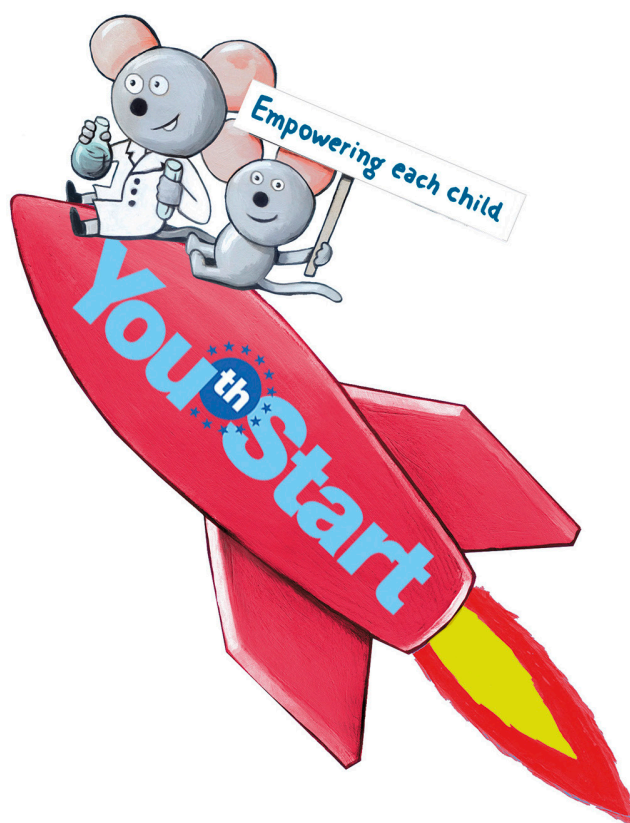




A1 Extreme Challenge

Small steps to achieving a big goal

Student Manual



Andrea Bisanz • Eva Jambor

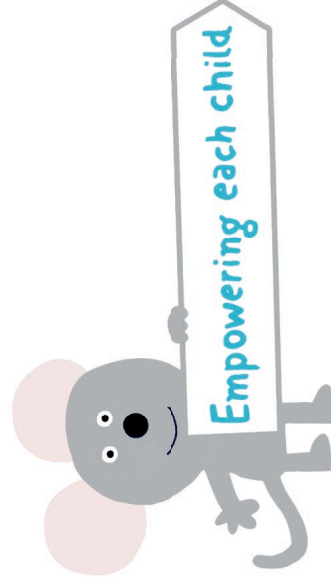
All challenges of level A1 are also available in a printed version in German. You can find them at www.jedeskindstärken.at (Jedes Kind stärken, volume 1 - 4).



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with the Youth Start Entrepreneurial Challenges Programme

LET'S DEVELOP
AND IMPLEMENT YOUR IDEAS!



DON'T BE AFRAID TO TRY NEW THINGS!
ALSO ENCOURAGE OTHERS!

USE YOUR IDEAS
TO HELP OTHER PEOPLE!



IDEA CHALLENGE
Get your ideas moving forward!
Let's create value!


☐ ☐




HERO CHALLENGE
You're my role model


☐




EMPATHY CHALLENGE
My feelings –
Your feelings


☐


STORYTELLING CHALLENGE
Creative storytelling


☐


BUDDY CHALLENGE
Empower others!


☐



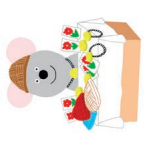
MY COMMUNITY CHALLENGE
Solving problems together


☐


MY PERSONAL CHALLENGE
What's it worth?


☐


LEMONADE STAND CHALLENGE
Selling is fun


☐


PERSPECTIVES CHALLENGE
Tracking 20 Euros


☐


TRASH VALUE CHALLENGE
Recycling adds value


☐


OPEN DOOR CHALLENGE
Discovering clues


☐




DEBATE CHALLENGE
Let's talk to each other!


☐


REAL MARKET CHALLENGE
Becoming a "junior manager"


☐




START YOUR PROJECT CHALLENGE
I'm off to a flying start!


☐




EXTREME CHALLENGE
Assessing oneself


☐


BE A YES CHALLENGE
This is good for me


☐


EXPERT CHALLENGE
Learning holistic learning


☐


VOLUNTEER CHALLENGE
I can volunteer


☐


The Youth Start Programme "Empowering each child" promotes the self-initiative and entrepreneurial spirit of children at the primary school level. All teaching materials are available at www.youthstart.eu. A mindfulness programme with video clips is provided in the "Mind & Body" section.



Challenges with a **yellow icon** instruct the children in entrepreneurial thinking and acting. **Pink** stands for personal development: these challenges focus on empathy, teamwork and self-confidence. **Green icons** indicate that social competences are trained: the children learn to assume responsibility for themselves, others and the environment.

Information for parents

Empowering each child refers to the title, the goal and the content of a practise-oriented, holistic learning programme which was developed for **primary school children**. Bigger and smaller **challenges** form the key element of the programme. They function as learning prompts from three key areas that play an important role in empowering our children:

- **entrepreneurial thinking and acting**,
- **personal development** and
- **social commitment**.

Each key area is assigned a different colour to help differentiate between them. A diagram of the entire programme is included on the previous page.

Empowering each child is part of the "**Youth Start Entrepreneurial Challenges**" Programme which aims to foster personal initiative and the entrepreneurial spirit of young people. It was developed in Austria for both primary and secondary school students, and it has been translated into six languages.



The **A1 Extreme Challenge ("Small steps to achieving a big goal")** will make the children move: they will set an appealing, yet challenging goal involving movement and start practicing. In the process, the children will also learn staying power and perseverance.

The "Youth Start Entrepreneurial Challenges" Programme supports children in developing their potential.

This was proven by a scientific field study which was carried out from 2015 to 2018 in Austria, Slovenia, Portugal and Luxembourg with about 30,000 children and teenagers.

The research results demonstrate that by working with the programme in primary school, the children's self-esteem is improved and teamwork, creativity and lateral thinking are fostered. The children learn empathic communication and how to be sensitive to their own and others' needs, and they improve their vocabulary.

We wish all the children many inspiring learning experiences working on this challenge!

Eva Jambor and Johannes Lindner, editors

www.youthstart.eu | www.jedeskindstärken.at | www.ifte.at



A1 Extreme Challenge

Small steps to achieving a big goal

Extreme means **extraordinary**. A **challenge** is something that is not easy to do. In the **Extreme Challenge**, your goal is to learn a complicated sequence of movements within two weeks. You will also learn how to create a training plan and how to keep going until you achieve your goal.

Explanatory video: www.youthstartchallenges.eu/A1ExtremeEN

3 steps to the finish line:



Finding your movement

page 5



Learning to keep going

page 7



Thinking things over

page 9



I can set myself difficult goals and pursue them persistently.



1.1. Be a movement artist!

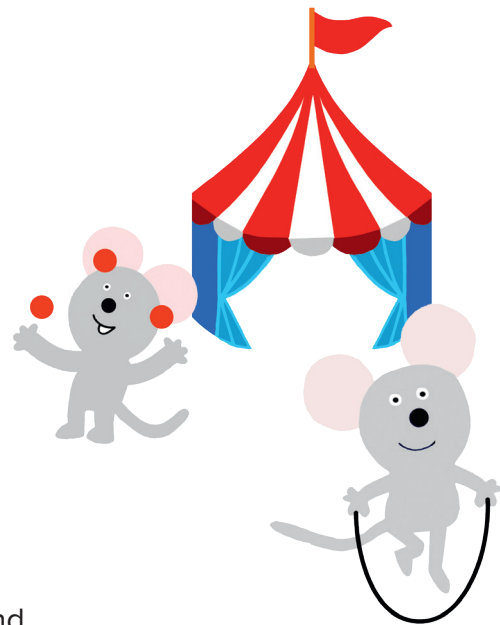
Moving regularly strengthens not only your muscles, but also your heart and your immune system. It prevents you from becoming sick and puts you in a good mood. Researchers have found that even your ability to think and learn is improved when you get enough movement.



Turn your class into a smart, cheerful and supple circus troupe. Imagine that your circus is presenting its first show in two weeks. By that time, each of you needs to be able to perform your circus act.

For example:

- an act with a ball requiring skilfulness
- a jumping rope act
- a hula hoop act
- a juggling act with two to four balls
- a judo act
- an acrobatics act
- a dance act
- ... or anything else you can come up with!



Try different “acts” and choose something

- you have fun doing,
- you are interested in and not able to do yet, and
- you are confident you will be able to learn within two weeks.

What are you going to choose?



Ask people who can perform your “act” (or a similar act) well how they learned it or research the necessary movements on the internet.



Keep moving during the breaks and create acts involving movement as often as possible: e.g. using a chair, a desk, a rubber ...

Or bring newspapers and use them to come up with games of skill.

You will find ideas in the A1 Expert Challenge at

http://www.youthstart.eu/en/challenges/learning_holistic_learning/.



1.2. Is your goal SMART enough?

Do you know the word “smart”? It means being clever or intelligent.

SMART is also the acronym of a clever formula used for defining goals. Each letter stands for a feature of your goal.

S – specific

M – measurable

A – appealing You are looking forward to your circus act. The goal is **appealing** to you.

R – realistic

T – time-bound The date of the circus show is in two weeks' **time**



Apply the **SMART** formula to the circus act you have in mind:

S – specific: Describe your circus act in as much detail as possible.

e.g. I will skip swinging the rope forwards, backwards, forwards and crossing my arms in front of my body (criss cross).

M – measurable: How can you “measure” the successful completion of your act?

e.g. 3 forward skips, 3 backward skips, 3 forward skips, 1 criss cross (in total 25 times)

A – appealing: You are looking forward to performing your act!

R – realistic: Will you be able to learn the act in two weeks?

If you feel like learning the act in that amount of time is not realistic, make some minor adjustments to your act:

T – time-bound: You want to be able to perform the act in two weeks.



You can apply the SMART formula to anything you want to achieve: learning something new, helping more at home, avoiding arguments, tidying your room ...

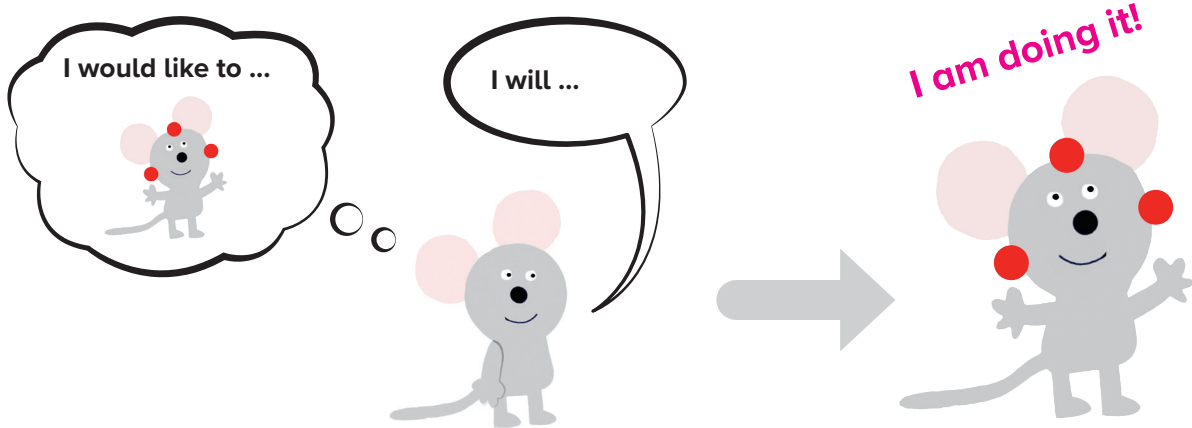
Imagining how you will feel when you reach your goal can make even “boring” tasks interesting and appealing.

2.1. Tricks on how to keep going



Work towards your **SMART** goal by practicing your circus act. The first step will be easy if your goal is important and appealing to you.

Discuss the picture below at home or at school:



The following tricks will help you to keep going:

1. Tell someone who is important to you of your plan.
2. Imagine with all your senses what it will be like performing the circus act.
 - What do you see? What do you hear? • What sensations are present in your body?
 - What do you smell? • How do you feel?
3. Create a training plan for the next 14 days. For each day, write down for how long you want to practice and what you want to practice. Each time you finish something, tick it off and be happy about it. You have two jokers for days when you are not motivated or have little time to practice.

1.	2.	3.	BREAK!	5.	6.	7.
8.	9.	10.	11.	12.	BREAK!	14.

4. Reward yourself after each training session with a little something.
5. Look for somebody to practice with you or to support you in another way.
6. Before going to bed, take a look at your training plan to see what you have accomplished and be happy about your progress!



Use these tricks step by step to reach your goal. In what other situations could these tricks also prove helpful? Talk about it.



2.2. Use your strengths to reach your goal



Which of the following strengths will help you to keep working towards your goal? Mark them using two colours: red for the strengths you already possess and green for those you want to work on. If there are any words you do not know, ask someone to explain them to you.

cautious
fair persistent hard-working
friendly goal-oriented resolute courageous
patient helpful disciplined reliable
enthusiastic grateful honest determined
creative persevering responsible
curious calm

2.3. How did you reach your goal?



You have reached your goal! After two weeks you were able to perform your circus act, either in your class or in front of an audience. How did you do it? Write it down and tell others about it.

This is how I reached my goal: _____



Write down your best tips on a poster and celebrate your achievements!



You have not managed to perform your act yet? Maybe you have made it too difficult for yourself. Do not worry! Try to come up with an easier version of the act. Once you are able to do this version, start practicing the act you originally had in mind. Just remember:

Big goals are achieved by taking small steps!



3.1. Questionnaire for “Extreme Challenge” Detectives



You have accepted the challenge to reach a goal you have set for yourself.
This required you to show patience and endurance.

1. What has helped you the most in reaching your goal?

2. What was particularly difficult for you?

3. What did you learn working on this challenge?

4. What is your next goal? Write it down and apply the **SMART** formula to the goal:

S
M
A
R
T

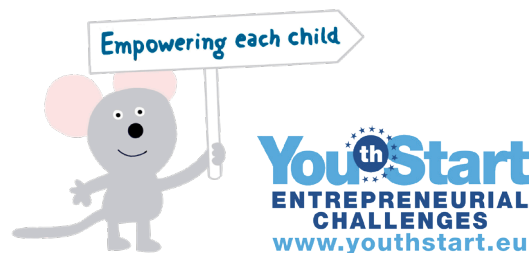
5. What will you already start working on tomorrow?

Discuss your answers at home or at school.



All Challenges of level A1 are also available in a printed version in German. You can download them for free or order them at www.jedeskindstärken.at (*Jedes Kind stärken*, volume 1 - 4).





„**Empowering each child**“ is a holistic learning programme for children at primary school level.

It is part of the “Youth Start Entrepreneurial Challenges” Programme. All **competence levels (from A1 = primary level to B2 = secondary level II)** can be downloaded for free at www.youthstart.eu in **German, English** and, in some cases, in five other languages.

The “**Mind & Body**” **section** provides short video clips with physical “activate & concentrate” exercises and the “Youth Start mindfulness programme”.

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The Youth Start Team would love to hear from you: if you want to network with national partners and learn more about their offers or support the implementation of the project please write to office@ifte.at.



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