

# Resilient



# Discover

A green flower icon with a circular head containing several small white dots. A thin green stem extends downwards from the flower.

# & do

HOME LEARNING

## iCAN Personal Goals

Milepost 2  
Milepost 3

# 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.

## iCAN Personal Goals

# Resilient

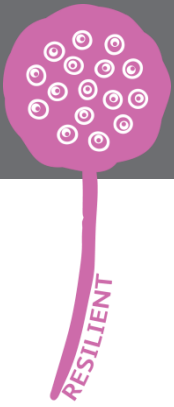


## Challenge 1 – Stressed Out!



- Think of times when you've been stressed or have lost your patience. For example, when your younger brother made a mess in your bedroom!
- Make a list of these occasions. As a family, can you think of a strategy/way to overcome each of these stresses so that in future you can stay calm and in control?

**iCAN Personal Goals**



## Challenge 2 – Helping Out at Home!

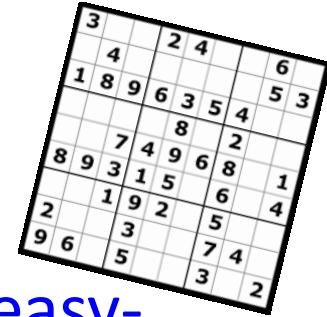
- Write a list of all the household chores that somebody does in your house. Give each of these a mark out of ten for how difficult you think these task are.
- Choose one of these jobs and try to do it for one week.
- Keep a diary of the emotions you felt.
- Did you get better as the week went on?
- Did you even enjoy helping out?



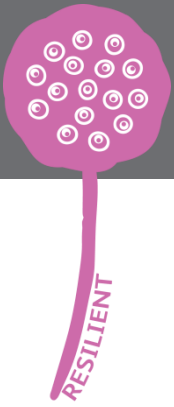


## Challenge 3 – Sudoku Master

- Why not become a Sudoku master!
- Go to: [www.sudokukingdom.com/very-easy-sudoku.php](http://www.sudokukingdom.com/very-easy-sudoku.php)
- Once you've learnt how to do it, why not search on the internet for some even trickier ones to complete.



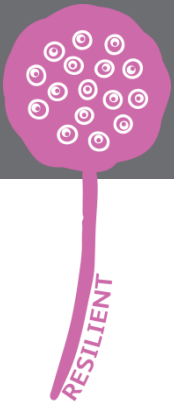
Good luck!



## Challenge 4 - Chopsticks

- Ditch your knife, fork and spoon for the week and just use chopsticks at meal times!
- Which foods do you think will be the hardest to eat?
- Did you get better or quicker with practise?





## Challenge 5 - Juggling

- Can you juggle?
- This is a skill that you can master with practise.
- Check out this video on YouTube for a simple and quick way to learn:

[www.youtube.com/watch?v=Acuaa8wFDsg](https://www.youtube.com/watch?v=Acuaa8wFDsg)



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## Challenge 6 – Learn a new skill!



- Make a list of all the things you would love to be able to do. For example, play the piano, do the butterfly stroke in the pool, learn how to trampoline etc.
- Pick one! Ask one of your family to help you, join in, or just cheer you on while you're learning...and remember that practise makes perfect!

# iCAN Personal Goals





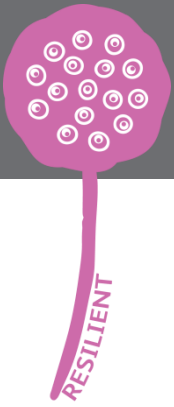
## Challenge 7 – Become a Masterchef!

- How are your cooking skills? Ever wanted to be a whizz in the kitchen? Why not learn how to cook!
- You'll need to work together as a family and you may need some extra ingredients for your recipes, so ask nicely!

- Check out this website for inspiration:

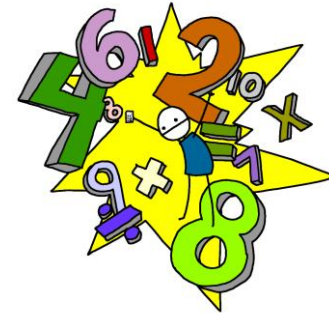
[www.bbcgoodfood.com/recipes/collection/kids-cooking](http://www.bbcgoodfood.com/recipes/collection/kids-cooking)





## Challenge 8 – Become a Mathlete!

- Check out the games ‘Power Lines’ and ‘Power Squares’ on Interactive Resources.
- [www.interactive-resources.co.uk](http://www.interactive-resources.co.uk)
- Can you progress through all of the stages to the end?
- You will need to show resilience and determination.



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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.