

Adaptable



Discover

& do

HOME LEARNING

iCAN *personal goals*

Milepost 2
Milepost 3

Adaptable



At iCAN we understand that different people, cultures and traditions might have different views. We are able to change our ideas sometimes, and accept that this might be necessary for the best outcomes and are confident in this ability to change our ideas.

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Challenge 1: Sportastic!

- Be adaptable and try a new sporting skill! Research a sport that you haven't tried before and record evidence of you doing this. It could be in the form of a video or photos.
- Were you successful? Did you enjoy it? Why or why not?



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Challenge 2: It's down to you

- Can you be adaptable and take on take on a different role in your family? Can you carry out a task that you wouldn't normally do? Check with an adult first that it is safe and you have permission.
- Can you cook a meal for the family? Do the laundry? Be in charge of the weekly shopping?
- How did it feel & what have you learnt from it?



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Challenge 3: Mix it up

- Can you do a familiar routine in a different way? For example, if in the mornings you get dressed before breakfast try getting dressed after! Did you like doing things differently or keeping them the same?
- What are the advantages or disadvantages of routines?



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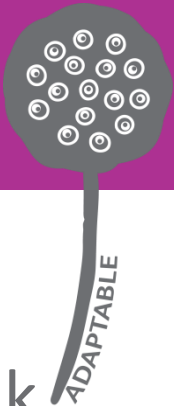
Challenge 4: Plastic Art

- Can you turn plastic rubbish into works of art?
- Collect and adapt materials for an artistic purpose.
- Here are a few suggestions:
A flower? Or maybe a lamp shade?



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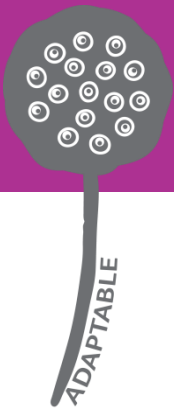
Challenge 5: Give it up!

- Can you give up the things you love for a week? Think about your daily routine and how you like to spend your free time. Do you like to read books? Do you like to play football? Play on an iPad? Eat chocolate? Why don't you stop doing one thing every day for a week and choose something different instead?
- Keep a diary of how you feel each day.



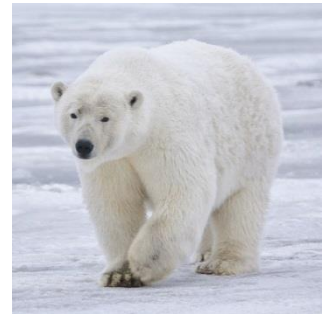
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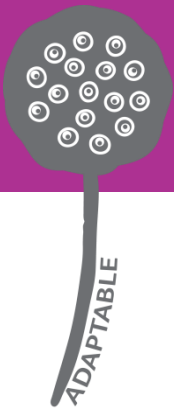
Challenge 6: Adaptable animals

- Animals have unique features which help them to adapt to their environment, for example camels have long eyelashes to protect their eyes from sandstorms and penguins have streamlined wings which help them to swim in water.
- Design your own animal (or choose one that you already know) and say how they adapt to their environment. Draw a picture and annotate each feature with explanations.



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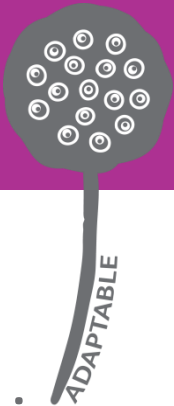
Challenge 7: New surroundings

- Discuss how a character deals with change in a story/movie.
- How would you deal with the situation? For example, Tom has moved to a new city (such as New York) because of his father's job. You could ask questions like 'What does Tom do to help him settle into his new school?' or 'What would you do if you had to live in New York? Why?' You can record your reflections in a diary entry imagining that you are the character that has to deal with change and adapt to a new city.



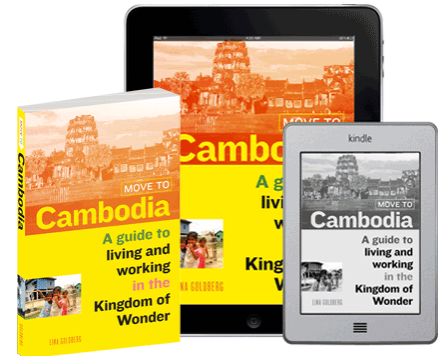
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Challenge 8: A Guide to Phnom Penh

- Can you produce a guide on how to adapt to arriving in Phnom Penh? Moving to a new place can be difficult such as dealing with a new language, currency and food.
- People need help so they can adapt to a new surrounding. Think of all that's difficult for new people arriving in the city and make a ***Welcome to Cambodia*** leaflet/book to help people settle in.



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To inspire every child to recognise their full potential, believe they can make a difference and respect themselves, others and the world in which they live.