



# Realism, Not Dreams



Intermediate (Classes 7-10)  
Advanced (Classes 11-12)



## Realistic Expectations (Pestalozzi Approach)

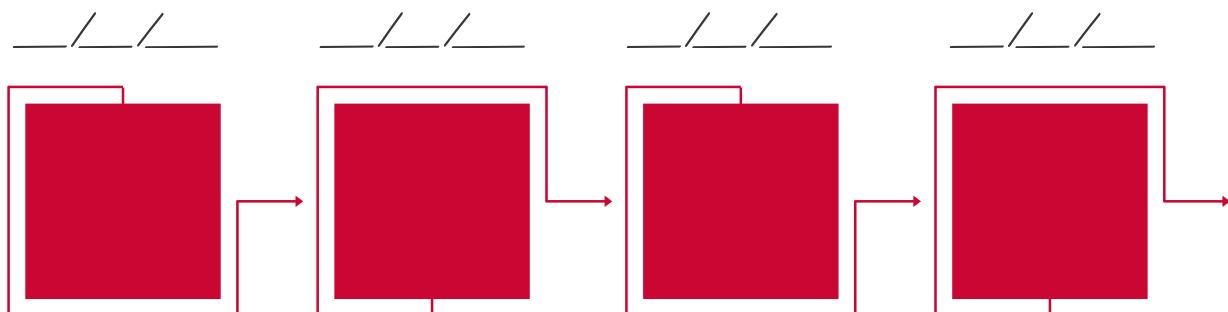
### Instructions to Participants:

The Facilitator presents and discusses with participants your timeline with a fork at the current time.

(NB: The timeline should include major events from birth, including career and family events and should make use of drawing and writing. From the current time forward one fork should look at a likely future and the other should look at an ideal future. Discussion also includes what you would need to do to fulfil your likely and ideal futures and what might stand in the way of doing so.)

Participants discuss different ideal and likely futures and what they would need to do to achieve them.

- Use timeline template to show your likely future (in which you are realistic) and your ideal future (in which you are idealistic)
- Think carefully about what you would need to do to achieve each
- Consider what might stand in the way of you achieving your ideals
- In pairs participants should discuss their timelines, what they would need to do to achieve their likely and their ideal futures and what might stand in the way of them achieving their ideals.



### Materials Needed

- Timeline template
- Pens
- Discussion prompts

### Online Resources

[Presentation:](#)  
[Includes Timeline Sheet](#)





# Realism, Not Dreams

Continued

Ideas for further discussion:

How to provide feedback to others on their plans for the future use **prompts** to discuss how use of language can impact how people take on others ideas.

Talk Promises:

- We will focus on and support the speaker
- We will give each other thinking time
- We will explain our thoughts and build on the ideas of others
- We will speak clearly when it is our turn to speak

