

Tony Griffin Part 1

Student name

Reflection Questions

1. In 2009 Tony cycled a bike from Vancouver to Halifax in Canada to try to deal with the grief that came with the death of his Dad.

Think of two ways you might deal with grief or loss and give a reason why? *(Remember to be as creative as you like and if you have already experienced grief, perhaps think of what really helped you through the process.)*

My answer:

My team's answer:

2. Soar helps teenagers make the transition from childhood to adulthood in such a way that they develop a 'strong character'.

Why do you think it is important for teens to develop a 'strong character'?

My answer:

My team's answer:

3. Tony mentioned that many teens do not want to open up about their issues as they do not want to be perceived as weak.

Why do you think it is so difficult for young people to open up about their issues to others?

My answer:

My team's answer:

Habit Building

Think of a challenge that makes you fearful, but one you would like to face. Write down three small action steps you can take to overcome it.

4. Tony says the teenage years are all about looking for meaning, novelty and seeking social connection and for many teens, these have all been taken away during the Covid 19 pandemic.

Do you feel anything has been taken away from young people during the pandemic? How has this affected their mental health?

My answer:

My team's answer:

5. Tony says in order to deal with fear you must build courage by facing the things that are challenging or fearful and doing them again and again until the fear reduces.

What do you think is the difference between courage and fear?

My answer:

My team's answer:

Lesson summary:

- I. We are all trying to make sense of our lives and we all encounter difficulty at different stages of life, but what is most important is being real, being who you truly are, rather than living in a way that everyone _____ you to.

- II. Soar in its essence helps young people make the transition from childhood to adulthood in such a way that they develop a strong _____ which means they learn how to become more resilient and self-aware, and they get a better understanding of who they are and where they want to go in life.

- III. You can't get rid of _____ but what you can do is build courage by doing things that are challenging or fearful again and again. Building courage through repetition often dismantles the fear.

Quiz questions

1. What county did Tony play hurling for?
 - a. Dublin
 - b. Clare
 - c. Kilkenny
 - d. Limerick

2. What was the name of Tony's book?
 - a. The Catcher in the Rye
 - b. Life of Pi
 - c. A Teenagers Book of Life
 - d. Harry Potter

3. What is the name of the company Tony co-founded?
 - a. Rocket
 - b. Soar
 - c. Float
 - d. Power

4. Tony says the teenage phase of life is all about looking for meaning, novelty and what else?
 - a. Fame
 - b. Power
 - c. Social connection
 - d. Peace

5. What does Tony believe the antidote to fear is?
 - a. Kindness
 - b. Power
 - c. Courage
 - d. Stress

HOT Questions

Team member A: Does Tony change the way you think about life?

Team member B: Why do you think SOAR workshops benefit teenagers?

Team member C: Think of one time when you said or did something wise?