



Good afternoon!

Today's lesson is all about our dreams and ambitions



I wonder what dreams and goals you have?



A little later in the lesson we can share some of these.





Let's begin by passing a smile around the group and saying "Hello" to everyone here.



Now let's sing our Dreams and Goals song, "For Me"

Join in if you can – singing makes you feel happy!





For Me (Dreams and Goals)

VERSE 1:

I,
I will be,
I will be,
Be the best that I can be.
Yes you'll see,
I will be,
Be the best that I can be.
Take your turn, you can do it too.

BRIDGE:

Driving forward,
Taste the passion.
I can see it,
I'm in pole position.

CHORUS:

I know to reach the top that
I must climb,
I must climb way up high,
I'm gunna' reach the sky.

I will, I can,
I'm moving on with hope.
Don't look back,

Don't look back,
Don't look back, see,
I'm doing this for me.

VERSE 2:

I,
I can be,
I can be,
Be the best that I can be.
Yes you'll see,
I can be,
Be the best that I can be.
Take your turn, you can do it too.

BRIDGE 2:

Take that first step,
Make it happen.
Seize this moment,
That's what dreams and goals
are made of.

CHORUS

BRIDGE 1+2

That's what dreams are

CHORUS

Future doctors,
Future actors,
Future teachers,
Let's all sing it together.
Future pilots,
And the writers,
Future chefs,
And future fire fighters.
We're the laughers,
We're the smilers.
The future's bright,
Now let's all sing this together.

CHORUS





My Dreams and Ambitions



Learning Intentions:

- I can identify a dream/ambition that is important to me
- I can imagine how I will feel when I achieve my dream/ambition



Future

Aspirations

Ambitions

Dreams

Key Words

Goals

Success



At the beginning of every Jigsaw lesson we help our minds to calm down so that we're ready to learn...

- Sit comfortably in your chair with both feet flat on the floor and a nice straight back.
- Imagine there is a gold thread coming from the top of your head and pulling your spine long and straight.
- Relax your shoulders, feel proud and happy to be you.
- Close your eyes if you feel comfortable or stare at a point on the floor.
- Place your hands on your tummy and take a deep and gentle breath in through your nose.....
- Then gently blow that breath out through your mouth like you are blowing a bubble away...
- Breathe in.....and blow the breath out...gently, very gently.
- Keep breathing in and out like this and notice your tummy going out and back in as you breathe.
- As I breathe in I feel peaceful... As I breathe out I feel calm...
- When you breathe in, see if you can silently count to 4 in your head...1..2..3..4..
- And as you breathe out silently count to 6 in your head 1..2..3..4..5..6..
- Do this a few times as you listen to the sound of the chime.
- As I breathe in I feel peaceful...
- As I breathe out I feel calm...
- Give yourself a hug and a smile and bring your attention back into the room.



Look at this picture...



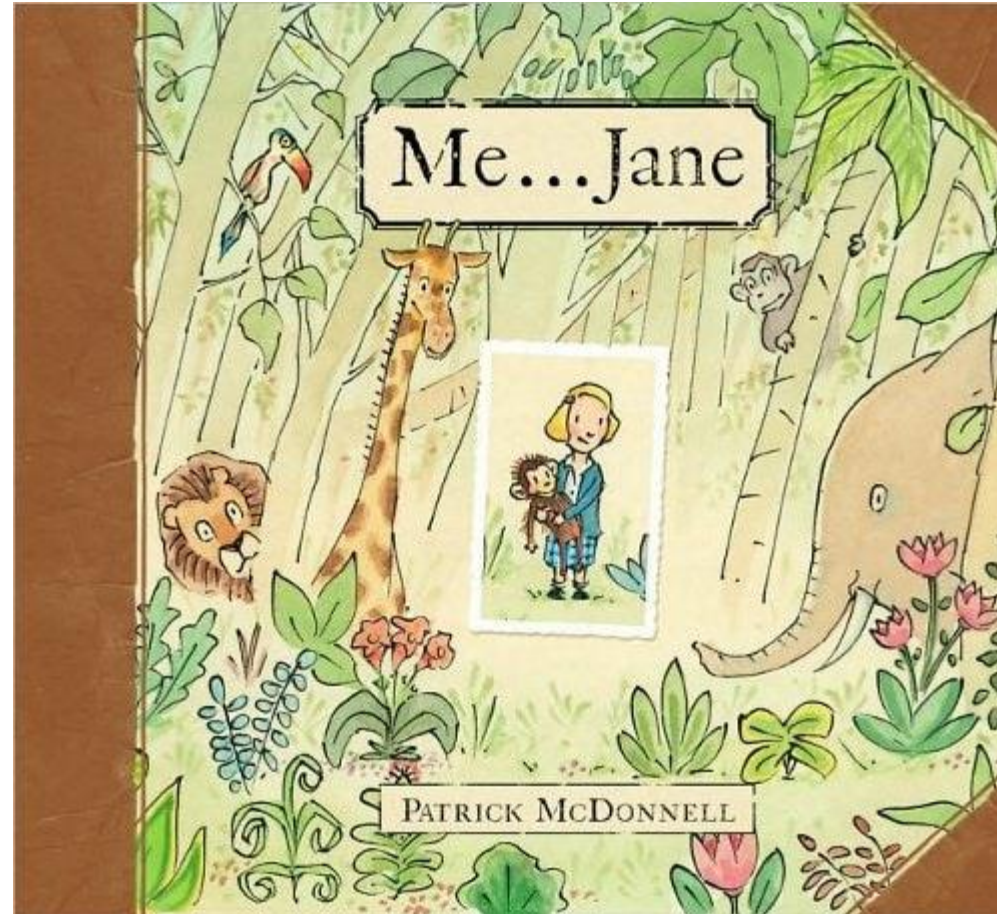
...can you imagine what this lady might be like?

What do you think her dreams and goals were when she was a little girl?



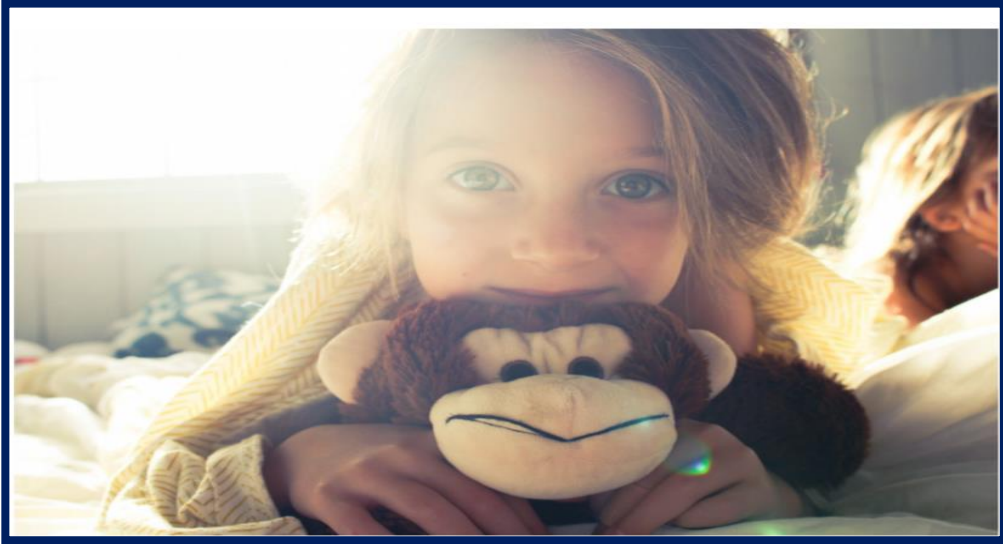
The lady in the picture is Jane Goodall.
This is Jane as a child





This is the story of Jane, read by Jane herself.

[Me...Jane](#)



What were Jane's dreams and goals when she was a little girl?

Did she achieve them?

How did she do this?

Some facts about Jane Goodall:

- **When Jane was a little girl her father gave her a toy chimp, that she named Jubilee.**
- **Jane loved exploring the outdoors and always took Jubilee with her.**
- **She loved learning about animals and plants and dreamed about going to Africa to study chimpanzees when she was older.**
- **When she was 23 she moved to Kenya and lived on her friend's farm.**
- **Jane asked if she could have a job with a man called Lewis Leakey who was a famous scientist who studied chimpanzees.**
- **Lewis helped Jane go to university and become a famous scientist herself.**
- **Jane studied chimpanzees, and her work has allowed us to know a lot more about these special animals.**
- **Jane had to work hard to achieve her dream, and it shows that dreams can come true!**



Do you think it's good to have dreams and goals?

What dreams and goals do you have?



How will you try to achieve them?

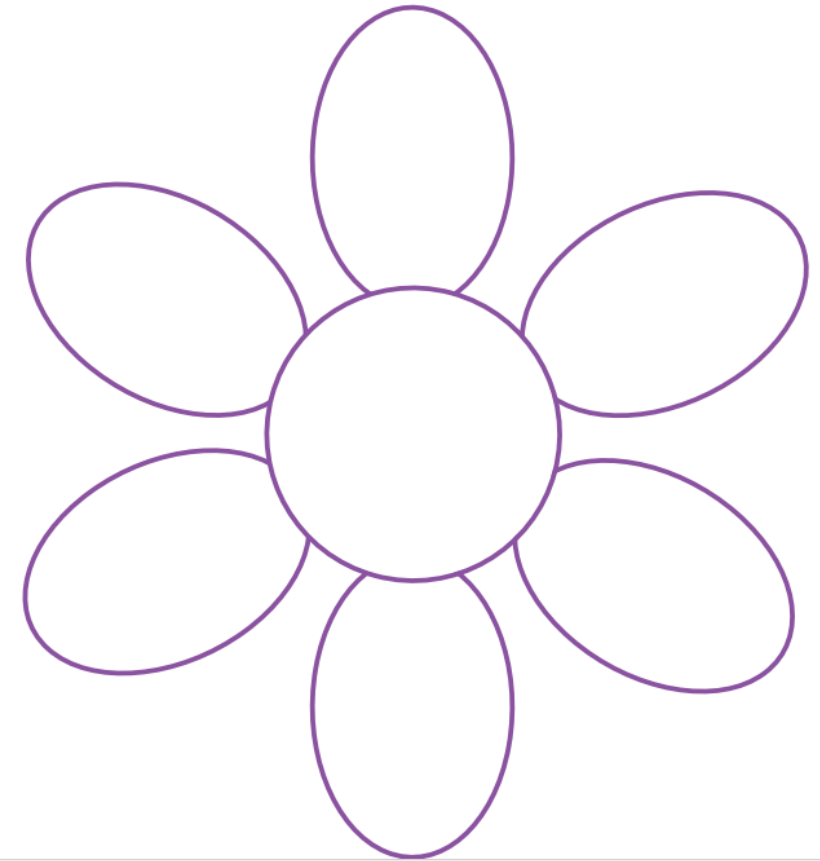


This is your task for today...but what does a flower have to do with dreams and goals?

Just as a flower grows from a tiny seed, you can imagine your dreams and goals as seeds which you plant now to watch grow in your future

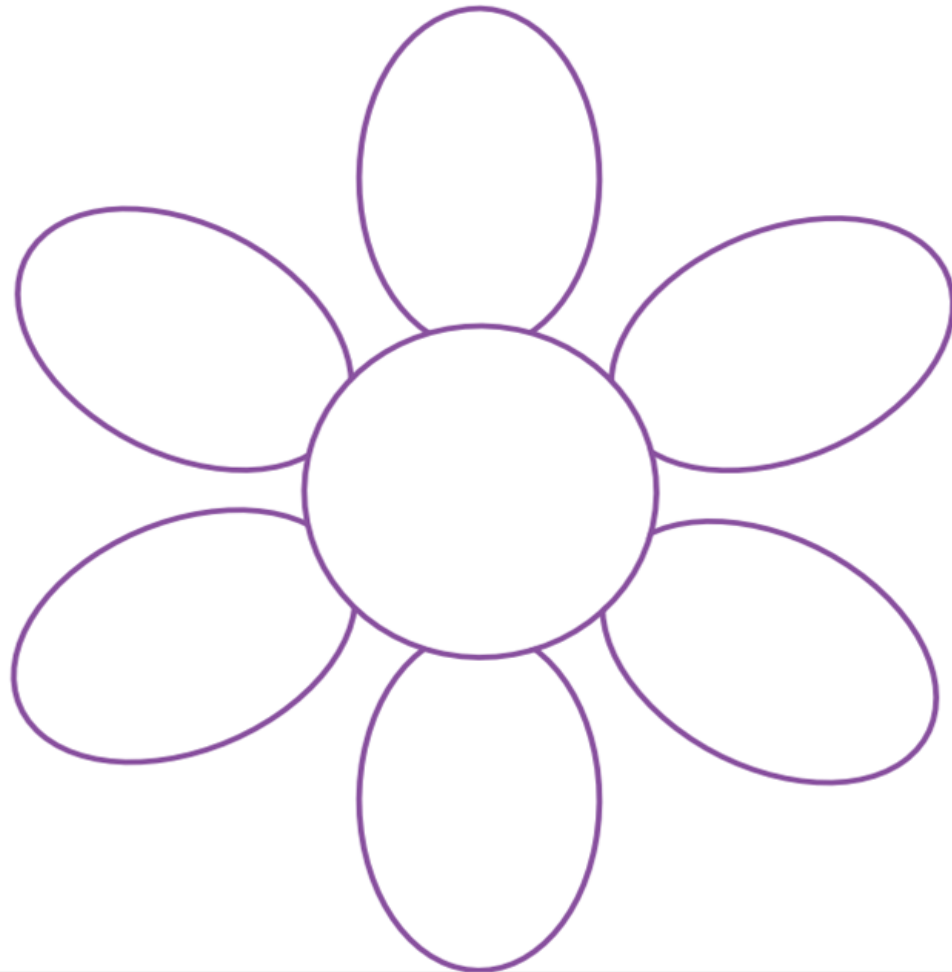


Dreams and Goals
Flower Template - Ages 7-8 - Piece 2





Dreams and Goals
Flower Template - Ages 7-8 - Piece 2



Write one of your dreams
or goals in each petal.

Draw yourself in the
middle



How do you feel about what we have learned today?



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- I can imagine how I will feel when I achieve my dream/ambition