

GAA Football

Learning more about...



Picture yourself

Dublin GAA star Carla Rowe talks about what confidence means to her:



“Loving what you do. Enjoying taking part and getting to play in big matches where you can test all your skills at the highest level. It is believing in something and backing yourself to complete the task / goal. Confidence is also developed through practice and repetition!”

Quote: <https://www.image.ie/self/women-in-sport-dublin-gaa-player-carla-rowe-604889>



Think of a learning goal. Picture yourself achieving it.

Draw or jot down what the picture would look like in your notebook.

Online course: Setting Learning Goals

NALA offers an online course on **Setting Learning Goals** at levels 1 and 2. You can get a NALA certificate at level 1 and a Quality and Qualifications Ireland (QQI) Award at level 2.



To get started, [go to the Learn with NALA website](https://www.learnwithnala.ie/) and register.

Scan the QR code on your phone or go to:

<https://www.learnwithnala.ie/>



All courses are free and confidential. If you need help to get started, ring NALA on **Freephone 1 800 20 20 65**.

NALA

Thinking more about...



Activist video

In her TED talk, Valerie says “it’s lovely to be able to use her voice to help people”.

An activist is a person who campaigns to bring about political or social change.



Look at these ten steps to becoming an activist.

Scan the QR code on your phone or go to:

<https://www.trocaire.org/sites/default/files/education/lent2017/ten-steps-to-become-an-activist.pdf>



What would you like to become an activist about?



Jot down a few points.

Activist in action



Watch this video where four young people talk about their experience of being an activist for climate change (59 minutes).

Scan the QR code or go to:

<https://www.youtube.com/watch?v=4cX6Lo-LzEU>



Would you become an activist for climate change and why?