need to do, or do you need help with in order to make that goal a reality? When you have some ideas, write them in the next spaces provided.

For older students: Have them write a date that they will reach this goal by. Walk through how to make a realistic end date so they are giving themselves enough time to attain the goal.

Prompt: Walk through some positive sayings that they can remind themselves of when they are working hard towards this goal.

For older students: Sometimes it's fear that gets in the way of them going for their goal. Encourage them to pinpoint and identify the source of their fear right from the start so they don't create obstacles to from reaching their goal.

Make copies of the students goals and keep on hand to review again with them when the time comes. Encourage students to take their goal home and keep it in a place they can see it every day.