Find your ZEST (energy, passion and enthusiasm) for learning!

Think about a time in your learning when you felt so good, so excited, so on fire, that you did not want to stop! Think about:

- What got you excited about the learning?
- What made you want to keep going?
- What do you remember most?

For instance, when I think back to my school days, I remember one specific History class when we debated which famous dictator was the worst and why. After being split into groups, we read a few book and article excerpts about Stalin, Hitler and Mussolini that the teacher had photocopied for us. Each group was then assigned a dictator and was given the task to convince the others and the teacher that their dictator was the worst. We got so into the discussion that we kept arguing well after the teacher signaled the end of the activity and even during the break as well.

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If this awesome learning experience you've just described would have a colour, a smell, a sound, a taste, a feeling attached to it... what would they be?

Colour:_____

Smell: _____

Sound: _____

Taste: _____

Feeling: _____

Now hang on to that image and try to recreate it in school as often as you can. You can't always choose what to do in class, but **you can choose who and how to be.**

You can be curious, like the bright yellow of a sunrise that promises a new day.
You can be determined, like the warm aroma of fresh-brewed black tea, giving energy to face challenges.
You can be kind, like the soft texture of a favourite blanket, offering comfort and support to those around you.
You can be full of zest, like the crisp sweetness of a fresh apple, reminding you to savor each bite of knowledge.

Learning isn't just about facts—it's about how you show up, how you interact, and how you shape the experience for yourself and those around you. Every day, you have the chance (and choice) to make your learning environment (and your life!) more vibrant, welcoming, and inspiring.

This way, even if you can't control the subject or tasks, you can always bring a positive mindset, resilience, and kindness and help shape each experience or situation to your advantage.

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