



Discovering Your Passions

Upper Elementary Lesson Plan

Passions:

Passions are things you really love to do and feel excited about. They give you energy to do things that make you happy! When you do things you are passionate about, such as hobbies or after-school activities, you'll feel proud and happy because they reflect what you care about and enjoy!

Objective:

Students will learn about their passions and how to incorporate them into their daily lives.

Materials:

Discovering Your Passions Quiz (provided), pens and/or pencils.

Activity Steps:

- Ask students to think about things that make them feel excited and happy. Then discuss the following questions:
 - ♦ What is one thing you could talk about for a long time without getting bored?
 - ♦ Have you ever lost track of time doing something fun? What was it?
 - ♦ If you could try any activity or hobby, what would it be?
- Provide each student with a copy of the Discovering Your Passions Quiz. Allow students time to complete the quiz, explore their passion type, answer the reflection questions, and think about their Dream Passions Project.

Personal Reflection:

What is something you learned about yourself?

Based on your quiz results, what is a new hobby/sport/after-school activity you might be willing to try?

Group Discussion:

Ask students to share their passions types with the class and discuss activities connected to their passions that they can participate in (both in and out of school).

Discovering Your Passions Quiz

Instructions: Answer each question honestly by circling the letter that best describes you. Several options might describe you, but pick the answer that is the most true about you right now. When you have finished, look at which letter you circled the most: A, B, C, D, or E. Turn to the next page to find out which passions category currently fits you best!

1. When you have free time, what do you enjoy the most?

- A) Drawing, writing, or making crafts
- B) Solving puzzles, building things, or experimenting
- C) Playing sports, dancing, or being outside
- D) Helping others, organizing events, or mentoring friends
- E) Using technology, coding, or inventing something new

2. If you could choose any activity for the day, what would you pick?

- A) Create a story, painting, or song
- B) Do a science experiment or solve a tricky problem
- C) Compete in a game or go on an adventure
- D) Help out at a school event or do something kind for someone
- E) Design an app, robot, or something futuristic

3. What excites you the most in school?

- A) Art, music, or writing projects
- B) Math, science, or technology activities
- C) PE, sports, or outdoor activities
- D) Group projects where you can help and lead
- E) Technology, computers, or designing things

4. If you could have any superpower, what would it be?

- A) The ability to bring imagination to life
- B) Super intelligence to invent and discover new things
- C) Super speed or agility to travel the world
- D) The power to make everyone feel happy and safe
- E) The ability to create new technology with a snap of your fingers

5. When working on a project, what is most important to you?

- A) Making it unique and creative
- B) Finding the best and smartest way to solve a problem
- C) Having fun and being active while doing it
- D) Making sure everyone on the team feels included and valued
- E) Using the latest tools and technology to make improvements

Results: What's Your Passions Type?

- **Mostly A's – Creator**

You love expressing yourself through art, writing, music, or design. You might enjoy careers such as being an artist, writer, designer, or filmmaker!



- **Mostly B's – Explorer**

You love solving puzzles and discovering new things. You might be drawn to careers in science, engineering, medicine, or research!



- **Mostly C's – Adventurer**

You enjoy movement and competition. Careers in sports, outdoor exploration, or even travel could be exciting for you!



- **Mostly D's – Helper**

You love making a difference and working with others. Teaching, health care, social work, or community service might be your calling!



- **Mostly E's – Innovator**

You enjoy technology and problem-solving. Careers in coding, robotics, or entrepreneurship could be a great fit!



Reflection:

- Based on your results, write down one new activity you might be interested in trying.
- How can you explore your top passion area more in school or at home?

Dream Passions Project:

Imagine that you could create anything! Answer these questions:

1. If you could do anything in the world, what would you create?

2. What problem would you love to solve?

3. What kind of job would you invent for yourself?

On the back of this page, draw or write about your Dream Passions Project.

Great job! Keep discovering what you love!