Read the speech which starts on the next page. It was written in 1997 by a columnist for the Chicago Tribune, Mary Schmich. She imagined she was asked to speak at a graduation ceremony and wrote what her speech would be. It was also made into a song in 1999 by Baz Luhrman.

Read through the speech and listen to the song (link included) then complete the literacy tasks at the end of the speech.
Wear sunscreen.

If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindside you at 4 p.m. on some idle Tuesday.

Do one thing every day that scares you.

Sing.

Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours.

Floss.

Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself.

Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how.

Keep your old love letters. Throw away your old bank statements.

Stretch.

Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don't.

Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone.

Maybe you'll marry, maybe you won't. Maybe you'll have children, maybe you won't. Maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don't congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else's.

Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own.

Dance, even if you have nowhere to do it but your living room.

Read the directions, even if you don't follow them.

Do not read beauty magazines. They will only make you feel ugly.

Get to know your parents. You never know when they'll be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future.
Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young.

Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft. Travel.

Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasise that when you were young, prices were reasonable, politicians were noble and children respected their elders.

Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.

Don't mess too much with your hair or by the time you're 40 it will look 85.

Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen.

By Mary Schmich

(This speech was also made into a song which you can watch [here](#).

<table>
<thead>
<tr>
<th>Reading</th>
<th>Talking and Listening</th>
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<tbody>
<tr>
<td>The writer of this speech starts by thinking about the difference between FACT and OPINION. Go through the speech and identify what parts you think are FACTS and which are just the OPINION of the writer. How do you know the difference?</td>
<td>Pick three bits of advice from the speech that you like best. Think of some reasons WHY you think they are good advice for life.</td>
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<tr>
<td>Visit <a href="#">this</a> BBC page to learn more about fact and opinion. You can watch the clip and complete the activities. If you have extra time, you may wish to download <a href="#">this</a> fact vs opinion worksheet (answers included).</td>
<td>Share your thoughts with someone at home. Have a discussion with them about the advice you have chosen and why. You could ask them which advice seems important to them.</td>
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<tr>
<th>Writing</th>
<th>Vocabulary</th>
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<tbody>
<tr>
<td>Write your own speech. Give your expert, P7 leaver advice on making the most of your time at primary school for the new P1s!</td>
<td>There are some difficult words in this speech. Practise using a dictionary (printed or online) to look up the meanings of the following words –</td>
</tr>
<tr>
<td>What do you need to do to be successful, have fun and get the most out of primary school? Put it all in a speech. You could look at <a href="#">this</a> poster to remind yourself of the features of great speeches.</td>
<td>1. Meandering</td>
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<td>Share your writing with your class teacher through 365 or Teams and we will send it to the new P1s!</td>
<td>2. Inalienable</td>
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<td>3. Philander</td>
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<td>Write the definitions in your jotter.</td>
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