

"I Can Try" Booklet Levels C & D

CREATIVE

To support the life skill of resilience by helping students reflect on challenges they are still learning to manage. Inspired by Uranus, this activity reinforces that learning looks different for everyone and that trying, even when things feel hard, is a powerful strength.



Learning Intentions

Students aim to identify things that feel tricky but are worth continuing to try.

Students aim to express learning and effort through drawing, symbols, or simple words.

Students aim to recognise that trying is something to feel proud of.



Success Criteria

I can show something I am learning to try.

I can create and decorate my own booklet.

I can choose to share part of my booklet with others.



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Duration: 15 - 20 minutes

Objective

To support the life skill of resilience by helping students reflect on challenges they are still learning to manage. Inspired by Uranus, this activity reinforces that learning looks different for everyone and that trying, even when things feel hard, is a powerful strength.

Players

Individual activity
Suitable for 4 - 26 students
Optional group or partner sharing

What You Need

A4 paper cut in half and folded to create small booklets
Staples or tape to bind pages
Coloured pencils
Optional: stickers/stamps for decorating
Optional: Magazines, newspapers, or internet images
AAC devices or communication supports as required

Setup

1. Revisit the Uranus page from *The Playful Astronauts* using clear, concrete language:
 - "Uranus spins in its own special way."
 - "We all learn in our own way too."
2. Ask simple guiding questions with wait time:
 - "What is something you are still learning?"
 - "What do you keep trying, even if it's hard?"
3. Explain the activity clearly:
 - "You are making an 'I Can Try' booklet."
 - "This book shows things you are learning, not things you must do perfectly."
4. Show a completed example booklet so students can see the finished product.



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Gameplay

Step 1: Make the Booklet

1. Give each student a prepared booklet (or help them assemble one).
2. Support students to write or place their name on the front cover.
3. Title the booklet together:
 - "My I Can Try Book"

Step 2: Fill the Pages

1. Explain:
 - "Each page shows one thing you are learning to try."
2. Students add one idea per page using:
 - Drawings
 - Symbols or images cut from magazines/newspapers/internet
 - Simple words or sentence starters (e.g. "I can try to...")
3. Offer prompts if needed:
 - "Something that feels tricky for me is..."
 - "I am learning how to..."
4. Reinforce positively:
 - "You don't have to do it yet."
 - "Trying is the important part."

Students do not need to complete all pages to be successful.

Step 3: Decorate and Share

1. Allow time for colouring and decorating.
2. Invite students to share one page if they choose.
3. Model respectful responses:
 - "Thank you for sharing."
 - "You are brave for trying."

Sharing is always optional.

Debrief / Reflection

Ask one or two simple questions:

- "How did it feel to make your book?"
- "What is one thing you will keep trying?"

Reinforce:

"Trying helps our brains grow."



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Winning the Game

There are no winners or losers.

Students are successful when they reflect, create, and recognise the value of trying.

Sensory-Specific Learner Variation

Purpose: Support regulation and engagement.

Adjustments may include:

- Using fewer pages
- Completing one page at a time
- Providing visual prompts or picture choices
- Working with an adult or peer support
- Allowing movement or breaks between pages

Students may complete their booklet over multiple sessions.

AAC-Specific Supports

1. **Prepare AAC Vocabulary**
 - try, again, learning, help, hard, proud
2. **Model AAC Use**
 - Teacher models selecting "try" + activity
3. **Student Expression Options**
 - Selecting symbols
 - Eye gaze or partner-assisted scanning
 - Single-message buttons
4. **Sharing with AAC**
 - "I can try..."
 - "I am learning..."

All AAC contributions are acknowledged equally.

Accessibility and Inclusion Notes

- Provide pre-made booklets if folding or stapling is difficult.
- Accept drawings, symbols, AAC, or verbal sharing equally.
- Offer digital alternatives (tablet booklet or photo pages) if needed.
- Avoid comparison between students' goals.
- Allow students to keep their booklet private if preferred.

Teacher Notes

"I Can Try Booklet – Levels C & D" helps students build emotional resilience by reframing difficulty as part of learning. The booklet becomes a personal resource students can revisit over time. Linked to Uranus, the activity reinforces that doing things differently and continuing to try are strengths worth celebrating.

