

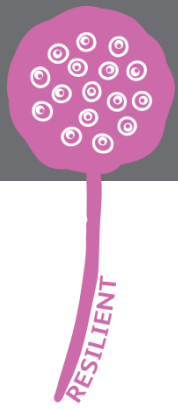
Resilient



iCAN Personal Goals

Early Years
Milestone 1

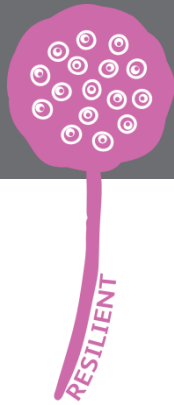
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At iCAN we keep on trying when things are difficult and cope with our feelings when we might not be successful. We are able to keep going even if this happens.

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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?

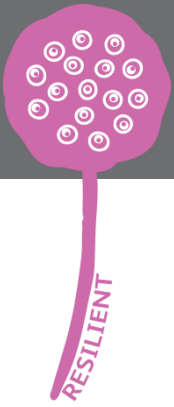




Challenge 3: Learn How To Cook.

- 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.

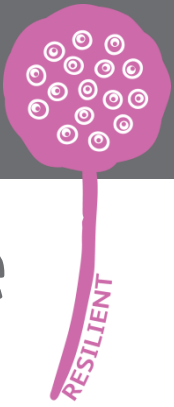


How are you at skipping? Do you find that your feet just get in the way? Challenge yourself to complete 20 skips in a row? What about 50?

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

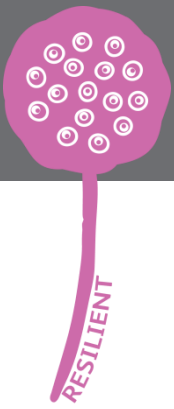


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Challenge 6: Learn a New Language

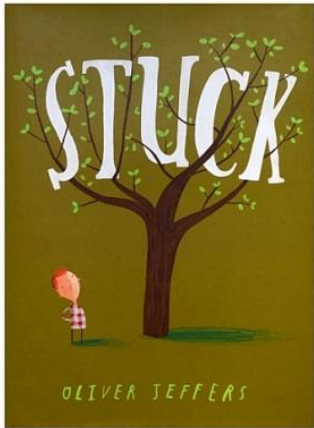
- Learning a new language is not easy. Anyone who has moved to a new country knows that it can be really tricky...and very frustrating! **You will need to be Resilient!**
- Why not learn to count to 10 in one of these languages...
GERMAN FRENCH CHINESE JAPANESE



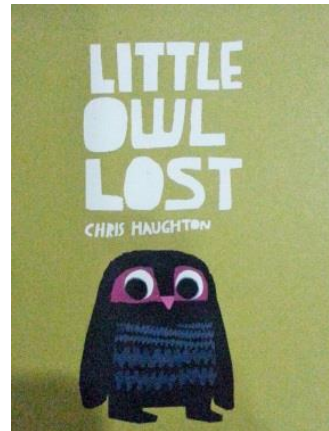
Challenge 7: Share a Story.

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

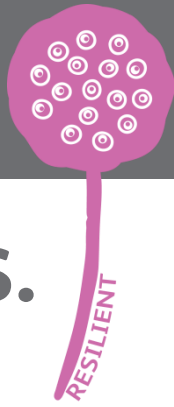
[Stuck by Oliver Jeffers](#)



[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.



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Remember to share your personal goal Challenges at:
padlet.com/ican/Resilient

Our **iCAN** personal goals
Milepost 1

Which goals are you working towards?

- THINKERS**
 - Identify and consider issues from my learning
 - Use a range of thinking skills in solving problems
 - Draw conclusions and develop my own reasoned point of view
 - Reflect on my learning my life
 - Identify my own strengths and weaknesses
- RESPECTFUL**
 - Know about the varying needs of other people, other living things and the environment
 - Respect for themselves, the needs of other people, other living things and the environment
 - Act in accordance with the needs of other people, other living things and the environment
- PRINCIPLED**
 - Develop my own feelings on what is right and wrong
 - Know about the moral issues associated with the subject I study
 - Be able to express my own personal feeling with good reasons
 - Explain reason for my actions
- COMMUNICATORS**
 - Make my meaning and intention clear
 - Use a variety of technologies to aid my communication
 - Communicate with different people things
- RISK TAKERS**
 - Know that it is ok to make a mistake
 - Learn from my mistake
 - Try new things and experiences
- ENQUIRERS**
 - Consider interesting questions related to my learning
 - Plan and carry out research related to questions
 - Collect and use evidence from my investigations
 - Use my understanding to answer other questions
- ADAPTABLE**
 - Know about different views, cultures and traditions
 - Consider and respect views, cultures and traditions of other people
 - Cope with unfamiliar situations
 - Approach tasks with confidence
- COOPERATIVE**
 - Understand that different people have different roles to play in groups
 - Choose different roles dependent on the needs of the group and on the activity
 - Work together to achieve goals
 - Resolve problems in an appropriate manner, that arise in a group setting
- RESILIENT**
 - Stick with a task until it is completed
 - Cope when things do not go my way
 - Try again when I am not successful in my act

iCAN British International School
ipc international primary curriculum

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.