Warm-Up

Which one of Vera’s roadblocks do you think will be the hardest for her to overcome and why?

Internal: ________________________________________________________________

External: _______________________________________________________________

Video: Overcoming Roadblocks

1. What are the two parts of an If–Then Plan?
   - If is a cue you can ________________________________________________________.
   - Then is a specific action you can ___________________________________________.

2. How can you help yourself remember your plan?
   ________________________________________________________________
   ________________________________________________________________

Activity: Unlock the Power

Instructions: With a partner, create an If–Then Plan to help Vera overcome one of these roadblocks preventing her from achieving her long-term goal of joining the elite superhero squad. On the next page, write the pros and cons of your plan.

- If I start doubting myself as I practice with my powers, then . . .
- If my parents tell me I can’t practice at home, then . . .
- If my non-superhero friends ask me to hang out during practice time, then . . .

If (or when) _____________________________________________________________

______________________________________________________________,

ten______________________________

______________________________________________________________.
Activity: Unlock the Power (cont.)

Pro: ____________________________________________________________

Con: __________________________________________________________

Wrap-Up

How can having an If-Then Plan for a roadblock be helpful?

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________