

Generation GOAT Activity Pack for Schools



This activity pack brings the world of Sony's new film GOAT into your classroom through fun activities and worksheets that build mental fitness skills.

Each activity takes around **20 minutes**, perfect for:

- Brain breaks after lunch
- Transitions between lessons
- Adding onto your existing Smiling Mind lessons



What's Inside

5 mini lesson plans with engaging child-voiced audio lessons (accessed via the Generation GOAT collection in the Smiling Mind app), conversation starters, and fun in-class activities.

5 worksheets that can be used in class or taken home for your students to do with their families.



Skills Covered

Each lesson explores a different mental fitness concept or skill through a character from the film

- 1. Use Your Strengths Like Will**
- 2. Be a Team Player Like Jett**
- 3. Find Where You Belong Like Modo**
- 4. Build Confidence Like Olivia**
- 5. Find Your Purpose Like Lenny**



About the Film

From Sony Pictures Animation, the studio behind *Spider-Man™: Across the Spider-Verse* and the artists that made *KPop Demon Hunters*, comes **GOAT**, an original action-comedy set in an all-animal world. The story follows Will, a small goat with big dreams who gets a once-in-a-lifetime shot to join the pros and play roarball – a high-intensity, co-ed, full-contact sport dominated by the fastest, fiercest animals in the world. Will's new teammates aren't thrilled about having a little goat on their roster, but Will is determined to revolutionise the sport and prove once and for all that "smalls can ball!"

We'd love your feedback!

Fill out our quick feedback survey (4 mins)



Lesson Plan 1

Use Your Strengths Like Will



Key Learning

Students will explore their unique strengths; what makes them different and special and how they can use their strengths everyday.



Lesson Plan

Step 1. Audio Lesson (5 mins)

Listen to the [Use Your Strengths Like Will](#) audio lesson from the Generation GOAT collection in the Smiling Mind app.

Step 2. Conversation Starters (3-5 mins)

After the audio lesson, ask students:

- “What are some different types of strengths?”
- “What’s one strength you have that others may not notice or appreciate?”
- “Can anyone think of a time when using your strengths helped you do something well?”

Step 3. In-Class Activity: Strength Swap (5-7 mins)

1. Pairs students up with a partner - someone they don’t usually work with
2. Give them 2 minutes to talk and discover one strength in their partner that their partner may not already know about themselves or have named it as a strength
3. Have each student introduce their partner to the class by sharing a story that describes that person’s strength
4. Example: “This is Maya, she enjoys asking others to play and join in. Her strength is that she’s really good at helping people feel included”

Students often see strengths in others that those people don’t see in themselves. This builds confidence and a sense of community in the classroom.

Step 4. Take-Home Activity Worksheet

The activity worksheet can be done in class, or ideally, given to students to take home to do with their families. The QR code on the worksheet links families to the ‘Generation GOAT’ collection in the Smiling Mind app.



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Worksheet 1

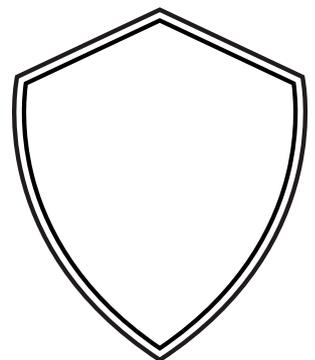
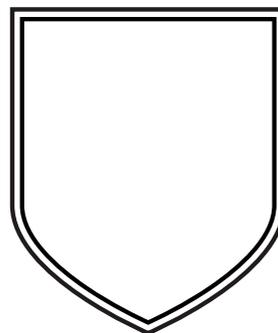
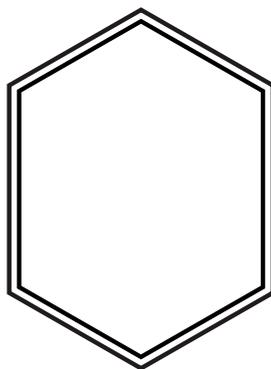
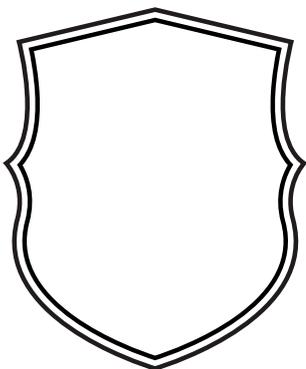
Use Your Strengths Like Will



Everyone has strengths, the things that make us different and special.

Draw yourself in the middle.

Fill each badge with one of your **strengths** (examples: helpful, creative, good listener, funny, kind, brave, curious)



Lesson Plan 2

Be a Team Player Like Jett



Key Learning

Students will understand that even the most talented people can't do everything alone. They'll learn that asking for help is a strength, not a weakness, and that working together helps everyone achieve.



Lesson Plan

Step 1. Audio Lesson (5 mins)

Listen to the [Be a Team Player Like Jett](#) audio lesson from the Generation GOAT collection in the Smiling Mind app.

Step 2. Conversation Starters (3-5 mins)

After the audio lesson, ask students:

- "Have you ever tried to do something hard all by yourself? What happened?"
- "When has teamwork helped you do something you couldn't do alone?"
- "What makes someone a good teammate?"

Step 3. In-Class Activity: Team Challenge (7-10 mins)

1. Divide class into groups of 4-5 students
2. Give each group a simple challenge that requires everyone to contribute:
 - Option A: Build the tallest tower using 20 pieces of paper (no tape)
 - Option B: Create a class cheer that includes everyone's name
 - Option C: Draw a picture where each person can only draw one body part
3. After 5 minutes, have groups share their results
4. Discuss: "What did it feel like to work together? What role did each person play?"

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Worksheet 2

Teamwork With Jett



Every family is like a puzzle. Each person has different strengths, and together you make something amazing!

Fill in each **puzzle piece** with a **family member** and **what they're good at**.



Name: _____	Name: _____	Name: _____	Name: _____
They are good at: _____ _____			



Lesson Plan 3

Find Where You Belong Like Modo



Key Learning

Students will learn that everyone wants to feel like they belong somewhere. They'll understand that finding your people takes time, being yourself (even sharing the "unusual" parts) is important, and building community means being there for others too.

Lesson Plan



Step 1. Audio Lesson (5 mins)

Listen to the [Find Where You Belong Like Modo](#) audio lesson from the Generation GOAT collection in the Smiling Mind app.

Step 2. Conversation Starters (3-5 mins)

After the audio lesson, ask students:

- "Have you ever felt like you didn't fit in somewhere? How did that feel?"
- "How do we help our classroom feel like a place where everyone belongs?"
- "How can we help someone who feels left out feel included?"

Step 3. In-Class Activity: Belonging Bingo (7-10 mins)

1. Give each student a Belonging Bingo sheet.
2. Explain the rules:
 - Walk around and talk to classmates
 - When you find someone who matches a square, they sign that square
 - You can only use each person's name ONCE on your whole sheet
 - Students call out "BINGO!" when they get 3 in a row

Step 4. Take-Home Activity Worksheet

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Belonging Bingo Template



Has a pet	Plays the same sport	Makes you laugh
Has the same favourite colour	Likes the same food	Speaks more than one language
Loves to draw or do art	Was born in the same month	Plays a musical instrument

Parents and caregivers - check out the 'Generation GOAT' collection in the Smiling Mind app. Inspired by the film - GOAT, exclusively in cinemas.



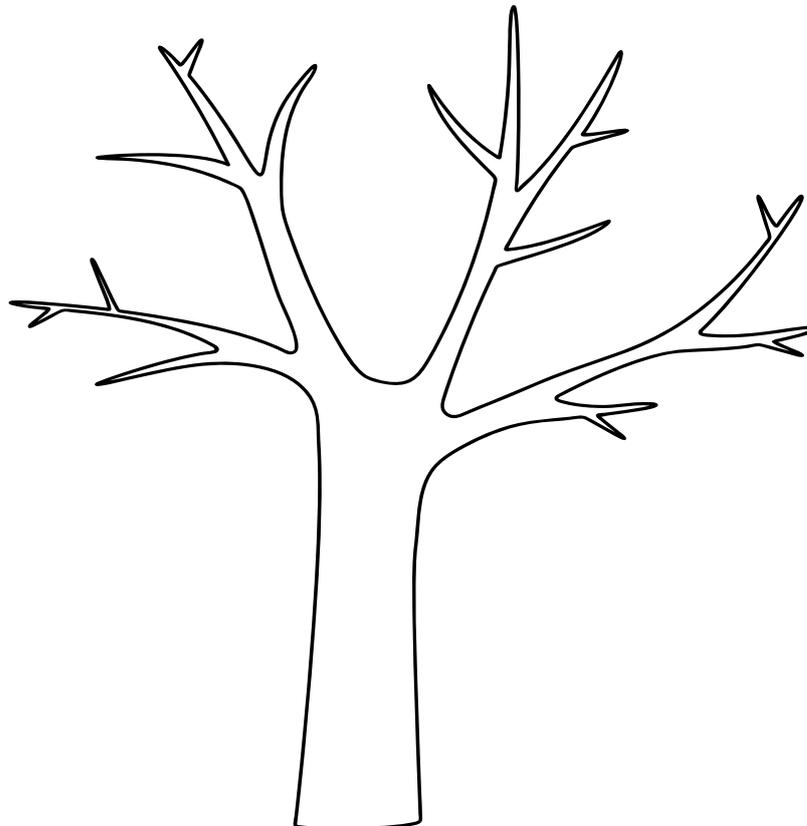
Worksheet 3

Find Where You Belong Like Modo



Everyone belongs somewhere! Modo learned that finding your people takes time, and it's okay to be yourself – even the unusual parts. Let's explore all the places and people where YOU belong.

- 1. Write your name in the tree trunk.**
- 2. Around the tree branches, write or draw the different groups you belong to** (e.g. your soccer team, your classroom, your friendship group, your family, etc.)



Lesson Plan 4

Build Confidence Like Olivia



Key Learning

Students will discover that their brains are like muscles – they grow stronger with practice. They'll learn that trying to achieve something doesn't always happen right away, it just means they haven't learned it YET, and that mistakes actually help their brains grow.

Lesson Plan

Step 1. Audio Lesson (5 mins)

Listen to the [Build Confidence Like Olivia](#) audio lesson from the Generation GOAT collection in the Smiling Mind app.

Step 2. Conversation Starters (3-5 mins)

After the audio lesson, ask students:

- "What does the word YET mean? Why is it so powerful?"
- "Can you think of something you couldn't do before but can do now? How did you learn it?"
- "What's something you can't do YET but want to learn?"

Step 3. In-Class Activity: The Power of YET (7-10 mins)

1. Write "I CAN'T..." on the board
2. Ask students to call out things they can't do (spell a hard word, do a cartwheel, beat a video game level, etc.)
3. Write their responses on the board
4. Now add "YET" to the end of each statement
5. Read them aloud together as a class with the word YET
6. Discuss: "How does adding YET change how these statements feel?"
7. Have students choose one "I can't... YET" and write down one small step they could take to get better at it

Step 4. Take-Home Activity Worksheet

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Worksheet 4

Growth Mindset With Olivia



Your brain is like a muscle – it gets stronger when you practice. The magic word is YET!

1. Draw yourself learning something new.
2. In the bubble, write what you're learning (e.g. I can't **do a cartwheel** yet, I can't **beat that game level** yet)



I can't _____

_____ **YET!**



Lesson Plan 5

Find Your Purpose With Lenny



Key Learning

Students will explore the idea of purpose – their “why” for doing things. They’ll learn that having a reason that matters to them helps them keep going when things get hard.

Lesson Plan

Step 1. Audio Lesson (5 mins)

Listen to the [Find Your Purpose With Lenny](#) audio lesson from the Generation GOAT collection in the Smiling Mind app.

Step 2. Conversation Starters (3-5 mins)

After the audio lesson, ask students:

- “What does purpose mean?”
- “How does having purpose help when things get hard?”

Step 3. In-Class Activity: Stand-Up, Sit Down (7-10 mins)

1. Have all students start seated on the floor and explain: “I’m going to read some statements. If it’s true for you, stand up! If it’s not, stay sitting. There’s no wrong answer – this helps you discover what matters most to YOU!”
2. Read these statements one at a time:
 - “Stand up if you love helping people when they’re sad or need something”
 - “Stand up if you get excited about making or creating things”
 - “Stand up if you love solving puzzles or figuring out how things work”
 - “Stand up if like to help people laugh or smile”
 - “Stand up if you care a lot about animals or nature”
 - “Stand up if being part of a team feels good for you”
 - “Stand up if you like learning new things and getting better at stuff.”
3. After each statement:
 - Look around and see who’s standing
 - Ask 1-2 students who stood: “Why does this matter to you?” (Keep answers quick – one sentence!)

Step 4. Take-Home Activity Worksheet

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Worksheet 5

Find Your Purpose Like Lenny



Your purpose keeps you going when things get hard.

On the basketball backboard, write or draw:

- **What I'm working on or practicing:** *Examples: getting better at reading, learning soccer, making friends, playing piano*

Next to the basketball, write or draw:

- **Why it matters to ME:** *I want my family to feel proud of me, I love how it feels, I want to help my team, it's fun*

