



Supporting, encouraging and developing others to achieve a shared goal

At the early stages of developing this skill, the focus is on basic empathy – understanding their own feelings, being able to share them, and recognising the feelings of others.

The focus is then on managing working with others – dividing up tasks, managing time and sharing resources, managing group discussions and dealing with disagreements.

Suggested activities to try at home to build the skill of Leadership:

For younger children

Create a feelings poster. Draw a happy and sad face on a piece of paper and talk about these feelings. Encourage your child to describe how they feel and talk about your own feelings too, using the pictures as a prompt.

Look at family photos together. Look at people's faces. Talk about how they might be feeling and why.

For older children

Family Keep Fit Session. Ask your child to organise a short exercise session for the family. They will need to decide on some activities that everyone can do, how long it will take and then show everyone what to do and encourage them to join it and to follow the instructions.

Organise a family games night. Ask your child to choose some games to play, to decide how long you will spend on them and encourage them to manage any disagreements.

For more Skills Challenges to try at home, visit:

skillsbuilder.org/homezone