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| **Friday 29th January**  Here at Buckden, we have written our own Buckden School Curriculum and we have incorporated the 8 skills identified by Skills Builder into our lessons. In order to help reduce the amount of screen time, each Friday we would like you to choose one of the three challenges to do on a Friday afternoon (or at a convenient time) to practise your skills. The skills challenges will be the same across the school so that for families with more than one child in school there is the opportunity to do the challenge together.  If appropriate, upload a photograph for your teacher to see and answer the reflection questions at the level you feel you are; this will change for different skills. | |
|  | **Cook a meal together with others in your home. Come to an agreement about what you are going to cook & then share the jobs out between you. Talk about who is doing what and when. Enjoy celebrating your great teamwork by sharing and eating the final meal together!**  Reflection Questions  **Beginner:** When do you find it easier or more difficult to work with others in a positive way?  **Intermediate:** What does it mean to take responsibility?  **Advanced:** What does it mean to support other people?  **Expert:** How can you ensure that you think about others’ ideas and recognise the value in them? |
|  | **Organise a family games tournament. Speak to different members of your household and come to an agreement about which games to play. Decide who will play when and how long you will spend on each game. Try your best to manage any disagreements and encourage others.**  Reflection Questions  **Beginner:** What are different emotions? When have you felt these today?  **Intermediate:** How can you share tasks between people in a fair way?  **Advanced:** Why is it important for a leader to be able to manage time and resources?  **Expert:** What are good leaders able to do? |
|  | **Design a new play area for your local park. Use your imagination to think about some different ideas of what could be in the park. Draw a picture of your design to share with your family.**  Reflection Questions  **Beginner:** When do you use your imagination?  **Intermediate:** How can we come up with lots of ideas?  **Advanced:** How can creativity be used in different areas of life?  **Expert:** Where can we get different perspectives from, to develop our ideas? |