

Resource 2 (Activity 2)

'If'

'If' by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two imposters just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with wornout tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breath a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run -
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man my son!

Resource 3 (Activity 2)

My Life Journey

All of us are special and unique individuals. Many experiences and influences help to make us who we are. You are going to produce a piece of work to represent your life journey so far.

If you want, you can use the table below to help you get started:

Influences on me. Who or What? (This could be specific people or specific events in your lives. It could be groups you are part of or the environment around you.)	Where and when? (Where and when did you meet them/the event take place?)	Why? (How did it influence you? What changed after this?)

There are many ways you could represent your life journey. Some suggestions are:

- 1 Make a poster.
- 2 Create a film or cartoon strip.
- 3 Make a road map.
- 4 Create a website.
- 5 Write a story based on your life.
- 6 Produce a biographical report like those on some websites. Simply put 'Biographies' into a search engine to get lots of examples. See www.biographies.com or www.libraryspot.com/biographies for examples.
- 7 Draw a line through the middle of a page, putting the years since you were born until the present along it. Add the important events in your life using words and drawings. You could put the happy events above the line and the sad events below.