



Year 6 into Year 7 Transition Lesson.

Objectives: What does be ‘inspirational’ mean?

Thinking question: Who is this and why could we argue that she is ‘inspirational’?



What characteristics do you need to be ‘inspirational’?

Task: Please read the following speech. If you prefer to listen, you can do here:

<https://www.youtube.com/watch?v=3sK3wJAxGfs>

**“Make Your Bed”
by Admiral William H. McRaven**

Changing the world can happen anywhere and anyone can do it. So, what starts here can indeed change the world, but the question is — what will the world look like after you change it?

Well, I am confident that it will look much, much better. But if you will humour this old sailor for just a moment, I have a few suggestions that may help you on your way to a better a world. And while these lessons were learned during my time in the military, I can assure you that it matters not whether you ever served a day in uniform. It matters not your gender, your ethnic or religious background, your orientation or your social status.

Our struggles in this world are similar, and the lessons to overcome those struggles and to move forward — changing ourselves and the world around us — will apply equally to all.

So, here are the 10 lessons I learned from basic SEAL training that hopefully will be of value to you as you move forward in life.

Every morning in basic SEAL training, my instructors, who at the time were all Vietnam veterans, would show up in my barracks room and the first thing they would inspect was your bed. If you did it right, the corners would be square, the covers pulled tight, the pillow centered just under the headboard and the extra blanket folded neatly at the foot of the rack — that's Navy talk for bed.

It was a simple task — mundane at best. But every morning we were required to make our bed to perfection. It seemed a little ridiculous at the time, particularly in light of the fact that we were aspiring to be real warriors, tough battle-hardened SEALs, but the wisdom of this simple act has been proven to me many times over.

If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter. If you can't do the little things right, you will never do the big things right.

And, if by chance you have a miserable day, you will come home to a bed that is made — that you made — and a made bed gives you encouragement that tomorrow will be better.

If you want to change the world, start off by making your bed.

During SEAL training the students are broken down into boat crews. Each crew is seven students — three on each side of a small rubber boat and one coxswain to help guide the dingy. Every day your boat crew forms up on the beach and is instructed to get through the surfzone and paddle several miles down the coast. In the winter, the surf off San Diego can get to be 8 to 10 feet high and it is exceedingly difficult to paddle through the plunging surf unless everyone digs in. Every paddle must be synchronized to the stroke count of the coxswain. Everyone must exert equal effort or the boat will turn against the wave and be unceremoniously tossed back on the beach.

For the boat to make it to its destination, everyone must paddle. You can't change the world alone — you will need some help — and to truly get from your starting point to your destination takes friends, colleagues, the good will of strangers and a strong coxswain to guide them.

If you want to change the world, find someone to help you paddle.

Over a few weeks of difficult training my SEAL class, which started with 150 men, was down to just 35. There were now six boat crews of seven men each. I was in the boat with the tall guys, but the best boat crew we had was made up of the the little guys — the munchkin crew we called them — no one was over about five-foot-five.

The munchkin boat crew had one American Indian, one African American, one Polish American, one Greek American, one Italian American, and two tough kids from the midwest. They out-paddled, out-ran and out-swam all the other boat crews. The big men in the other boat crews would always make good-natured fun of the tiny little flippers the munchkins put on their tiny little feet prior to every swim. But somehow these little guys, from every corner of the nation and the world, always had the last laugh — swimming faster than everyone and reaching the shore long before the rest of us.

SEAL training was a great equalizer. Nothing mattered but your will to succeed. Not your colour, not your ethnic background, not your education and not your social status.

If you want to change the world, measure a person by the size of their heart, not the size of their flippers.

Speech tasks:

1. Underline anything in the speech you feel is 'inspirational'.
2. Choose one of the lines you have underlined and explain what makes it inspirational.
3. *Here are the final lines of the speech, do you agree with him? Why/why not?*

Start each day with a task completed. Find someone to help you through life. Respect everyone.

Know that life is not fair and that you will fail often. But if take you take some risks, step up when the times are toughest, face down the bullies, lift up the downtrodden and never, ever give up — if you do these things, then the next generation and the generations that follow will live in a world far better than the one we have today.

And what started here will indeed have changed the world — for the better.

Creative Tasks:

Design your own inspirational poster in which you advertise the main point behind the speech.

Or.

Write your own speech about how small acts of kindness can be inspirational.