

"I Can Try" Booklet – Levels F-3

CREATIVE

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

Students will learn to identify things that are tricky but worth continuing to try. This builds self-awareness and a growth mindset.

Students will practise making a booklet that shows things they are learning to do. This supports emotional resilience and creative expression.

Students will learn to celebrate their effort and feel proud of their progress. 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.

Variations:

Younger Students:

Provide pre-stapled booklets with sentence starters like "I can try to..." or "I am learning to..."

Include visual prompts or stickers for emerging writers.

Older Students:

Encourage deeper reflection with prompts such as:

"Something that used to be hard for me but isn't anymore is..."

"When I find something tricky, I remind myself..."

"Next, I want to learn how to..."



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Peer Encouragement Version:

After finishing, students swap booklets with a partner who adds one encouraging message on a sticky note (e.g. "You're doing amazing!" or "Keep going, you've got this!").

Class Display:

Create a "Wall of Tries" where photocopied pages from each student's booklet are displayed under the title "We Are Brave Learners."

Family Connection:

Send the booklet home with a note encouraging families to discuss it together, adding new "I can try" goals over time.

For Wheelchair Users / Accessibility:

- Provide pre-folded booklets or use ring-binders for easy page turning.
- Use adaptive colouring tools (e.g. thicker pencils or pencil grips).
- Allow for digital creation using tablets or touch-screen devices where students can type or draw with a stylus.
- For students with limited hand mobility, pair them with a buddy to help draw or write while they verbally share their ideas.
- Encourage alternate formats like "I Can Try" audio recordings, photo collages, or symbol-supported pages for non-verbal students.

Notes for Inclusion:

- Reinforce that *everyone* is learning and trying something different, no comparison, only encouragement.
- Model vulnerability by sharing something *you're still learning to do* as a teacher.
- Use affirmations like:
 - "Trying again makes you stronger."
 - "You are learning at your own pace."
 - "Every page shows courage."
- Offer quiet spaces for reflection or sharing for students who prefer not to speak in front of others.
- End with a class affirmation inspired by Uranus:
 - "We are brave learners who keep trying, even when things feel tricky 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.

