



# Wellbeing: Motivation and Resilience

SUITABLE FOR Ages 12+

BAE SYSTEMS

## Lesson Plan - 50 minutes

### Learning Outcomes

- Identifying the importance of mental wellbeing
- motivation and resilience now can have a huge impact on their future careers and successes
- stress can lead to negative decisions
- new tools to keep motivated about their future
- identify your skills and apply them to a future career path
- develop coping strategies that will help them manage their everyday pressures and ready them for work
- identify where and how to can ask for help and mental wellbeing support

### Frameworks

**Gatsby:** 3, 8

**CDI:** 1, 2, 3, 4, 9

**Skills:** Personal development, Character development, Resilience, Goal setting, Problem solving

### Resources Needed

1. Wellbeing Powerpoint
2. Reflection sheet
3. Access to internet for quiz and video

SLIDE NUMBER	TIMINGS	KEY TEACHING POINTS
1	30 secs	Title Page
2	30 secs	WorldSkills UK - who we are.
3	1 min	Introduction
4	1 min	Context of Covid-19
5	1 min	How our thoughts can affect our decisions
6	2 min	How to stay stress free and motivated
8-9	10 min 5 min	Tips for motivation and take the launchpad quiz Hints and tips from BAE Systems
10	2 min 5 min	Tips for wellbeing Hints and tips from BAE Systems
11	15 mins	Video on wellbeing
12	4 mins	Reflection activity
13	2 mins	Signposting to places that can help

## Evaluation & Reflection

Check the reflection sheet. Have students identified things they wish to work on? Did all students find the session useful?

Don't forget to feedback to WorldSkills UK. Complete the survey at [www.surveymonkey.co.uk/r/VGWGMZS](http://www.surveymonkey.co.uk/r/VGWGMZS) or just scan this QR code:



### Additional Info

**Plenary Actions:** Watch some of the WorldSkills Champions and role model videos. Find out how becoming a skill champion has supported these young people to be the best: <https://www.worldskillsuk.org/success-stories-category/young-people-parents/>