**Recognise positive traits in themselves and others resource sheet**

**The U Factor**

**Ever since he was tiny, Zane loved to sing. He would gurgle as a baby, hum as a toddler, sing along to the radio or his parents’ iPod. He was in the choir at school and always got to sing the solos in big concerts. He had singing lessons. He was even in the gospel choir at church. Everyone told him how good he was and that he ought to try out for The U Factor. He dreamt of being on TV, making lots of money and being famous.**

**Then one day, auditions for The U Factor were announced in his town. He rushed to tell Mr Thomas, his singing coach, who said, “That would be great. You need to practise and do these vocal exercises to even stand a chance.” So he did. He practised every spare minute that he had and eventually the day of the audition arrived. The three celebrity judges were not there, but he did his best and everyone clapped, cheered and stood up before he had even hit the final high note. He went through to the next round!**

**This was when he met one of the star judges who took him under his wing. He told Zane how brilliant he was, how he could win it. The local newspaper did an interview and a stylish photo-shoot. He was on local radio and TV. People began to recognise him in the street. They all said what an amazing voice he had. All except his voice coach, Mr Thomas, who said, “You’re good but if you’re going to go further, you still need to practise.”**

**But Zane believed what the other people told him. He believed what the star judge said. He loved the way he looked in photos on social media. He didn’t think he needed to practise, so he didn’t. He only went over and over the song he was going to sing on national TV.**

**The night came. He spent the afternoon before in hair and makeup, to make sure that he looked good. He knew he looked good and the camera loved him.**

**He went on stage, his star judge gave him a thumbs up, the backing music began. He took a deep breath and opened his mouth. It began well but into the first chorus his voice cracked. Then he screeched on a high note. There was no strength to his voice, it was not finely tuned. The expectant crowd went quiet, he got to the end of the song and there was a smattering of polite applause. He shuffled off stage knowing that he had blown it.**

**If only he had rehearsed and practised like Mr Thomas said. Why had he believed all the stuff people said about how great he was and how amazing his voice was? He knew he had a good voice but maybe it wasn’t strong enough yet. He would need to practise more consistently, more regularly!**

**After two, long days of feeling embarrassed - and lots of love and support from his parents, he phoned Mr Thomas, saying, “You were right. I wasn’t ready for The U Factor. Can I have lessons with you again because I love singing and I just want to do it well, so that I enjoy it and others can, too.”**

**And that is what he did. Who knows whether he will go for The U Factor again. Maybe he will, maybe he won’t. Maybe he will go further in the competition. Or maybe he will enjoy singing the leads in musical groups. But one thing is certain: he’ll keep practising and working on being his best.**