be awesome GO big

The PiXL Club Ltd in partnership with Hachette UK

Session 1

Being awesome



Hello Year 6, and welcome to ‘Be Awesome, Go Big’. We are going to help you get ready for secondary school over the next few weeks and learn how to be awesome. We have three people who are going to help you navigate this period of transition. They are:



Matthew Burton

Author of ‘Go Big’ and known for ‘Educating Yorkshire’ and ‘BBC Bitesize’



Matthew Syed

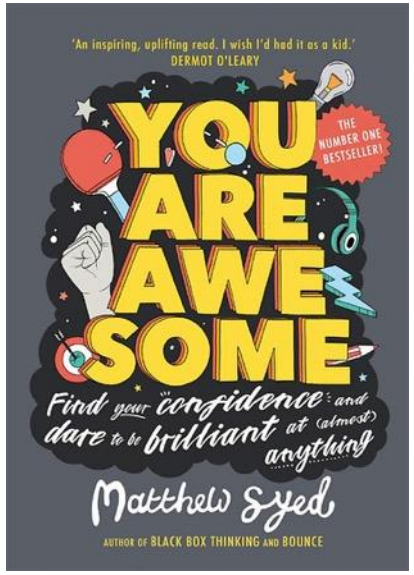
Author of ‘You Are Awesome’, as well as many other books. He is also a journalist and appears on a podcast called ‘Flintoff, Savage and the Ping Pong Guy’

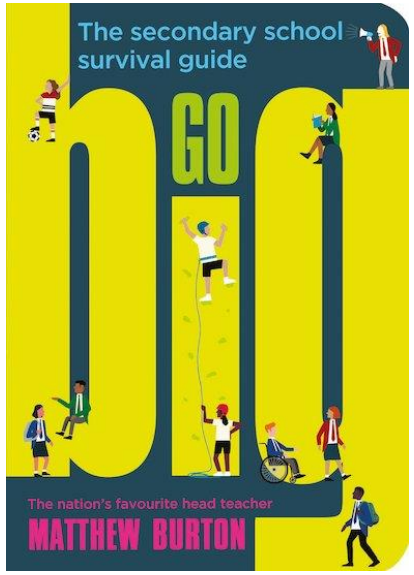


Gemma Oaten

Actress, with roles in Emmerdale and Holby City as well as a number of other shows

Each session will take you through some big ideas that will help you on the way to secondary school. If you have the books ‘You Are Awesome’ and ‘Go Big’, you can read them alongside these sessions; look for the instructions at the bottom of the slides. If you haven’t, the sessions will still make sense on their own.





Each session will have:

- Two videos
- Some key points
- Some quotations from the books
- Some questions for you to think about
- A workbook which accompanies these sessions that you should complete as you go.

Our hope for you is that you will,



We know that you can BE AWESOME!

Good luck!

The PiXL Team, Hachette Publishers, Matthew, Matthew and Gemma

If you are reading ‘You Are Awesome’ alongside these sessions, then read up to page 45 and then complete this session.





Have you ever thought about the fact that we get to choose our attitude?

Even when we can’t choose SOME things…



Sometimes we have attitudes about ourselves we didn't even know we had.





Have you been 'kid **average**' or 'kid **awesome**' at primary school?

What is the difference?



Kid average is someone who:

- doesn’t try hard enough
- thinks everyone else is talented
- is lazy
- is scared of taking risks
- is worried about looking foolish
- doesn’t put their hand up in class
- thinks they will be okay, until it is too late.



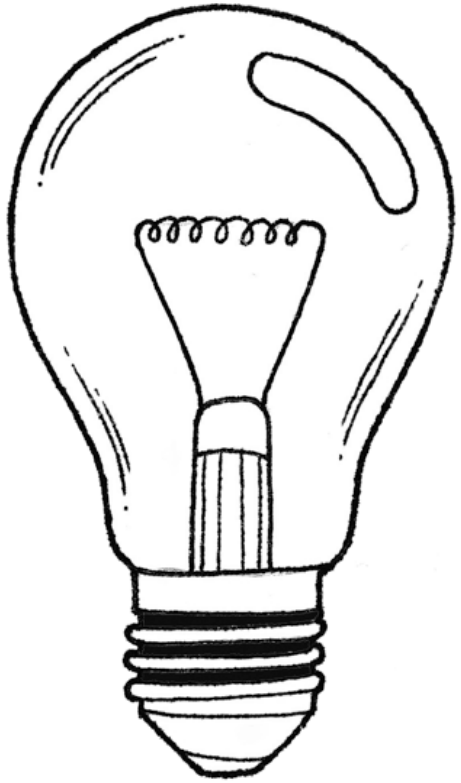
Kid awesome is someone who:

- tries hard
- puts time into learning things
- is dedicated to what they want to achieve
- is focused
- doesn’t give up easily
- stays positive during hard times
- asks for help
- overcomes fears
- tries new things.



AWESOMENESS takes masses of practice to PERFECT.

Do you think you are ‘kid average’ or ‘kid awesome’?



You have a **choice to make**, so will you be 'kid **average**' or 'kid **awesome**'?

"The world around us is changing so fast. It's no wonder that we sometimes feel anxious about how we fit into it. We question whether we are smart enough. We get a bit scared to have a go in case we look stupid. And sometimes it's tempting to quit before we've even tried having a go at something." ***Matthew Syed, 'You Are Awesome' page 35***

Now is the time to step up and make the change…



Sometimes we are worried about failing or messing it up. That is what stops us being 'kid awesome'. Being awesome takes perseverance.


“I've missed more than **9,000 shots** in my career. I've lost almost **300 games**. **26 times**, I've been trusted to take the **game winning shot and missed**.
I've failed over and **over and over again** in my life. And that is why **I SUCCEED**.”
Michael Jordan

TASK: Is there anything holding you back?



Worried you can't do things

Find it hard to focus

Feeling embarrassed

Feeling stressed or anxious

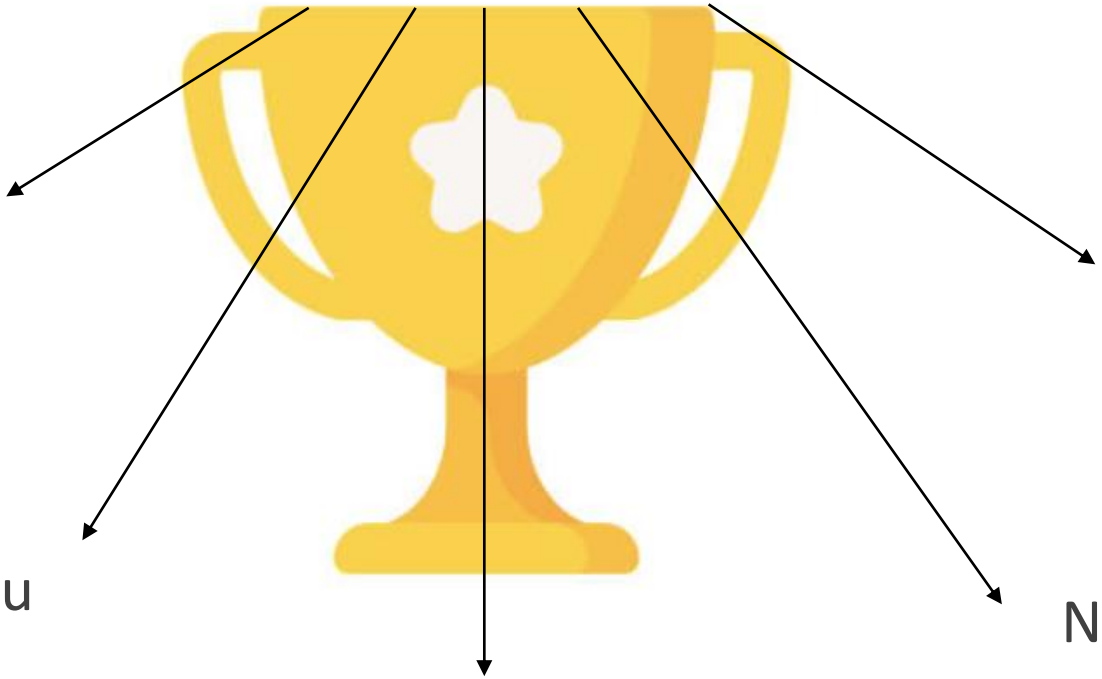
Scared of hard work

Scared of taking risks

Fear of looking foolish

What is the secret of success?

Perseverance



Trying your hardest

Telling yourself that you CAN do it

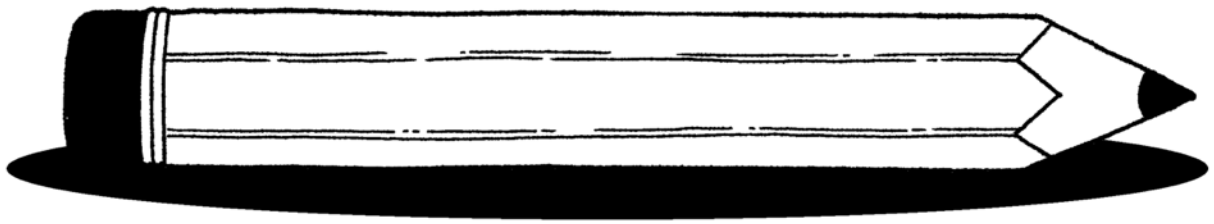
Doing something even though it is difficult

Embrace challenges

Not being afraid of making mistakes

TASK: Write down what you can learn from your primary school experience, ahead of going to secondary school.

- How did you handle things when they went wrong?
- How did you react when you got stuck?
- Think about a time when you showed a ‘kid awesome’ attitude. Write it down.
- Write down the kind of person you want to be at secondary school.



Here's Gemma Oaten. She knows a thing or two about moving from 'average' to 'awesome'. Listen to what she has to say…





Remember: don’t give up – ever!

BE BRAVE

Make sure you have completed your Be Awesome, Go Big workbook.

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