



The ability to set clear, tangible goals and devise a robust route to achieving them

This skill is about being able to plan effectively. Initially, this is about knowing when something is too difficult, and having a sense of what doing well looks like for an individual.

The focus is then about working with care and attention, taking pride in success and having a positive approach to new challenges. Building on this, individuals set goals for themselves, informed by an understanding of what is needed, and then be able to order and prioritise tasks, secure resources and involve others effectively.

Suggested activities to try at home to build the skill of Aiming High:

For younger children

Pick up Peas. Set your child a challenge to pick up as many peas or beans as they can with a set of chopsticks or tweezers. Have a go with them. Talk about if it is too difficult or if it is easy to do.

Set yourself a balancing challenge. You will need to decide what or how you will balance and for how long. It could be standing on one leg, balancing a book on your head or balancing a ball on your nose! Make sure it is a safe challenge, but it needs to be tricky!

For older children

Start a skill exchange with a friend or member of your family. Choose something you can teach and learn. For example, you might teach a parent or carer to play a video game, and they might teach you to cook a meal.

Set yourself a challenge to get more active. For example, you might aim to complete 20 star jumps in a row or to run a certain number of laps around an outdoor space.

For more Skills Challenges to try at home, visit:

skillsbuilder.org/homezone