

Activity: Independent moments

Materials:

iPad or computer with internet access

Lesson Plan:

1. Have students share an independent moment or something they are proud of.
 - a. Prompt to support students if needed:
 - i. Eleanor Roosevelt once said "do one thing every day that scares you". Can you think of a time when you were scared to do something but you overcame your fear and did it anyway? What did you learn?
 - ii. Pele, the Brazilian football (soccer) legend once said "Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all love of what you are doing or learning to do." Can you think of a time where you were determined to learn or do something new? Did it take a lot of time and effort? What was the outcome?
 - iii. Serena Williams, tennis legend once said "I don't like to lose -- at anything -- yet I've grown most not from victories, but setbacks." Can you think of a time when you learned a really valuable lesson from a loss or a mistake?
 - iv. Micheal Jordan, basketball legend once said "I believe greatness is an evolutionary process that changes and evolves era to era." Can you think of a goal you have for your future? What small steps are you taking now to achieve that goal?
2. If they want to, you can ask if they would like to know about an activist, artist, adventurer, athlete, politician, ruler, saint, diplomat, engineer, mathematician, scientist, or medical professional who was blind or visually impaired.
 - a. Go to https://en.wikipedia.org/wiki/List_of_blind_people
 - b. From that list, select a person from the category requested by the student
 - c. Read something about this person and their achievements!