

VIP Assignment in English: Acceptance

Health and life skills in English: In the English subject, the interdisciplinary topic of health and life skills refers to developing the ability of the pupils to express themselves in writing and orally in English. This forms the basis for being able to express their feelings, thoughts, experiences and opinions and can provide new perspectives on different ways of thinking and communication patterns, as well as on the pupils' own way of life and that of others.

Competence aims, English Vg1:

- read, discuss and reflect on the content and language features and literacy devices in various type of texts, including self-chosen texts
- assess and revise one's own texts based on criteria in the subject and knowledge of language

**GRANT ME
THE SERENITY
TO ACCEPT THE THINGS
I CANNOT CHANGE,
THE COURAGE TO CHANGE
THE THINGS I CAN, AND
THE WISDOM TO KNOW
THE DIFFERENCE.**

-NIEBUHR-

Serenity - The state of being calm, peaceful, and untroubled.
'an oasis of serenity amidst the bustling city'

(oxforddictionaries.com)

Bilde: Thelivedivine.com



Acceptance is important for us to move forward in life and come to terms with ourselves as we are, especially when life is difficult. The «Serenity Prayer» originated from the theologian Reinhold Niebuhr (1892-1971), and has since spread to help services such as Alcoholics Anonymous (AA). The message, with its clear focus on acceptance and mindful thinking, has been found to align with psychological theory about the importance of accepting what one cannot change and focusing on what one can do something about.

The teacher divides the students into pairs or groups. The students discuss the questions and then summarize with the teacher.

1. Regardless of whether one believes or not, this text speaks to something universally human about accepting that life goes up and down. Why do you think this text has become so popular?
2. How can the text help us to manage difficult events in life?
3. Can you come up with any examples of the three situations described in the text? A situation where one cannot change anything, a situation where it requires courage to do so, and a situation where it can be difficult to know the difference between when to accept and when to change.
4. Create your own «Message of acceptance» inspired by the «Serenity prayer». Translate the text into Norwegian. Use words that you are comfortable with. How would it sound for you to be able to use it?