

# CREATING YOUR FUTURE

## THEME OF THE DAY MY PLAN

Grades: Elementary / Grades 3-5

CREATE YOUR  
OWN FUTURE



### CURRICULUM CONNECTIONS

- Health
- Religion
- Art
- Social Studies
- Language Arts

### MATERIALS AND PREPARATION

- Backpack (use image provided in this document, or use an actual backpack)
- Blackline master with skills listed: communication, innovation, problem solving, listening, making connections, willingness to accept accountability responsibility, leadership, literacy, numeracy, technological competency, teamwork
- Blackline master with attitudes: openness to ideas of others, diversity, respect

### ACTIVITY: MY CAREER BACKPACK

#### TEACHER NOTES (ELABORATIONS)

- Every day students pack all the necessary items they will require for their school day in their backpack. In this instance they will be packing for a longer journey that will encompass their school years, post-secondary, and their work life beyond.
- In building their backpacks, students will need to recognize that two big sections are skills and attitudes.
- Students will articulate the skills they will need from a group-created list. They will identify the attitudes in the same way. This could be a small-group or whole-class activity.
- In their backpack outline, they will then list the skills and attitudes they feel they will need for their journey.

#### SPECIFIC ACTIVITY (WRITTEN IN STUDENT VOICE)

- What do I need to pack for my career journey?
- To build my backpack, I need to recognize/remember that two big sections are skills and attitudes. What skills and attitudes do I need to have to be successful in my particular journey?

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### TEACHER NOTES—EXTENSION 1: BUMPS

- Extend the activity to include a bump.
- As the students are filling their backpacks, discuss with them what bumps in their journey may occur.
- Generate a group list of what these bumps could be (for example, sickness, job loss, moving, academic difficulties, family changes, disability, and financial challenges).
- Now work with students to identify what is needed in their backpack to deal with these bumps. Create a first aid kit of life: rolling with the punches, bouncing back, when I fall down I get up again, resilience-based skills or attitudes. The backpack will need some additions to deal with these bumps.

### SPECIFIC ACTIVITY—EXTENSION 1 (WRITTEN IN STUDENT VOICE)

- What *bumps* have I already encountered in my life? What skills/attitudes have helped me to deal with these bumps?
- What bumps might people encounter on their career journeys? What can I contribute to our group list of bumps and first aid skills or attitudes to get over those bumps?
- What bumps might I encounter on my long career journey? What might be the *biggest* bump that I'll encounter through my school years, post-secondary and beyond?
- What first aid kit skills/attitudes shall I add to my backpack to help me deal with that bump?

### TEACHER NOTES—EXTENSION 2: OFF-RAMPS

- As the students are filling their backpacks, discuss with them what off-ramps may occur in their journey
- Show a YouTube video on Robert Frost poem, “The Road Not Taken.”  
<https://www.youtube.com/watch?v=5hwUrBgZeUA>
- A change in path is different from a bump as it involves a *choice* rather than some sort of external change over which one has little/no control. Some of the choices that could be made may include joining an activity, friends you choose, completing assignments well, getting enough sleep, choosing to go to post-secondary.
- This extension activity can also be used to show that some choices will lead to dead ends for the off-ramps—drugs and alcohol for instance.
- The backpack now becomes fuller with the skills students need to make good choices as they deal with these divergences.
- Making positive choices is also a part of the D.A.R.E. program.  
Resources (<http://www.rcmp-grc.gc.ca/cycp-cpcj/dr-al/dralres-resdral-eng.htm>)

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### SPECIFIC ACTIVITY—EXTENSION 2: OFF-RAMPS (WRITTEN IN STUDENT VOICE)

- What forks in the road/off-ramps do I anticipate on my career journey?
- How might these forks in the road/off-ramps and the choices I make impact my particular journey?
- Which skills/attitudes will help me deal with these situations and make the choices that are right for me?

### FORMATIVE ASSESSMENT

The finished backpacks and classroom discussion may serve as formative assessment.

### ADDITIONAL MATERIALS (IF REQUIRED)

The blackline masters should be reproduced and cut out so that students may create their backpack by working through the skills and attitudes.

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## BACKPACK

