



learning for life

embracing core values

your details

name/names: **Teresa McCafferty and Claire Simpson**

year: **S1**

school: **Monifieth High School**

teacher: **Mr Coton**

favourite quotations

"Life is either a daring adventure or nothing" - Helen Keller
 We think this is a good quotation because it says that you need to live your life to the full and have as good a life as you can.

"Optimism is the foundation of courage"
 We think that this quotation is trying to give out the message that if you think positively then you should be able to succeed in the task that you have set for yourself. If you don't believe in yourself that you can do it then you probably won't be able to.

favourite stories

The Crisis
 A woman's daughter was critically ill and doctors told her mother that she would probably die. The woman prayed for her daughter to live and be alright and had promised that if her daughter lived she would build a "gratitude garden for God". Her daughter pulled through and lived and the woman fulfilled her promise and built her garden of gratitude on her own property.

We think this is a good story because it shows you to be thankful for what you are given and that if you hope for something enough then it can sometimes come true.

01 personal development

- positive outlook
- gratitude
- love
- enthusiasm
- happiness/joy
- perseverance
- generosity
- honesty/integrity
- humility/modesty
- wisdom

your choice:

We chose gratitude because we think that you need to be thankful for all the things you have in life.

02 successful living

- creative thinking
- learning
- focus
- work
- ideals
- purpose
- courage
- friendship
- confidence
- self-discipline

your choice:

We chose confidence because you need to have confidence and believe in yourself to get to where you want to in life.

03 turning things around

- problem → solutions
- potential → actual
- loss → gain
- pessimism → optimism
- worry → moving on
- mistakes → learning
- anger → calm
- put it off → do it now
- fear → fearlessness
- stress → stillness

your choice:

We chose Pessimism Optimism because you need to think positive and not think about all the bad things in life or you will never enjoy it.

04 personal relationships

- co-operation
- responsibility
- empathy
- trust
- kindness
- forgiveness
- respect
- volunteering/service
- listening
- openness

your choice:

We chose respect because you need to respect people to gain respect back.

inspirational figures

Kirsty Howard
 Kirsty Howard was born on the 20th September 1995 in Manchester. She was born with her heart back to front. She is one of the two people who have this condition and the only person in Scotland. In 2001 she was a mascot for England against Greece. She walked out with David Beckham and was said to be the bravest person on the pitch. In 2002 she was awarded the Pride of Britain Award. In the same year she was chosen to hand the final baton to her Majesty the Queen to celebrate the opening ceremony of the Commonwealth Games. Then in 2004 she was given a Helen Rollason award by the BBC for her courage and determination in her fundraising efforts. After writing about her, I think it is always good to try and look on the bright side of life. Kirsty was struck by a terrible illness, but overcame her problems emotionally and went on to help others by raising money and awareness of other ill or disabled people. She's the sort of person we believe everyone should look up to. We now realise how much we can do to help other people. After doing this project we are planning to help as many charities as possible and hope we can make a difference to those less fortunate than us.

Helen Keller
 Helen Keller was born in Tuscomb, North West Alabama, USA on 27th June 1880. She was born with full sight and hearing. In February 1882 she fell ill at just 19 months and was expected to die but she pulled through, however, was left blind and deaf. Doctors had no idea what was wrong with her. She was a difficult child, but after meeting a teacher, Anne Sullivan, she learned a whole new way to communicate. She continued to learn and even managed to gain an Arts Degree. Together Helen and Anne devoted themselves to raising money for blind people, trying to get them a better life. Helen managed to help others so much because she wouldn't let her condition get her down and believed in herself that she could make a difference to other people's lives. On June 1st 1968 Helen died peacefully in her sleep.

personal reflection

I think that this project has shown me that the qualities we chose, like respect and gratitude, are important because you need to give respect back and you need to be thankful for the things you have or you won't get anywhere in life. The stories we chose show you how much confidence people can have and you need to have confidence through life to get the things that you want and need.

I think that Kirsty Howard and Helen Keller are really brave because they had such bad conditions and they still managed to help people so much. What they have done has really inspired me because what they have managed to do is amazing.

We are really lucky for the things that we have because some people don't have these things. All you need to do to enjoy your life and live it to the full and if you think you can do something then you have a better chance of doing it, you just need to believe in yourself. This project has shown me how lucky I am because I have such a better quality of life than they do and I should be thankful for all the things that I have.

This project has made me think about people who have a lot of courage to be able to do something when they have a special condition and are able to get through life and achieve good things. This has made me happy and thankful for having such a good life. Teresa McCafferty

This project has changed the way I think by making me be more grateful for the things I have. Some children in Africa and other poorer parts of the world have no food, no clean water, no money and no clothes and most don't go to school and I think I should be thankful for having all these simple things and so much more. I also now realised how important it is to have courage and to believe in yourself. I think it is important to do this so that you can have the best and most exciting life you can and to take every good opportunity possible to you. If you just believe in yourself, you can achieve anything you want. Another one of the personal qualities that we chose was respect. I now see how important it is to respect yourself and others around you. You need to respect others to get respect back. After writing about extremely inspirational people like Kirsty Howard and Helen Keller, I think it is always good to try and look at the good side of life and not the bad. Both Kirsty and Helen were struck by terrible illnesses, but they overcame their problems emotionally and went on to help others by raising money and awareness for other ill or disabled people and I think they are both very brave to do that. They are people that I believe everyone should look up to and I know that I certainly do. After creating this poster it has really made me think. I never realised how much I could do to help other people and I know that after doing this project I am planning to help as many charities as possible and hopefully I can make a difference to those less fortunate than me. I think I now understand that the important things in life are not possessions, but they are your personal qualities and having a healthy, happy life. These are the really precious things to have. Claire Simpson

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Supported by a grant from The John Templeton Foundation



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