

# "I Can Try" Booklet

# WRITTEN

To help students reflect on areas in which they're still learning and growing, by creating a personal "I Can Try" booklet. Like Uranus, which spins in its own special way, students learn that challenges make them unique and resilient and that trying is something to be proud of.



## Learning Intentions

**I can think of things that are tricky but I want to keep trying:**

This builds self-awareness and a growth mindset.

**I can make a booklet that shows things I'm learning to do:**

This supports emotional resilience and creative expression.

**I can celebrate my effort and be proud of myself:**

This promotes confidence and motivation.



## Success Criteria

**I can draw or write things I want to keep trying:**

This supports personal reflection and ownership of learning.

**I can decorate and create my own special booklet:**

This encourages creativity and fine motor skills.

**I can share one page with the class if I feel confident:**

This builds communication and peer encouragement.



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## Objective:

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## Players:

Ideal for individual work, with optional group sharing

## Materials:

- A4 paper (cut in half and folded to create mini booklets)
- Coloured pencils
- Staplers or tape to bind pages
- Optional: stickers for decorating covers

## Time Required:

15–20 minutes

## Setup:

Read the Uranus page from *The Playful Astronauts* and talk about the meaning of resilience. Ask:

- "What is something you've tried really hard to do?"
- "What's something you're still learning but won't give up on?"

Explain that today, students will be making a special book filled with all the things they're learning to do, even if it feels tricky sometimes.

## Gameplay:

### Step 1 – Build the Booklet:

Give each student several half-sized sheets of paper (3–5 pages), folded and stapled or taped to create a mini booklet. Help them title the front:

**"My I Can Try Book"**

and write their name underneath.



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## Step 2 – Fill the Pages:

On each page, students draw (or with support, write) one thing they're still learning to do. Some examples:

- Tie their shoes
- Zip their jacket
- Share toys
- Write their name
- Use gentle words
- Balance on one foot
- Learning how to read, write or spell.

Support students in thinking positively:

- "You don't have to do it yet. You just have to keep trying!"

## Step 3 – Decorate and Share:

Let students colour and decorate their booklets. Invite them to share a page with the class, only if they feel comfortable.

Encourage celebration of effort, not achievement.

## Winning the Game:

There are no winners or losers; every student who reflects and creates their "I Can Try" Book is a champion of resilience. Uranus teaches us that strength comes in trying, even when things feel different or new.

## Additional Notes:

The "I Can Try" Booklet helps students build emotional endurance. It gently shows them that learning is a journey and resilience is about being brave enough to try again. Uranus, spinning boldly on its side, reminds us all that it's okay to do things differently and keep going.

