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| **Friday 26th 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. |
|  | **Think about 3 things you are grateful for today, that brighten your day and make you feel happy. They can be small things or big things.****Extension: Discuss your choices with members of your household and talk about other things that have brightened their day today too.**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? |
|  | **Organise a family quiz.****Choose a theme you know your family will enjoy. Make sure everyone has a job as you prepare for the quiz. You may need someone to set the questions, to ask the questions, to keep scores and to organise snacks. You could invite other friends and family to join in too over the internet.****Extension: Think about everyone's strengths - what job would they be best at?  Manage any disagreements carefully.**Reflection Questions**Beginner:**What are different emotions? When have you felt these today?**Intermediate:**How can you identify strengths and weaknesses in others?**Advanced:** Why is it important for a leader to be able to manage time and resources?**Expert:**What are good leaders able to do? |
|  | **As the winter turns to spring, many people will be thinking of ways to brighten up their gardens, window boxes or pots with plants and flowers. Draw, paint or create a model of a garden, a window box or a flower display.  Display your creative work so other people enjoy it too.**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? |