

Resilient



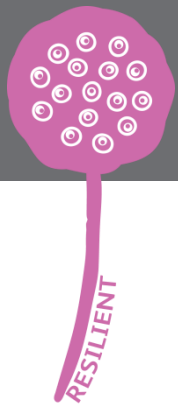
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iCAN Personal Goals

Milepost 2
Milepost 3

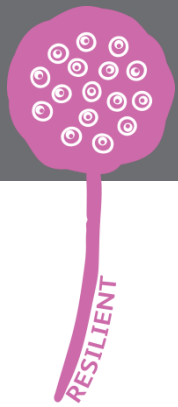
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At iCAN we keep on trying when things are difficult and cope with our feelings when we might not be successful. We are able to keep going even if this happens.

iCAN Personal Goals

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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?

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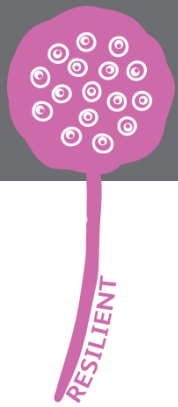
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Challenge 2 – Helping Out at Home!

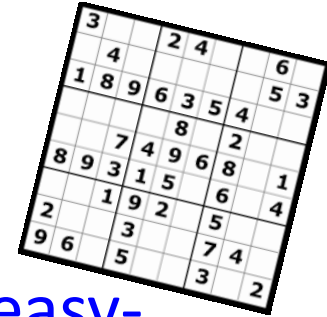
- Write a list of all the household chores that somebody does in your house. Give each of these a mark out of ten for how difficult you think these task are.
- Choose one of these jobs and try to do it for one week.
- Keep a diary of the emotions you felt.
- Did you get better as the week went on?
-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



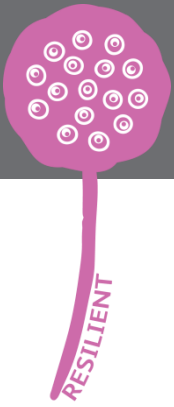


Challenge 3 – Sudoku Master

- Why not become a Sudoku master!
- Go to: www.sudokukingdom.com/very-easy-sudoku.php
- 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?





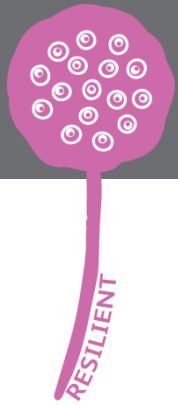
Challenge 5 - Juggling

- 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



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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!

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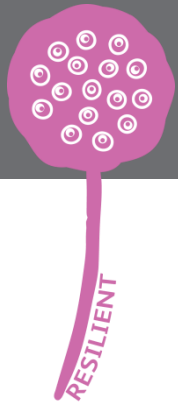


Challenge 7 – Become a Masterchef!

- 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:

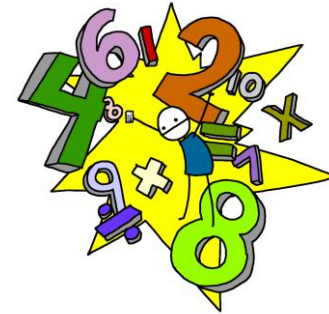


www.bbcgoodfood.com/recipes/collection/kids-cooking



Challenge 8 – Become a Mathlete!

- Check out the games ‘Power Lines’ and ‘Power Squares’ on Interactive Resources.
- 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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Remember to share your personal goal Challenges at:
padlet.com/ican/Resilient

Our **iCAN** personal goals
Milepost 3

Which goals are you working towards?

- THINKERS**
 - be able to understand and compare basic issues in their studies
 - be able to have a range of thinking skills to solve problems
 - be able to draw conclusions and develop their own reasoned point of view
 - be able to reflect on what they have learned and its importance for their own lives and the lives of other people
 - be able to identify their own strengths and weaknesses
- RESPECTFUL**
 - know about the varying needs of other people, other living things and the environment
 - be able to show respect for the needs of other people, other living things and the environment
 - be able to act in accordance with the needs of other people, living things and the environment
- PRINCIPLED**
 - know about the moral issues associated with the subjects they study
 - know about alternative moral viewpoints
 - be able to develop their own moral viewpoints
 - be able to act on their own moral viewpoints
 - be able to explain reasons for their actions
- COMMUNICATORS**
 - be able to relate their own views and opinions
 - be able to communicate in a range of different contexts and with a range of different audiences
- RISK TAKERS**
 - be willing to try new things
 - be able to embrace tasks that are outside of their comfort zones
 - be able to evaluate and balance the risks involved in a situation
- ENQUIRERS**
 - be able to ask and create questions
 - be able to plan and carry out research related to their questions
 - be able to check, evaluate and refine their investigations
 - be able to use the evidence to draw their own conclusions
 - be able to make the connections to solve issues
- ADAPTABLE**
 - be able to cope with change
 - be able to approach tasks with confidence
 - be able to suggest and explore new ideas, themes and challenges
 - be able to be flexible in thinking
- COOPERATIVE**
 - understand that different people have different roles to play in groups
 - be able to accept different roles dependent on the needs of the group and on the activity
 - be able to work alongside and co-operate with others to produce solutions and achieve targets
 - be able to resolve conflicts, in an appropriate manner, both alone and in group settings
- RESILIENT**
 - be able to stick with a task until it is completed
 - be able to cope with the disappointment that comes when they are not successful in their activities
 - be able to try again when they are not successful in their activities

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.