



Skills to Go BIG!

Week 3 - Teacher Overview

- ★ This week focuses on building self-confidence, resilience and independence
- ★ The activities help children to think about their existing skills and identify ways in which they would like to grow and develop
- ★ Key messages include: That we can grow and develop our personal resilience like a muscle
- ★ We are all individuals and have our own skills and interests
- ★ By making plans and setting routines we can develop skills such as independence, organisation and reliability
- ★ **Add on activity: Positivi-tree**

Activities available:

- Video introduction
- Class lesson: Developing a positive mindset powerpoint (lesson plan 1)
- Self-esteem Tower and My Skills and Strengths worksheet (accompanies lesson plan 1)
- Class lesson: Being independent & responsible (lesson plan 2)
- Similarities and Differences worksheet (accompanies lesson 2)
- Being Independent and responsible handout and worksheets (accompanies lesson 2)
- Class lesson: Transitions Map (lesson plan 3)
- Transitions Map worksheet (accompanies lesson plan 3)
- Jayden's story (video resource)
- Downloads: positivi-tree (arts & crafts)



Sharing the intro video:

The introduction video introduces the term resilience and year 6 children in the video share their skills that support a positive mindset. .

Session 1: Developing a positive mindset (lesson plan 1)

This session builds on weeks 1 & 2 and aims to help children identify positive and negative emotions, but also consider how to respond to difficult situations in a more positive way (see session plan 1).

- ★ The session helps develop understanding that we all face challenges BUT we can learn how to cope with these and build a toolkit of skills
- ★ This session includes a class activity to consider the potential thoughts, feelings and actions of a child who doesn't understand their homework - which of these feelings are part of developing a positive mindset and which do the children see as helpful thoughts or behaviours to cope with this situation?
- ★ The session introduces the concept of resilience and this is something we can grow and develop
- ★ A second activity encourages the children to think about their unique skills and strengths to support self-esteem as a big part of being resilient
- ★ The session finishes with positive affirmations and asks children to think about what's in their Skills to Go BIG! Toolkit so far?

- Self-Esteem Tower & My Skills and Strengths Worksheet



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Session 2: Being Independent and responsible (lesson plan 2)

The sessions encourages the children to build on week 1 and 2 skills to explore what being independent and responsible involves and why it's important.

This is then transferred to thinking about what may be similar and different about high school to primary school and in what ways will they need to be more independent and responsible?

- ★ Children are encouraged to use problem solving skills and think about what they can do now, what they could do and what they need to learn to do, when being more independent and responsible.
 - ★ Examples include: Catching the bus, completing homework, remembering books/PE kit/ house keys etc.
 - ★ The session also introduces key behaviours required: Honesty, Kindness, Being Organised, Courage, Positivity and Fun!
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- Similarities and Differences worksheet
 - Being Independent and Responsible worksheet

Session 3: Transitions Map (lesson plan 3)

The transitions map activity is there to introduce the idea that by creating a plan, it can make the transition a little easier. The Map sheet contains most of the questions children may have about going up to high school. The children can also add their own questions and ideas. (see lesson plan 3).



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Jayden's story (video)

A short video to show that we can build resilience and problem solving skills through all sorts of ways. Jayden has a new computer game which he quickly finds difficult and becomes upset and frustrated, his friends help him and with some practice and determination, Jayden completes the game.

- ★ The key message for the children is that things may be hard, but don't give-up, try again and keep trying, ask for help when needed and learn from mistakes. This is how we learn and grow. Resilience and a positive mindset help us collect skills from these experiences, rather than feel defeated.

Arts & crafts: mood tracker

Colouring activity to map out feelings and emotions