

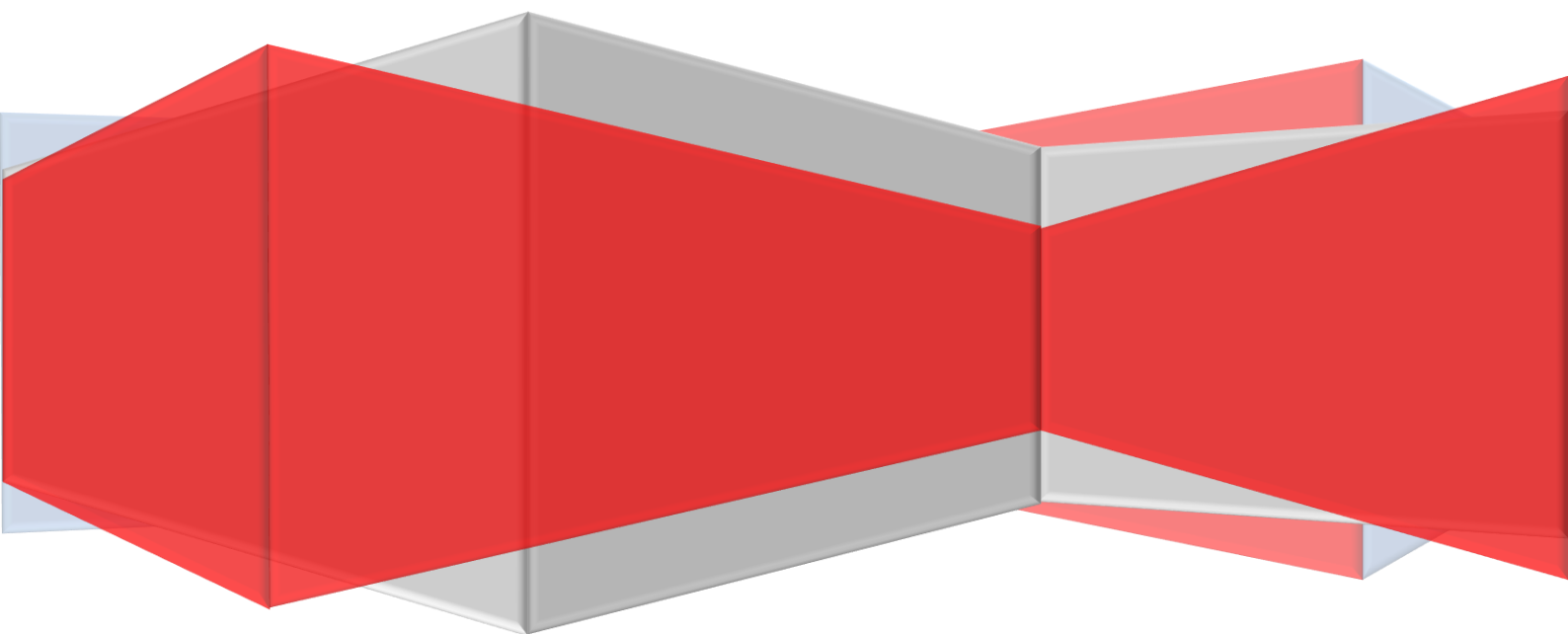
**Cultivate school entrepreneurial mindset through holistic approach
targeting teachers and pupils**



IO7: Tips and Hints on Creative Stories

Competence: 2.2 Motivation and perseverance (1st Method)

Partner Responsible: Rinova Ltd



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Partners



Apostolos
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4th Primary
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Title of story: 5K Run

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- a) Wouldn't it have been great to take a risk and say yes? Remember that it's fine to do something that you like even if you're not the best at it.
- b) Wouldn't it have been good to do something with your friends, and that is already structured to help you stay on track? Remember that you don't have to be great at everything that you do.
- c) Great that you're planning to take part but maybe the support of others would have been helpful for your motivation.
- d) Great answer. Doing something with other people can really support both our and their motivation. When we are demotivated, they can encourage us and when we are feeling motivated, we can encourage them.

Page 2

- a) That's great that you have made a timetable, but if you showed it to others then you could get support from your family to achieve your goals.
- b) Wouldn't it have been better to make a timetable as a way of motivating yourself when you don't feel like running.
- c) Great answer, nice to have someone else to support and encourage you and give you praise when you do well.
- d) Great that you have decided to run every day after school, but maybe a timetable that others can see as well would have helped you stick to your goal

Page 3

- a) Good that you are going to keep trying but wouldn't it also be good to think of ways to keep motivating yourself?
- b) Good that you are going to keep going, but it's important to have some motivational tools structured in place, for the times when you really don't feel like even thinking about running.
- c) Great answer, affirmations are a great way to encourage ourselves when we are feeling a bit demotivated.
- d) Sometimes we don't feel like thinking about something hard but wouldn't it be better to face how things are, rather than avoiding thinking about it?

Page 4

- a) Wouldn't it have been better for you to remind yourself that you can chat to your friends any time and that you have committed to getting fit?
- b) Great answer, you have managed to keep going and promised to yourself a reward at the end which is motivating.
- c) Good that you did one more lap of the park, but maybe you could have completed your whole run and then gone to chat to your friends
- d) Good that you continued running but a shame that you gave up. Running and getting fit is a positive thing, nothing to feel silly about.

Page 5

- a) Great answer, you are using your competitive spirit to motivate you – well done!
- b) Good that you talked to your mum about this, but really good to remember that only one person can be the best, and that winning isn't everything.
- c) Really good to remember that only one person can be the best, and that winning isn't everything and that getting fit was your main motivation.
- d) Sometimes it can be hard when people are better than us at something, but it can make us feel better if we can celebrate their achievements as well as our own.

Page 6

- a) It's good not to ignore an injury. Maybe you could have kept running but done shorter distances and stopped when your leg hurts.
- b) Maybe you could have thought of doing other kind of gentle exercise indoors so that you do not get out of your routine.
- c) Great answer, you have found a way to keep going but also to take care of yourself.
- d) Sometimes it is hard to keep going when we have a setback, but this is the time to really encourage ourselves not to give up.

Page 7

- a) That's a great answer, you have realized something that will help you stay focused and are using it.
- b) Great that you are committed to the race, but additional goals could help you make sure that you see your commitment through.
- c) Goals can be really helpful to stay motivated, even if they are small.
- d) It is important that we think about our own reasons for doing anything so that we are motivated by our goal.

Page 8

- a) Wouldn't it be better if you tried to think of other ways of getting sponsorship, maybe talking through ideas with your family?
- b) Great answer, you are really trying to learn from your mistakes and to practice doing things a bit differently.
- c) Wouldn't it be better if you tried to think of other ways of getting sponsorship, maybe talking through ideas with your family?
- d) Wouldn't it be better if you tried to think of other ways of getting sponsorship, maybe talking through ideas with your family?

Page 9

- a) Don't give up too easily, sometimes our goals take us longer to achieve and then is when we need to find more ways to motivate ourselves.
- b) That could be helpful but also good to think about other ways to achieve your goal.
- c) That's a great answer. Sometimes when goals are big it is helpful to break them down into smaller goals to motivate ourselves.
- d) Don't give up too easily, sometimes our goals take us longer to achieve and we can encourage ourselves to be patient.

Page 10

- a) It's hard to be disappointed but wouldn't it have made you feel better if you could have celebrated running the race and finishing with your friends.
- b) It's good to think of the positive of now having more time for other things, but also it would have been good to congratulate yourself on a great achievement – having run 5KM.
- c) Great answer, it's good to notice all the positive things that have come out of running the race.
- d) It's hard to be disappointed but wouldn't it have made you feel better if you could have celebrated running the race and finishing with your friends.

