

Skill activity inspiration

Verbal communication

- Tell someone a story (it could even be about what you did yesterday).
- Have a conversation.
- Make a phone call.
- Order a takeaway over the phone.
- Write a speech pretending that you are the Prime Minister.

Decision and problem-solving

- From items in the cupboards and fridge, plan meals for your household.
- Have a go at puzzle solving apps.
- Create an escape room in your bedroom.

Listening

- Listen to your favourite podcast and tell others five interesting points from it.
- Ask a member of your household to tell you about their earliest memory, then repeat the story back to them.

Organisation

- Help to do the online food shop.
- Tidy your room.
- Sort and label an area in the home that will make life easier for your household.

Planning

- Plan your next family day out (when lockdown rules relax).
- Plan meals for the following week and create a detailed shopping list.

Time management

- Make a plan for day. Make a do to list and try to finish all tasks in set times.
- Plan someone else's day (include everything that they want to achieve).

Creativity

- Design a boardgame for you and your family to play.
- Create motivational posters to place around the house.

Building relationships

- Learn three new things about someone in your household or family. You could ask them in person, via phone or virtual communication.

Written communication

- Write a letter to the Prime Minister about your experience of lockdown. Explain what you have learned about yourself and how you have coped with the change.

Research

- Use books, the internet or ask members of your household to make a list of ten to twenty facts about a subject you're interested in, things that people might not know.