

Video Discussion Guide: Tajha's Moment

Accompanying video presented by Special Olympics Unified Champion Schools®

Pre-Viewing Question:

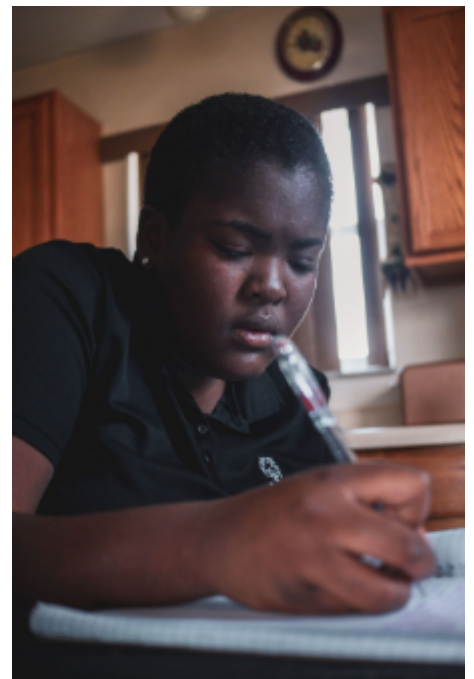
Can you remember a time when you felt negative feelings, such as anger and sadness? How did you eventually overcome those feelings?

Post-Viewing Questions:

Using three words, how would you describe Tajha?

Identify one (or more) ways you can relate your life to Tajha's.

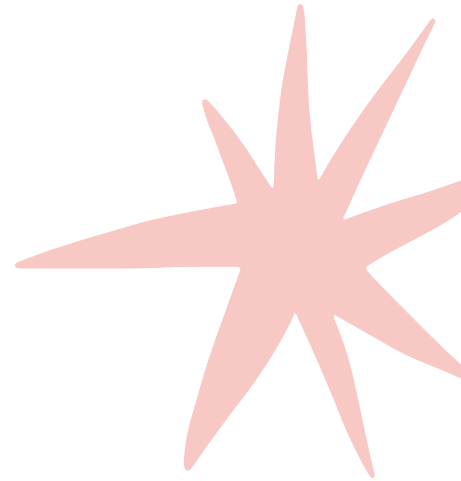
Tajha tells people to say, "I am going to change the world" instead of, "I have a disability." How do you see yourself changing the world for the better?



Post-Viewing Questions Continued:

How did Tajha eventually overcome her anger and pain? Learning from Tajha, how can you manage your own feelings of sadness, anger, and pain?

How do you stay on task to accomplish your goals?



Tajha has many people supporting her and helping her pursue her dreams. Who is someone in your life who inspires you and helps you achieve your goals?

Want to Learn More?

Tajha's Moment is part of "The Moment Series" by Special Olympics.

Click [here](#) to find the other episodes and their discussion guides!

