



Key stage 1, 2 & 3

SKILLS BUILDER CHALLENGES

Skill: Listening

Make it your mission to listen carefully all day today. You could listen to a story, a podcast, the lyrics of a song, a news report on the TV or radio or a conversation. Choose one thing you have listened carefully to and tell someone else about it, making sure you include the important information.

Skill: Speaking

Imagine you have been asked to speak on a podcast about things to do in your local area. Prepare a short speech detailing all the things you enjoy doing in your community. Practise what you will say and then you could record your presentation to share afterwards or do a live performance! Invite your 'Listeners' to ask you questions about your speech.

Skill: Problem Solving

Consider the problem: You need to pack as many things as you can into a container, such as a shoe box, a suitcase or another container of some kind. How will you go about this? Try different arrangements to see the maximum number of items you can get into the container space. You might want to challenge a family member to see if they can match or better your total. Make the challenge harder by making it so some irregular shaped items have to be included.

Skill: Creativity

Take a look at a map of the world. Choose a country that interests you. Find out about the food of that country.

Imagine you have been asked to design a menu which includes food from that country. Which foods might you include on that menu? How many different ideas can you come up with?

Create an example menu and include pictures of the dishes to show your family. You may want to challenge them to choose another country and do the same.

Skill: Adapting

When inventing the lightbulb Thomas Edison tried and failed many times. He is quoted as saying, 'I have not failed. I have just found 10,000 ways that do not work'.

Talk to a family member about this quote. Share your feelings about a time when you have experienced a sense of failure and how you kept going.

Skill: Planning

Consider a goal that you would like to achieve in the next few weeks or months of the year. What are the steps you will need to take to reach your goal?

Draw these as stepping stones and write down 3 actions you should take to help you reach your goal.

Share your drawing with a family member and talk about what you are going to do. They may have some great ideas and encouragement to help you

Skill: Leadership

Plan a picnic for all of the family to enjoy - it could be at home or out and about. What do you need to prepare beforehand? Can you share out the jobs that need to be done with others in your household and let everyone know their role and responsibility? Think about who would be best at which jobs and why.

Skill: Teamwork

When you are out in the garden, at the park, woods or the seaside with your family, work together to create a piece of natural art. Encourage everyone to join in and decide together where to make the art, what to use and what it will look like. Work as a team to gather natural resources such as sticks, leaves, stones or shells to create your art. Can you share ideas and come to an agreement about the design? Can you help each other creating it?



We will give 1 credit for each skill completed and additional credits for reflection questions.