Activity #26: MASTERY

Your Life Road Map

“As a child I understood how to give, I have forgotten this grace since I have become civilized.”
— Luther Standing Bear - Oglala

Grades: 5-8

Purposes:
To provide an opportunity to set goals
To provide a sense of mastery by becoming goal-directed

Materials:
- The Star Maiden by Esbensen & Davie (ISBN 0-316-24955-6)
- Paper
- Pencils
- Crayons
- Your Life Road Map Worksheet

Procedures:
• Read The Star Maiden.

Discuss:
• What was the goal of the Star Maiden?
• Why did she want to come to the earth?
• What did she like about the Earth?
• How did the young brave help the Star Maiden accomplish her goal?
• What choices did the Star Maiden make?
• How did the Star Maiden finally accomplish her goal?
• Have you ever wanted to do something and talked yourself out of it?
• Who helped you accomplish your goal?
• Does everyone have to always do things the same way?
• Can change be good?
• Do you always get what you want when you believe in yourself?
• How are you like the Star Maiden?

• Have students generate a list of 5 or 6 goals they want to accomplish. It can be within a school year, life goals, family goals, personal goals, etc.
• Have students generate a list of obstacles that might prevent them from accomplishing their goal. For example, students might write procrastination, extra-curricular activities, or major traumas in their life time. These obstacles can be in the form of stop signs, speed bumps, red lights, forks in the road etc.
• Have students generate a list of ways to overcome these obstacles.
• Have students make their lists into a “Road Map” of their lives.

Extension:
Students might create a time line for when to study or do extra activities.
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