

Reality Ride

13. Past to Present

Spatial Requirements: Regular classroom setup: little or no space required

Activity Type: Group

Grades: 3-12

Group Size: 2 or more

Time: 15 minutes

Introduction: To avoid repeating past mistakes, it is helpful to reflect on how your thoughts, feelings and actions have changed over time. When students realize that their goals, likes, and dislikes change as they grow older, they will give more thought and purpose to the choices they make today. This activity will help students think about ways they have changed already as well as areas where they still feel or act the same. This can be especially helpful in trying to show some past mistakes or challenges that they have overcome or are no longer doing.

Materials:

- 1 Past to Present worksheet for each student (These can be found at www.whytry.org/activities.)
- 1 pen or pencil for each student

Activity:

Print out enough copies of the “Past to Present” worksheet provided online, or make your own to better suit the needs of your class. Give each student a worksheet and pencil and allow time to fill it out. Then discuss in small groups or as a class some of the answers they listed.

Processing the Experience:

- What are some of the things that have changed since you were younger?
- What are some things that are the same?
- How do you feel now about some of the things you used to think or want or do?
- How does thinking about the changes in the way you think, feel, and/or act help you to avoid repeating past mistakes or bad behaviors?
- Do you think the things that are important to you will continue to change as you grow older? Why or why not?
- What have you learned from the past about yourself?
- What are some times in life when it might be helpful to think about the growth and changes you have made? How will this help you when making a choice?