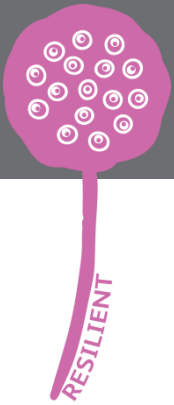


Resilient



Discover & do
HOME LEARNING

iCAN Personal Goals

Early Years
Milepost 1

Resilient



At iCAN we keep on trying when things are difficult and cope with our feelings when we might not be successful. We are able to keep going even if this happens.

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Challenge 1: Complete a Jigsaw Puzzle.

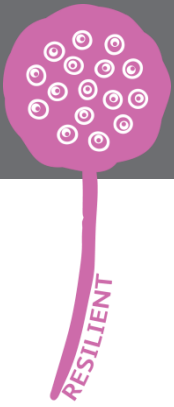


- Get stuck into a jigsaw puzzle!
- If you haven't got any at home, try one of these:
- www.thejigsawpuzzles.com



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Challenge 2: Use chop sticks all day.

- Only use chop sticks for the day to eat all your meals!
- Maybe keep a diary or include some photographs of you trying to eat some of the more difficult foods.
- Did you get quicker or better with practise?



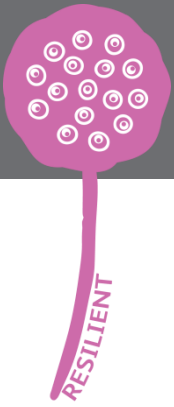
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Challenge 3: Learn How To Cook.

- Ask your family for permission to use the kitchen. Even better, get them to help you. Check out this site for some delicious child-friendly recipes:
- www.bbcgoodfood.com/recipes/collection/kids-cooking
- Remember – if your first attempt doesn't work
- be resilient and just try again!



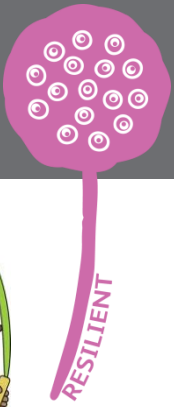


Challenge 4: Maths Puzzles

- As a family, why not try some challenging maths puzzles!
- Check out the following website for a range of fun activities...

www.nrich.maths.org/primary-lower

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Challenge 5: Learn to Skip and Hula Hoop.

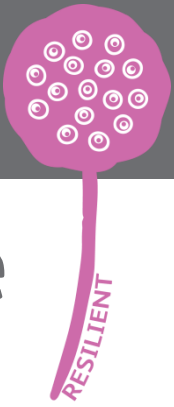


How are you at skipping? Do you find that your feet just get in the way? Challenge yourself to complete 20 skips in a row? What about 50?

If you've mastered skipping, why not try the hula hoop!

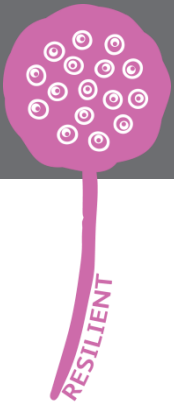


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Challenge 6: Learn a New Language

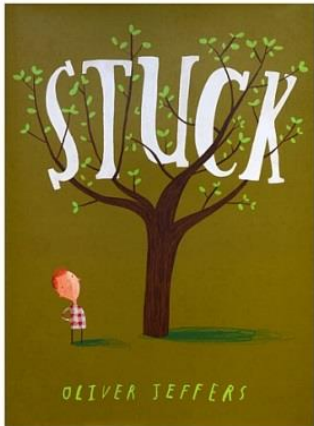
- Learning a new language is not easy. Anyone who has moved to a new country knows that it can be really tricky...and very frustrating! **You will need to be Resilient!**
- Why not learn to count to 10 in one of these languages...
GERMAN FRENCH CHINESE JAPANESE



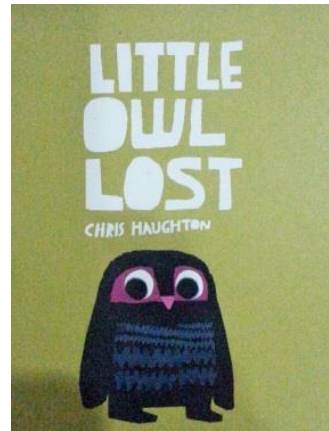
Challenge 7: Share a Story.

- As a family, share one of these stories about resilience.

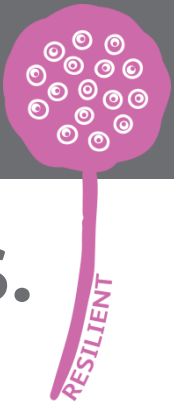
[Stuck by Oliver Jeffers](#)



[Little Owl Lost](#)



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Challenge 8: Learn to Tie Your Laces.

- Are you bored of having to ask an adult
 - to tie your shoelaces?
-
- If the answer is yes, then learn to tie them for yourself. Ask one of your family to help you.



iCAN Personal Goals

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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.