

Facilitator Instructions

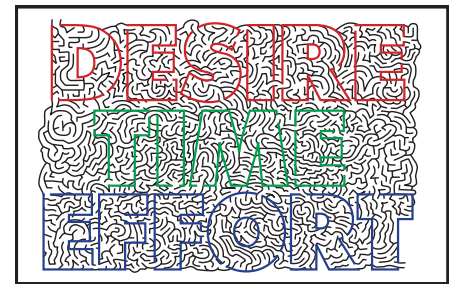
Hard Work & Determination - Student Gameplan

Quick Start Guide:

- ☑ Review the purpose of the gameplan below
- ☑ Look over the example framing script (adjust to your own style)
- ☑ Flip to the back and show the full-size visual metaphor to the student
- ☑ Let the student complete the gameplan independently
- ☑ Use the discussion prompts (pages 3–4) to process their responses together

The Purpose Of This Gameplan

This gameplan helps students understand that achieving a goal takes consistent effort, time, and commitment. It uses a maze metaphor to show that there are no shortcuts—only a path built on persistence. Along the way, students build resilience by practicing patience, focus, and follow-through.



Learning Objectives – I can be resilient by:

- Achieving my goals through dedication
- Putting in the necessary desire, time, and effort
- Avoiding shortcuts

Framing the Visual Metaphor

Before handing out the gameplan, **take a moment to introduce the full visual metaphor on the back page.** You don't need to explain everything. This is just a quick intro to help the student understand that it's more than just a maze—it's a picture of how progress really works. Creating this buy-in makes the activity more meaningful and encourages real effort. The example frame below can guide you. Don't worry about getting it perfect. You know your students best. This is just one way you could say it—use your own words that match your style.

Example Framing (Use your own words):

"This maze is more than just a game. It's a metaphor for what it really takes to reach your goals. There's only one real path—and it runs through desire, time, and effort.

You'll probably hit dead ends. You might feel stuck or frustrated. That's real life too. The important part is not giving up when things get hard.

If you stay with it and make it to the end, notice how it feels. That sense of accomplishment is proof that putting in real effort—especially when it's tough—actually means something. That's what this activity is all about."

Facilitator Instructions

Allow students to complete the gameplan individually. This can be done during a class period, a counseling session, or as a take-home activity. Encourage honest, reflective responses. Students may write directly on the gameplan or on the visual, if there is space. Before students start filling out the gameplan, remind them to bring it back completed next time you meet so you can talk more about what it means and how it connects to their real-life experiences.

Image Key:

Maze = Life's journey. Full of twists, setbacks, and no shortcuts — just like real goals.

Desire, Time, Effort = The required path. You must go through each one to succeed.

Start = Where you are now. Beginning your journey, with either high or low motivation.

Dead Ends = Setbacks or distractions. Obstacles that test your focus and patience.

Finish Line = Accomplishment. The goal you've worked hard to reach.

Maze Taken Away = Lost payoff. If taken too soon, it triggers frustration — a sign of how much the finish mattered.

Accomplishment Zone = The payoff. The satisfying feeling from finishing something hard.

Processing the Gameplan

After the student has completed the gameplan and/or maze, use the visual metaphor and their responses as a launching point for a reflective conversation. You don't need to go through every question. Instead, guide the discussion using these key themes:

Key Concepts to Explore

The Role of Frustration and Dead Ends

Explore how frustration and obstacles show up in their real life, and what helps them keep going.

Example: "What did it feel like when you hit a dead end in the maze? How is that like real life?" - "What usually helps you keep going when things get hard?"

Why Hard Work Is Rewarding

Help students recognize the emotional payoff of pushing through effort and not giving up.

Example: "That feeling you had when someone tried to take your maze away — why do you think it hit you so hard?" - "Have you ever worked really hard on something and felt proud when you finished? What was that like?"

Desire, Time, and Effort as a Roadmap

Hard Work & Determination

Student Gameplan - Facilitators Guide

Learning Objectives

I can be resilient by:

- Achieving my goals through dedication.
- Putting in the necessary desire, time, and effort.
- Avoiding shortcuts.

