Skills Builder PARTNERSHIP UK

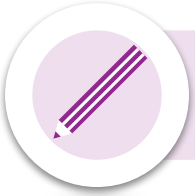




Skill Challenges

40 challenges for practicing the essential skills at home

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Learner Worksheet

Reflecting on activities

Print a copy of this worksheet to record your answers to the Skill Challenges. This space can be used to record information for the challenge and your answers to the reflection questions.



Please remember to check with a trusted adult before carrying out any practical tasks.

Name:

Date:

Skill Focus:

Skill Challenge:

My thoughts:



Listening Challenges

Receiving, retaining and processing information

Challenge 1: Information detective



Ask a family member, teacher or friend to speak to you in detail about a specific topic. While they speak, your challenge is to listen actively. Keep your eyes on them, stay focused and try to recall at least three key details from what they say.

You might use one of the questions below or come up with your own:

- What is a book you've read or a movie you've seen recently, and what was the best part about it?
- How was life different for you when you were my age?
- What is your favourite place and how would you describe it using the five senses?

Additional challenge

Once you have listened to the answer, retell the information to someone else. How well did you remember what you were told?

Stage based reflection questions

Getting started

- ❏ How can you make sure you are listening carefully?

Intermediate

- ❏ What does it mean to listen actively?
- ❏ What sort of body language shows the speaker that you are fully focused?

Advanced

- ❏ Why is summarising or rephrasing what you have heard sometimes useful?

Mastery

- ❏ How might changing the specific language or tone a speaker uses affect how you feel about the information being shared?

Challenge 2: A tale retold

Listen to a section or chapter of an audiobook.

Write a summary of the book, including an outline of the characters, setting and main events.

Additional challenge

Can you suggest what might happen next?

Stage based reflection questions

Getting started

- ❑ How have you made sure you've recorded details accurately?

Intermediate

- ❑ How did you record important information?

Advanced

- ❑ What is the value of summarising or rephrasing what you have heard?

Mastery

- ❑ What viewpoints did you identify in what you have heard?

Challenge 3: Career investigator



Choose someone to interview about their dream career.

Prepare by writing a list of questions. Here's some examples, but try to come up with some of your own too:

- *What do you like about your current job?*
- *What is your dream career and why?*
- *Is there someone who inspired you to want your dream career?*
- *What do you think would be the hardest part of this job?*
- *What essential skill would you need most for your dream career?*

During the interview, demonstrate active listening and make a note of their answers.

Additional challenge

Interview a second person and compare their views.

Stage based reflection questions

Getting started

❏ How can you check if you understand someone's answer?

Intermediate

❏ How do you decide what to write down when making notes on something you're listening to?

Advanced

❏ What is the value of summarising or rephrasing what you have heard?

Mastery

❏ What are some questions that would be helpful to think about when evaluating different views?

Challenge 4: Expert apprentice



Think of someone in your family who has a talent that you admire.

It could be they are great at baking delicious cakes, know lots of card tricks, or they have fun ideas for things to do on rainy days.

Ask them to help you learn something they know - to share their talent with you. Listen carefully as they explain and ask questions to help you understand more.

Additional challenge

Ask them open-ended questions to understand more about their talent (e.g. How did you first learn to do this? Why do you enjoy this talent so much?).

Stage based reflection questions

Getting started

- ❏ How can you make sure you are listening carefully?

Intermediate

- ❏ How can you show that you are paying attention?

Advanced

- ❏ What is the value of summarising or rephrasing what you have heard?

Mastery

- ❏ Can you identify the opinions of the person you are listening to?
- ❏ What makes this talent important to them?
- ❏ Do they practice to get better? Why?

Challenge 5: Bonjour, ça va?



Using a learning app or online tutorial, learn to say some basic phrases in a new language.

Listen carefully to the sounds and try to repeat them back accurately.

Additional challenge

Teach a family member two of the phrases you just learned. Listen carefully as they try to say them back to you. Check their pronunciation and help them get it exactly right.

Stage based reflection questions

Getting started

- ❏ How do we listen carefully so that we can repeat some simple phrases in the new language?

Intermediate

- ❏ How can you make sure that you use the right words correctly in your chosen language?

Advanced

- ❏ How can summarising help you to remember new words and phrases?

Mastery

- ❏ What do you think are the best ways to approach learning a new language?
- ❏ What questions would you ask someone who speaks multiple languages, to find out the best ways to approach learning a new language?



Speaking Challenges

Transmitting information or ideas

Challenge 1: Mastermind



Prepare a short speech to present to your family about something you are interested in.

Suggested topics could be:

- Your favourite book or film
- A journey you have been on or a trip you have taken
- One of your hobbies or interests
- Something interesting you have learnt at school this week

Additional challenge

Can you perform the speech without reading from your sheet?

Stage based reflection questions

Getting started

- ❏ What does it mean to communicate clearly?
- ❏ How will you ensure you do this?

Intermediate

- ❏ How can you build facts and statistics into your presentation?

Advanced

- ❏ What techniques can you use to make your speech engaging for your audience?

Mastery

- ❏ How could you present your speech in a formal way?

Challenge 2: Radio host

Your role is to host the brand new radio show for Skills Builder FM in front of either family or friends.

Decide if you would like to host the show with someone else and what the topic of the show is going to be. It can be anything you're interested in, such as sports, celebrities, news, or interviewing a special guest!

Additional challenge

Ask your listeners for feedback. For example, what did they like about your show? Is there anything you could improve for next time?

Stage based reflection questions

Getting started

- ❏ How will you make sure you communicate clearly?

Intermediate

- ❏ How are you going to engage listeners using your tone and expression?

Advanced

- ❏ How can you adapt the content of what you are saying in response to listeners reactions?

Mastery

- ❏ How will you communicate the vision of the new radio show?

Challenge 3: Future leader

Imagine you are campaigning to be your country's leading politician.

- How would you make the country a better place to live?
- What laws would you introduce?
- What problems would you tackle?

Create a speech to persuade family members to ‘vote’ for you.

Additional challenge

Ask your audience to pose challenging questions at the end of your speech. How can you respond positively to these challenges?

Stage based reflection questions

Getting started

❏ What is different about speaking to a small group rather than an individual you know?

Intermediate

❏ Thinking about the three broad types of language (formal, informal and technical), which do you think is appropriate in this context?

Advanced

❏ How can you make your speech engaging for your audience?

Mastery

❏ How will you ensure that your vision is communicated clearly?

Challenge 4: Planet home

Imagine you are providing the voice-over for a documentary about life in your household.

Go from room to room and talk about who and what is in the room as if you were the narrator of a television programme.

Think about how documentary narrators speak on television - what sort of words do they use? How do they tell stories to make them interesting?

Additional challenge

Record your voice-over and play it back to other household members to make them smile. Ask them how you could make it even more engaging and inspiring.

Stage based reflection questions

Getting started

- ❏ How do you know if you are communicating clearly?

Intermediate

- ❏ How can you use tone, expression and gesture to ensure your documentary is understood?

Advanced

- ❏ How can you make your documentary engaging for viewers and keep them watching?

Mastery

- ❏ How can you make life in your household inspiring?

Challenge 5: The mystery guest

Organise a game of 'Who am I?' with your family or friends.

Each member of the family writes down the name of a famous person and places it in a bowl.

Take it in turns to pick a name, describe the person clearly without saying their name and see if you can each guess who it is.

Additional challenge

Use a timer to see how many names people can guess in one minute.

Stage based reflection questions

Getting started

- ❏ How can you order your clues so that the secret person is easier to guess?

Intermediate

- ❏ How can you adapt your communication to what your audience might already know about the secret person?

Advanced

- ❏ How can you adapt your description based on your audience's reactions?

Mastery

- ❏ How can you ensure that you present to your audience effectively?



Problem Solving Challenges

Finding solutions to challenges

Challenge 1: Innovator

Design a uniform or sports kit that solves a specific issue.

For example, you could solve the problem of a kit being too hot, not waterproof, wearing out easily, or being too expensive.

After researching different designs, draw your creation, adding labels to explain your ideas.

Additional challenge

Research the real-world cost of these materials and create a costing sheet for a full team or class set.

Stage based reflection questions

Getting started

- ❏ How will you find the information you need to complete the task?

Intermediate

- ❏ What are the advantages and disadvantages of your chosen design?
- ❏ How did weighing these up help you to decide on your final version?

Advanced

- ❏ Why is it important to consider a range of different solutions when you are dealing with a complex problem like this?

Mastery

- ❏ If you launched this as a business, how would you evaluate whether your overall approach was successful?

Challenge 2: Celebrating a local hero

Design and build a tribute to a local hero in your village, town or city.

First, find out more about this individual, such as the problem they solved to help others during their lifetime.

With this information, design and build your tribute to this important person and their work. Will you represent them with a traditional statue or a landmark showing their achievement?

Additional challenge

Use recycled materials to create a miniature version of your statue or landmark.
Top tip: How will you make sure your structure is stable and won't fall over?

Stage based reflection questions

Getting started

- ❏ How will you know when to ask for help?
- ❏ What does it mean to get help or support?

Intermediate

- ❏ What were the advantages and disadvantages of the different designs you considered?
- ❏ How did identifying these help you pick your final idea?

Advanced

- ❏ When building your model, did you notice any patterns in which materials were the strongest or most stable?
- ❏ How did you use that logic to solve the problem of making your statue stand up?

Mastery

- ❏ Imagine you were given a budget to build this landmark for real. How would you create a strategic plan to handle potential risks, and what tests could you run to prove your design is the best solution for the town?

Challenge 3: Community champion

Research a local charity and reflect on the specific problem they are trying to solve in your community.

Think of three different ways you could raise money or awareness for this charity. For example, a bake sale, a sponsored walk, or a social media campaign.

Additional challenge

Pick your best idea and map out the steps to make it happen.

- Who needs to be involved?
- What resources (money, equipment, time) do you need?

Stage based reflection questions

Getting started

- ❏ How can you describe the problem to someone else to get their help?

Intermediate

- ❏ What are the advantages and disadvantages of your favourite fundraising idea?
- ❏ How will you identify these?

Advanced

- ❏ When comparing your three ideas, what logical patterns will help you decide which one would raise the most money?
- ❏ How do you know this?

Mastery

- ❏ If you did this again, how would you adapt your strategy to be more successful?

Challenge 4: Protecting your environment

Identify an environmental problem in an area you care about, such as littering in a local park or habitat loss for wildlife in your school grounds.

After researching a similar case from around the world (e.g. a successful river clean up) to see what solutions they used, explain three ways you could tackle the problem in your local area.

Additional challenge

Create an Action Pitch for a local leader. Explain the cause of the problem, your solutions, and why they are the most effective way to create lasting change.

Stage based reflection questions

Getting started

- ❏ How will you identify who the right person is to ask for help?
- ❏ Why is finding the right support better than trying to fix a big issue alone?

Intermediate

- ❏ When dealing with a complex issue like the environment, why is it important to consider a range of different solutions rather than just picking the first one you think of?

Advanced

- ❏ How will each part of your plan logically address the cause(s) of the environmental problem to create a positive effect?

Mastery

- ❏ What is your hypothesis (prediction) for how your solution will solve the problem and what small-scale test could you run to prove it?

Challenge 5: Tower construction

Design and build a tower that can hold a weight, like a stack of coins or a small water bottle.

Think about how you can use different shapes, structures and materials to give your tower extra strength.

Additional challenge

Improve your design so that it can hold even more weight.

Create a ‘before’ and ‘after’ diagram showing the changes you made to improve your tower’s stability.

Stage based reflection questions

Getting started

- ❏ How will you decide who the best person is to ask for help with this task?
- ❏ Why is finding the right person to help you an important step in solving a problem?

Intermediate

- ❏ What are the advantages and disadvantages of the materials you are choosing?

Advanced

- ❏ How do the different parts of your solution work together as a system?
- ❏ If you changed one small part, what effect would it have on the whole project?

Mastery

- ❏ Reflecting on your whole project, how effective was the approach you took to solve the problem?
- ❏ If you had to tackle a similar problem in the future, how would you change your strategy to be more successful?



Creativity Challenges

Using imagination and generating new ideas

Challenge 1: The creative chef



Design a three-course meal for your household.

Use your imagination to think of foods people love, but try to add a creative twist to a traditional dish.

Draw or write about what each course would include.

Additional challenge

Can you adjust the meal so it's themed, such as vegetarian options, all cold food or using seasonal ingredients?

Stage based reflection questions

Getting started

- ❏ How can you use your imagination to make the menu interesting?

Intermediate

- ❏ What different creative techniques can you use to generate ideas? For example, could you combine two foods that don't usually go together?

Advanced

- ❏ How can you adapt your menu for someone with different tastes?
- ❏ Why is it important to reflect on your ideas and improve them?

Mastery

- ❏ How does getting feedback from your 'customers' help you improve your creative vision?
- ❏ Why is a new perspective useful?

Challenge 2: Changing rooms



Choose a messy cupboard or area in your home.

Use your imagination to picture how it could look different.

Generate three new ideas for how it could be organised more effectively, then put your best idea into action to improve the area!

Additional challenge

Ask the people you live with for their feedback. How can their different perspectives help you change or improve your design?

Stage based reflection questions

Getting started

- ❏ How will you identify the problem or challenge before coming up with new ideas?

Intermediate

- ❏ How can you share what you imagine with others? Would a sketch or diagram help them understand your vision?

Advanced

- ❏ Why is it important to redraft or revise your ideas?

Mastery

- ❏ What types of creative tools might be useful in this task? (e.g. mind mapping, creating a brief, keeping an ideas log over time)

Challenge 3: Time traveller



Think about where you would like to be in 10 years' time.

- What would you like to be doing?
- Who would you like to be with?
- How would you like to feel?

Imagine different scenarios and share your ideas with friends or family. You could write or draw about what you imagine to help you share these ideas.

Additional challenge

Can you encourage a friend or family member to do the same? Are your ideas similar or totally different?

Stage based reflection questions

Getting started

❏ How can you come up with lots of different ideas and why is it important to think of more than one?

Intermediate

❏ How can you use a mind map to help you branch out your ideas and see new possibilities?

Advanced

❏ After creating your mind map, how can you redraft or change your favourite idea to make it even more exciting?

Mastery

❏ How can you support someone else to be creative?

Challenge 4: Wild designer

Create a piece of artwork using items found in nature.

You could use fallen leaves, twigs, stones, or pine cones from a garden or local park.

Use your imagination to see how these natural shapes can be transformed into a picture or a pattern.

Additional challenge

Before you stick anything down, arrange your items in at least three different ways. How many different versions of your artwork can you create using the exact same set of items?

Stage based reflection questions

Getting started

- ❏ How did you use your imagination to see a picture in a pile of leaves or twigs before you even started moving them?

Intermediate

- ❏ What creative techniques did you use to come up with your different arrangements? Did you try turning the items upside down or combining them in unusual ways?

Advanced

- ❏ Why is it important to redraft your art by moving the items around before sticking them down?
- ❏ How did your final piece change from your very first idea?

Mastery

- ❏ How could you help someone else see their materials in a way they hadn't considered before?

Challenge 5: Defying gravity



Design and build a protective holder for an egg that will stop it from cracking if it is dropped from 2 metres high.

Your aim is to generate a creative solution that fits this brief: *Do not break the egg!*

Consider which materials are strong enough to cushion the impact and how your design will keep the egg securely inside the holder.

Additional challenge

Once you have tested the egg holder, write down how you would improve it for next time.

Stage based reflection questions

Getting started

- ❏ How can you share your initial design ideas using a drawing or a simple diagram so others understand your creative plan?

Intermediate

- ❏ How did having a specific ‘brief’ (keeping the egg safe) help you come up with different ideas compared to just imagining anything without any guidance?

Advanced

- ❏ If you combined your best idea with someone else’s idea, what new and improved solution could you create?

Mastery

- ❏ Based on your testing, what creative tools or specific success criteria would you use to suggest improvements for your next version?



Adapting Challenges

Overcoming challenges & setbacks to achieve goals

Challenge 1: Adapting is my superpower



Create a poster that shows how to respond calmly to challenges or how to change a plan when things don't go as expected.

Write down words and phrases that describe these moments and draw pictures to illustrate different strategies in action, like someone taking a deep breath or coming up with a new way to finish a task.

Additional challenge

Could you develop a social media advert, a radio script, or a short story based on the poster to help others learn how to adapt?

Stage based reflection questions

Getting started

- ❏ How can you tell how you are feeling when something unexpected happens?

Intermediate

- ❏ What are some ways you can encourage others to keep going when they face a challenge?

Advanced

- ❏ When things get difficult, how can we look for new opportunities within that challenge?

Mastery

- ❏ How can we use information or feedback to change our plans effectively after a setback?

Challenge 2: The adaptability box



Create an ‘adaptability box’ to help you manage your emotions when things get tough.

Decorate your box and fill it with photos, objects, or notes that help you calm down or feel ready to try again after a setback.

Additional challenge

How could you create different versions of this box for people of different ages? What items would change?

Stage based reflection questions

Getting started

- ❏ How can you tell when someone else is feeling a strong emotion, like frustration?

Intermediate

- ❏ Why is it helpful to support and encourage others when they are facing a challenge?

Advanced

- ❏ Why should we balance looking for new opportunities with understanding the actual risks of a difficult situation?

Mastery

- ❏ How might your own emotional response to a setback affect the way you lead or support your team?

Challenge 3: Community motivator



Find a small setback in your community or school (like a club that has closed, a messy shared space, or a problem people are complaining about).

Instead of just noticing the problem, act as a motivator! Create a plan to help people see the opportunity for a fresh start. You could:

- Write or draw a suggestion for how to change a disappointing situation into a new opportunity.
- Share a short talk with your family or class about how a recent change could actually lead to something better.

Additional challenge

Interview a local hero (like a teacher, shopkeeper, or sports coach) and ask them: "What is one time a plan of yours failed, but it led to something even better?" Share their story to inspire others.

Stage based reflection questions

Getting started

❏ Besides how they look, what other clues, like their tone of voice or their actions, can tell you how someone is feeling about a challenge?

Intermediate

❏ What does it mean to ‘look for opportunities’ in a setback? Why is it helpful to do this?

Advanced

❏ What are the risks of trying to change something too quickly before you have all the facts?

Mastery

❏ When might you need to help others see new opportunities when they are stuck on a setback?

Challenge 4: Growing and moving forwards



Think about a time you faced a difficulty or challenge. For example, you might have been injured during a sports tournament or lost a team game.

Create an artwork, a poem or a short story to show how you felt at the time and how you grew from it. Use your creation to show how a setback actually helped you move forward.

Additional challenge

Share your art with your friends, family and teachers. Explain how growing from that experience helped you improve and prepare for future challenges.

Stage based reflection questions

Getting started

- ❏ Why is it important to recognise our own emotions before we try to solve a problem?

Intermediate

- ❏ How can you spot a new opportunity to learn when something doesn't go as planned?

Advanced

- ❏ What do you need to do or say so that your suggestions for changing a plan will be well-received by others?

Mastery

- ❏ How can you actively manage your reactions to best support and lead others through a high-pressure change?

Challenge 5: What if…

Think about an upcoming event that you are excited about, like a birthday party or a school trip.

Imagine you are taking charge of planning this event and create a ‘Plan B’ for three things that could change unexpectedly, for example:

- What if it rains?
- What if a guest can’t make it?
- What if there’s a problem with transport?

Additional challenge

Present your plan to your family. Ask them to suggest a surprise ‘wildcard’ challenge and see if you can adapt your plan on the spot!

Stage based reflection questions

Getting started

- ❏ How does it feel to think about things not going to plan before they even happen?
- ❏ Does having a backup plan help you feel more confident?

Intermediate

- ❏ How can having a backup plan help you to encourage and lead others if the original plan has to change?

Advanced

- ❏ How do you balance being prepared for setbacks without becoming too worried about them?

Mastery

- ❏ When a major setback happens and you have multiple options, how do you decide which ‘Plan B’ is the most effective one to use?



Planning Challenges

Setting goals and designing routes to achieve them

Challenge 1: The fitness coach



Set yourself a personal fitness goal to achieve over the next month, such as improving your running stamina or increasing the number of keep ups you can do in football.

Write a structured plan by breaking your goal down into clear, daily steps.

Decide when you will train, what equipment or space you will need, and how you will measure your progress each day. You might want to create a visual calendar or tracker for your plan.

Additional challenge

Define your specific success criteria so you know exactly when you have achieved your goal.

Stage based reflection questions

Getting started

- ❏ Before you began training, how did you decide on the very first step of your plan?
- ❏ Why is it helpful to write a goal down rather than just keeping it in your head?

Intermediate

- ❏ What specific resources (like a timer or tracking schedule) did you need to organise in advance to make sure your plan could run smoothly?

Advanced

- ❏ How did you allocate your time across the whole month? Did you build in rest days and how did you ensure your daily targets were challenging but realistic?

Mastery

- ❏ Look back at your success criteria. How do you know if you've been successful and how could you build on your plan next month to continue to make progress?

Challenge 2: Make a difference

Set yourself a challenge to make a household routine run more smoothly.

For example, you could design a new weekly chore rota, map out a better way of sorting the recycling, or create a plan to make a busy morning or evening routine run faster.

Write down a clear plan detailing the exact steps needed, the resources required, and the timeline to make life at home easier.

Additional challenge

Think carefully about which family members you need to involve to make your plan work. Set yourself clear milestones across the week to ensure everyone stays on track. How might you recognise and celebrate everyone's hard work?

Stage based reflection questions

Getting started

- ❏ How did you define what success looks like?
- ❏ How can you prove your new system worked?

Intermediate

- ❏ How did you decide which part of your project to prioritise first?
- ❏ How might changing the order of the steps make things even more efficient?

Advanced

- ❏ How can you gather feedback from others about your new plan, and how will you use their ideas to make it even better?

Mastery

- ❏ If a change happens that impacts the plan (e.g. a member of your family is away when they have a chore to complete), how will you adapt your plans?

Challenge 3: The skill exchange



Start a skill exchange with a friend or a member of your family.

Choose a skill you can teach them and one they can teach you. For example, you might teach a parent/carer how to level up in a video game, and they might teach you how to cook a specific meal.

Create a schedule for when your sessions will happen and what you want to achieve by the end of the week.

Additional challenge

Clearly define what success looks like for both of you. Create a checklist so you can measure when the skills have been successfully passed on.

Stage based reflection questions

Getting started

- ❏ How do you know if something is too difficult for you?
- ❏ What can you do if something is too difficult?

Intermediate

- ❏ Why is it important to be willing to take on new challenges?
- ❏ How did you take a positive approach to this new challenge?

Advanced

- ❏ As your skill exchange progressed, how did you gather feedback from your partner to find out if your teaching plan was working and how did you use their thoughts to improve the next lesson?

Mastery

- ❏ What would happen if your partner learnt the skill much faster than you thought?
- ❏ How would you responsively adapt your plan to make sure they were still feeling challenged?

Challenge 4: Skill builder



Set yourself a challenge to learn a new skill by following an online tutorial.

For example, you might watch a video to create a piece of origami art, or follow a digital recipe to learn a new cooking technique.

First, preview the video once through and write down a checklist of everything you need. Then, play it again to master the steps and build your skill.

Additional challenge

Ask someone in your household to watch you demonstrate your new skill and offer constructive feedback. Use their notes to plan how you will practice and improve the skill next time.

Stage based reflection questions

Getting started

- ❏ After you previewed the video to understand your task, how did you prepare?
- ❏ How did you make sure you worked with care and attention?

Intermediate

- ❏ How did you select a tutorial that had an achievable goal with the right level of challenge for you?

Advanced

- ❏ How did you plan out the resources you needed to complete the tutorial successfully?

Mastery

- ❏ Why is it helpful to seek out feedback on your progress?
- ❏ How can you get the most useful, constructive feedback?

Challenge 5: Future planning



What are your goals for your school year?

Talk or write about three things you would like to do or achieve by the end of the academic year. Try to make sure they are challenging but achievable!

Think about goals linked to different areas of your life such as school, staying active, learning something new and your hobbies.

Additional challenge

How could you measure these different achievements?

Stage based reflection questions

Getting started

- ❏ Why is it helpful to understand your current strengths before setting your goals?
- ❏ How can you make the most of your strengths?

Intermediate

- ❏ Why is it important to map out different routes to achieve a goal?
- ❏ How did you do this?

Advanced

- ❏ What resources might you need to achieve your goals in the short-term compared to the longer-term?

Mastery

- ❏ How can you use data, feedback and insights on your progress throughout the year to adapt your plans?



Leadership Challenges

Supporting, encouraging and motivating others to achieve a shared goal

Leadership Challenges

Supporting, encouraging and motivating others to achieve a shared goal

Challenge 1: What makes a great leader?



Pick an inspiring leader - like a famous history maker, a sports captain, a president, or explorer.

Investigate their leadership style and the challenges they led their team through. Then, create a poster or a short fact-file to highlight the key qualities that made them an effective leader.

Additional challenge

Look closely at how your chosen leader handled setbacks. Add a ‘top tips’ section to your poster, explaining one specific rule or strategy this leader used to keep their team motivated when things got tough.

Stage based reflection questions

Getting started

- ❏ What is the main role of a leader, and why can't a team achieve a big mission without one?
- ❏ From your research, how did your chosen leader show that they cared about their team's feelings?

Intermediate

- ❏ A big part of leadership is organising tasks and managing resources. How did this leader explain tasks clearly to their team, and how did they decide who was the best person for each specific job?

Advanced

- ❏ How has your own approach to leadership evolved as a result of your research?

Mastery

- ❏ Look at your ‘top tips’ section. Why is a leader's ability to stay calm and adapt their style during a major crisis the ultimate test of their leadership?

Challenge 2: Motivating others

Imagine you are starting your own business (for example, a café, a tech repair shop, or a community sports club).

To make it a success, you can't do everything by yourself. Make a list of at least four distinct jobs required to make your business run. Create a short job description for each role, including the top skills and character attributes needed.

Additional challenge

Look at your friends, family, or classmates. Assign a real person to each role and write one sentence explaining why their specific strengths make them the perfect fit.

Stage based reflection questions

Getting started

- ❏ How did you decide which jobs were the most important to prioritise and start with?

Intermediate

- ❏ If your 'perfect team member' was struggling in their role, how would you support and guide them without doing the job for them?

Advanced

- ❏ When you assigned people to these roles, did you pick them because they are your friends or because of their specific skills and talents?
- ❏ Why is it important to analyse individuals' strengths and weaknesses when allocating roles?

Mastery

- ❏ Imagine two of your team members have a disagreement. How would you adapt your leadership style to resolve the conflict while keeping them both motivated?

Challenge 3: The campaign leader

Identify one thing in your local area or school that needs to change. For example, more recycling bins, a safer road crossing, or a new lunchtime club.

Reflect on the different groups of people (stakeholders) you would need to get on board to make this happen. Write a two-minute speech to convince these groups that this change is necessary and explain how they can help.

Additional challenge

Design a ‘call to action’ poster that clearly tells your key stakeholders the problem, your solution, and how they can help.

Stage based reflection questions

Getting started

- ❏ When you deliver a speech, why is it helpful to share your own feelings about the project?
- ❏ Why might telling people you are 'excited' or ‘passionate’ help them to understand why the change matters?

Intermediate

- ❏ When you identified the different stakeholder groups, how did you adjust your arguments for each one?
- ❏ Why must a leader explain their ideas differently depending on who they are talking to?

Advanced

- ❏ If the stakeholders had different ideas about your project, how would you facilitate a discussion to help them reach a shared agreement?

Mastery

- ❏ How would you adapt your leadership style for each group to keep them motivated?

Challenge 4: Being inspired

Interview a leader you admire. For example, a teacher, a coach, a local business owner, or a family friend.

Write five questions to understand what makes them a good leader. You might ask how they handle difficult decisions, how they motivate their team, or how they support and develop others.

Conduct the interview and take notes on their leadership style.

Additional challenge

Create a ‘leadership manifesto’ - a list of five key rules that you believe every great leader should follow based on your interview.

Stage based reflection questions

Getting started

- ❏ What was your favourite piece of advice from the leader you interviewed and why did it stand out to you?

Intermediate

- ❏ Comparing the leader you interviewed to yourself, what is one leadership strength they have that you would like to develop in yourself?

Advanced

- ❏ What did you learn about how this leader supports and develops their team?
- ❏ How do they help others learn from their mistakes?

Mastery

- ❏ When faced with a difficult situation or a tough decision, what steps does this leader take to keep their team calm, motivated, and on track?

Challenge 5: The household captain

Gather your household together and ask everyone to suggest one fun activity for the weekend.

If there are different ideas, lead a fair process to choose between them. You might hold a vote or find a creative way to combine two ideas together.

Then, set a time and lead the activity for your group.

Additional challenge

Create a checklist of everything needed in advance. For example, note down specific ingredients, equipment, a budget, or a pre-booked table.

Stage based reflection questions

Getting started

- ❏ When you were planning together, how did you tell if someone was excited or unhappy about an idea?
- ❏ How did you use that information to lead the group smoothly?

Intermediate

- ❏ Did you give anyone a specific role to help with the activity based on what they are good at?
- ❏ Why does giving people a role make them more likely to enjoy the activity?

Advanced

- ❏ How did you manage disagreements to reach a decision that was shared by everyone?
- ❏ How did you make sure everyone felt heard?

Mastery

- ❏ Thinking about the activity, was there a specific moment where you had to adapt your leadership style to keep the group happy and motivated?



Teamwork Challenges

Working cooperatively with others to achieve a shared goal

Challenge 1: Head chefs

Work with your family or friends to create a meal together.

Have a group discussion to decide what you will make, then assign each person a different role in the kitchen (for example, chopping ingredients, stirring the sauce, setting the table, or washing up).

Work closely together to prepare the meal.

Additional challenge

As you sit down to eat the meal together, lead a quick reflection session where everyone shares one thing they think the team did well.

Stage based reflection questions

Getting started

- ❏ In a busy kitchen, why is it important to respect each other's space and take turns?
- ❏ How did you help a team member out when you finished a task before them?

Intermediate

- ❏ How did your team handle the decision-making process when choosing what to cook?
- ❏ Why is it important to listen to everyone's ideas before picking a recipe?

Advanced

- ❏ What steps can you take to make sure unhelpful conflicts or disagreements are avoided?

Mastery

- ❏ How can you evaluate your team's progress and effectiveness during this challenge?
- ❏ What is one specific thing your group could improve next time you work together?

Challenge 2: Dragon's den

Team up with three other people - these could be family members, or friends.

Imagine you are launching a brand new business together (like a theme park for pets, a futuristic space-travel agency, or a healthy snack bar designed to give children the energy to clean their rooms).

Work as a creative agency to agree on a business name, a company mission, a target audience, and a rough logo sketch. The goal is to reach an agreement that every single team member supports.

Additional challenge

Record or perform live a two-minute pitch where your agency presents the brand to an investor. Ensure every single team member has an equal turn to speak and present a different section.

Stage based reflection questions

Getting started

- ❏ How did you work well with your teammates?
- ❏ What did you do and why is it helpful to work with other people?

Intermediate

- ❏ How did you create an environment where everyone's ideas were valued and they were able to contribute to the group activity?

Advanced

- ❏ What specific strategies did your team use to resolve conflicting opinions fairly and keep moving forward?

Mastery

- ❏ Looking back at your final pitch, how would you evaluate your team's collective performance?
- ❏ What are your team's biggest shared strengths, and how could you draw on these during a future challenge?

Challenge 3: Art attack

Work with members of your family or with friends to create an artistic masterpiece.

Have a group discussion to agree on a form (for example; paint, digital art, or a sculpture) and a theme for your design.

Assign each person a different task to complete. Work together to complete the artwork and ensure your individual styles blend into one collaborative design.

Additional challenge

Work together to present the artwork to an audience, explaining the story behind your creation.

Stage based reflection questions

Getting started

- ❏ How did you take responsibility for finishing your artistic task in time?

Intermediate

- ❏ How did you contribute your own ideas and unique skills to help the group decide on the final art theme?
- ❏ What makes a contribution helpful versus unhelpful during a group discussion?

Advanced

- ❏ While creating the artwork, how did you support other team members to thrive?
- ❏ What would you do if a teammate was struggling to get their section of the art to look right?

Mastery

- ❏ What specific moments showed you were working well together as a team?
- ❏ Were there any challenges you had to overcome and how did you do this?

Challenge 4: Expedition time

With members of your household, plan a route for a walk in your local area.

Together, think carefully about how far everyone can walk, the time you have, and what you may need to wear to be comfortable in the weather.

You will need to discuss and reach an agreement on the places you want to pass (like the local park, a favourite shop, or a special building).

Additional challenge

Plan a fun team activity that you can do together during your walk - for example, feeding the ducks at a pond, a mini scavenger hunt, or a photography challenge!

Stage based reflection questions

Getting started

- ❏ When planning your route, how did your team ensure you considered everyone's fitness limits and preferences?
- ❏ Why is it important to listen to your teammates' needs before starting a group activity?

Intermediate

- ❏ How did your team share out the preparation tasks fairly (such as checking the weather, finding the map, or organising the additional challenge)?

Advanced

- ❏ If different team members wanted to walk to completely different places or do different activities, how did you handle that disagreement?
- ❏ What compromises did you make to ensure the final plan made everyone happy?

Mastery

- ❏ Thinking about the walk itself, if someone grew tired or plans had to change unexpectedly, how did your group work together to adapt and keep team morale high?

Challenge 5: Board game developers

Gather your household team to invent a brand-new board game or quiz show using a blank piece of paper, dice, and other appropriate recycled items.

Hold a meeting to agree on an exciting theme, write down three golden rules that everyone must follow, and design the board together.

Once finished, play a full round of your new game as a group!

Additional challenge

Work as a team to design the front cover artwork and a catchy slogan for your game's box.

Stage based reflection questions

Getting started

- ❏ When your team was suggesting different ideas for the game's theme and rules, how did you make sure you listened to everyone without interrupting?
- ❏ Why is listening to every idea important when starting a team project?

Intermediate

- ❏ What did you do to ensure you contributed positively to making the game a success?

Advanced

- ❏ How did your group negotiate to reach a shared agreement?

Mastery

- ❏ How did your team collectively problem-solve to respond to challenges?
- ❏ How could you improve for next time?