



educational

personal skills

Choose three out of the five options, or come up with your own, and complete a list of related activities. Use the example checklist, working on the tasks in any order and checking them off when completed, or create your own with tasks that are tailored to the needs of your own young people. However you choose to present the activities be sure to make them fun and interesting – for example by adding the element of competition, e.g. ‘which team can iron all the shirts in the shortest time?’

WEEK ONE – Introduction

You will need: checklists (blank or copies of the sample one)

Choose which themes you will look at for the next 5/6 weeks and discuss what tasks you might complete in that time – this is a chance for your young people to contribute to the syllabus and have their say in what they will be doing.

Clothes - taking care of your clothes

You will need: unwanted clothes, buttons/sequins, needles & thread, fabric paints

Most young women love their clothes and keeping up with the latest trends... choose activities that will encourage them to take care of their favourite clothes, introduce new ways to ‘recycle’ old items of clothing and look at fashion is a different way

Examples include, using fabric paints to “recycle” unwanted clothes, sewing on buttons to decorate a plain bag (you can buy these from craft catalogues or make your own), doing a “washing instructions quiz”.

Streetwise – taking care of yourself

You will need: street-safe information, sample personal alarms,

How to keep yourself safe when out and about – it might be an idea to invite your local community police officer to take a session with your young people; your local community police will have lots of resources you can use.

e.g. www.lewisham.gov.uk/PolicingAndPublicSafety/SafetyAdvice/StayingSafeStreets.htm

http://www.spired.com/guide/activities/streetsmart_main.htm

Transport – getting yourself from A to B

You will need: maps, guides, train timetables, access to the internet (if possible)
Navigating public transport systems can be a challenge so this task looks at how to read a train timetable, a tube or bus map and could include the use of the internet to research journeys and buy tickets

Get the young people to work in teams to find the quickest, cheapest and shortest way to get from one location to another – you could even take them out to make the journey?!

Catering – preparing a simple meal for a group of people

You will need: sample menus, equipment/ingredients for cooking, card/pens etc
Design a menu and invitations tailored to the group you intend to invite (e.g. your parents, a few friends, your group at GB)

Discuss any changes you may have to make to accommodate for food allergies, vegetarians, different religious diets etc.

Communicating – learning how to communicate in different circumstances

You will need: examples of letters, emails, possibly a recorded phone conversation

Communicate with a variety of different audiences – try, for example, writing a letter of complaint, replying to a job advert by email, answering a business phone call.

Encourage your young people to use a wide variety of writing style and vocabulary.