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| **Friday 5th February**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 1 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. |
|  | **What are your goals for 2021? Talk or write about 3 things you would like to do or to achieve this year. Try to make sure they are a challenge but achievable!****Reflection Questions****Beginner:** How do you know if something is too difficult for you?**Intermediate**: Why is it important to be willing to take on new challenges?**Advanced:** What resources might you need to achieve your goals?**Expert:** What steps do you need to put in place to make your goals happen? |
|  | **Close your eyes and think of a place that makes you feel calm and happy. Find a photo, draw or paint a picture of this place. Tell others in your home about your happy place. Ask them where their happy place would be.**Reflection Questions**Beginner:** How could this exercise be used to calm you down if something went wrong?**Intermediate:** How could you use this to cheer other people up when something goes wrong?**Advanced:** How could this help you to look on the bright side of something?**Expert:** How can you manage your emotional response to best support others? |
|  | **Listen to an audio book or a podcast.Write a review or talk to a family member all about it. Would you recommend it? What was the best part of it?**Reflection Questions**Beginner:** Why do we listen?**Intermediate:** Do you have any good ways to help maintain concentration when listening?**Advanced:** What is the value of rephrasing what you have heard?**Expert:** How can changes in language affect how you feel about something? |