Careers (1)
A Postcard from the Future
Foundation House / Elementary
(Classes 5-7)

**Independence
(Pestalozzi Approach)**

The facilitator gives a postcard sized blank card and colouring pens to each pariticpant.

Instructions to Participants:

- Imagine yourself in twenty years' time. Think about what you hope you will be doing, what you have learnt and how you hope to be feeling
- Make a postcard, which you would like to receive from yourself in twenty years' time. Draw a picture of a place you would like to be in twenty years time on one side
- On the other side, write a message to yourself from you in twenty years' time. Include what you are doing ('Hands'), what you have learnt ('Head') and how you are feeling ('Heart').

All the participants discuss how the postcard writers have changed from who they are today and what steps they had to take to change, especially in terms of head, heart and hands.

Instructions to Participants:

Materials Needed

A postcard sized blank card and colouring pens for each participant

Online Resources

- **Postcard template**
- **AI Text to Image generator**
- **Presentation**

Images created using AI - getimag.ai

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Ideas for further discussion:

Golden rules of AI, how language can be used to enhance images, how these maybe be different to your friends hopes and plans for the future.

Extension activities: Create a **cheat sheet/pros and cons video** for another class, guiding students of the best ways they can use AI image generators for this activity or future projects.

AI Reminders:

Knowledge - AI is not always factually accurate. It's important to check outputs.

Time -AI should be helping us save time give yourself a time-frame to complete tasks in.

Accuracy - Use AI to as a tool but not as a replacement. Remember AI is not human and not always trustworthy.

Unique - Remember you bring your unique experiences and knowledge to to the world. Use AI to assist you but make sure it enhances your work and does not loose your unique voice/message.

Safety - It is best practice not to share any private information with AI, whether your own or others. Including - addresses, passwords, email addresses, conversations etc.

Pestalozzi wanted education to make us independent and able to think for ourselves so that we are able to help both ourselves and others. He also taught that education should be relevant to the likely needs of the students.

Pestalozzi believed that students should be given an all-round education of the Head, the Heart and the Hands in order to produce individuals with well-balanced abilities and characters, who are therefore able to help themselves and their communities. The Head includes thinking - academic or intellectual ability; the Heart includes feeling love for others - social awareness, the motivation to help others and empathy; and the Hands includes doing practical things - practical activity and the social skills needed to take action successfully.

For further information about Pestalozzi's Head, Heart and Hands philosophy refer to the bold typeface at the end of the Teaching Idea 'Head, Heart and Hands (4) - The Importance of Our Actions'.

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