

# Teaching Notes & Resources

Key Stage 3 / 4

Themes: Non-Fiction | Mindset |  
Self Belief | Achieving Potential

**Purchase *Breakthrough***



SCAN ME

# FUTURE PACING VISION BOARD



## BREAK THROUGH

**"I stepped into the shoes of future me and imagined what it would be like."**

- Quote from *Breakthrough: From the Streets to Success* by Omar Sharif.

Future pacing is when someone imagines themselves in the future in a desired situation. Imagine yourself in 5 year's time.

What skills, hobbies and achievements will make you proud?

Complete the template to create a vision board of future you.



**NEW SKILLS**

**DRAW FUTURE YOU**

**ACHIEVEMENTS**

**WHAT'S DIFFERENT?**

**HOW ELSE HAVE YOU  
DEVELOPED?**



SCAN ME

Discover more books at  
[HachetteChildrens.co.uk](http://HachetteChildrens.co.uk)



Discover more resources at  
[HachetteSchools.co.uk](http://HachetteSchools.co.uk)



SCAN ME

# GOAL TRACKER JOURNAL



**BREAK  
THROUGH**

**"When we set ourselves personal goals,  
our focus shifts, and all those challenges  
get that bit easier to manage."**

- Quote from *Breakthrough: From the  
Streets to Success* by Omar Sharif.

## MY GOALS:

**GOAL:**

**SMALL STEPS:**

•

•

•

•

•

**GOAL:**

**SMALL STEPS:**

•

•

•

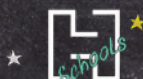
•

•



SCAN ME

Discover more books at  
[HachetteChildrens.co.uk](http://HachetteChildrens.co.uk)



Discover more resources at  
[HachetteSchools.co.uk](http://HachetteSchools.co.uk)



SCAN ME

# GOAL TRACKER JOURNAL



**BREAK  
THROUGH**

## MY GOALS:

**GOAL:**

**SMALL STEPS:**

- 
- 
- 
- 

**GOAL:**

**SMALL STEPS:**

- 
- 
- 
- 

**GOAL:**

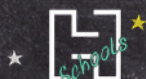
**SMALL STEPS:**

- 
- 
- 
- 



SCAN ME

Discover more books at  
[HachetteChildrens.co.uk](https://www.hachettechildrens.co.uk)



Discover more resources at  
[HachetteSchools.co.uk](https://www.hachetteschools.co.uk)



SCAN ME



# DISCUSSION QUESTION CARDS



## BREAK THROUGH

Use these discussion question cards to explore important issues raised in *Breakthrough: From the Streets to Success* by Omar Sharif.

**"I was in Year 9... everybody wanted to come and see what was going on. I agreed to this because I felt the peer pressure to rep my school."**



Why do you think Omar felt he had to prove himself to his peers?

Have you ever gone along with something you didn't really believe in, just to fit in? What was that like?

What are some positive ways to handle situations when you feel pressured by friends?

**"Someone behind me... slipped a knife into my hand. I had never used a knife before and I knew I wasn't going to use it."**



What do you think makes some young people carry knives or weapons?

What might stop them from putting the knife away or walking away?

What could be the short- and long-term consequences of carrying a weapon—even if you never use it?



SCAN ME

Discover more books at  
[HachetteChildrens.co.uk](https://www.hachettechildrens.co.uk)



Discover more resources at  
[HachetteSchools.co.uk](https://www.hachetteschools.co.uk)



SCAN ME

# DISCUSSION QUESTION CARDS



**BREAK  
THROUGH**

**"What do you do with all those emotions when you can't express them properly?"**



What helps you stay calm when you feel angry or upset?

Why is it important to find safe ways to "let off" strong feelings?

Can you think of a time you turned anger into something positive?  
What did you do?

**"When things go wrong, don't go with them."**



Omar shows us moments where he chose to walk away rather than fight back. Why is that sometimes the braver choice?

How much responsibility should each person take for their own actions, even when they're under pressure?

What could help someone step back and decide not to join in risky behaviour?



SCAN ME

Discover more books at  
[HachetteChildrens.co.uk](https://www.hachettechildrens.co.uk)



Discover more resources at  
[HachetteSchools.co.uk](https://www.hachetteschools.co.uk)



SCAN ME

# DISCUSSION QUESTION CARDS



## BREAK THROUGH

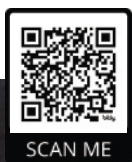
**"I needed to replace  
[the limiting belief in my head]  
with a much more empowering  
and encouraging truth."**



What are some negative things people might tell themselves when they feel stuck or "not good enough"?

How can you turn a thought like "I'm not smart enough" into an empowering belief?

How might repeating positive beliefs change the way you act or feel over time?



SCAN ME

Discover more books at  
[HachetteChildrens.co.uk](https://HachetteChildrens.co.uk)



Discover more resources at  
[HachetteSchools.co.uk](https://HachetteSchools.co.uk)



SCAN ME

Resources created by



# Teacher's Pet



Discover more books at  
[HachetteChildrens.co.uk](https://HachetteChildrens.co.uk)



Discover more resources at  
[HachetteSchools.co.uk](https://HachetteSchools.co.uk)

