



# Skills to Go BIG!



## Week 4 - Teacher Overview

- ★ This week focuses on practicing and applying the skills the children have been learning about during the last three weeks
- ★ Activities include completing a goal setting exercise using a positive mindset and breaking things down into manageable steps
- ★ The second activity helps children to think about what their advice and response would be in common high school scenarios (bringing the wrong books, being too shy to answer questions in class etc)
- ★ Week 4 finishes with the Skills to Go BIG! Wellbeing quiz to test learning and understanding

### Activities available:

- Video introduction
- Class lesson 1: Goal setting (lesson plan 1)
- Goal setting worksheet (accompanies lesson plan 1)
- Class lesson 2: Scenario Cards
- Class lesson: Skills to Go BIG! Wellbeing Quiz (lesson plan 3)