

Challenge: Try Your Best!

Trying your best is important. It might be with your schoolwork or homework or it might be trying your best at a club or activity. Trying your best is important when you're at home too – being kind, keeping your bedroom tidy, helping out with jobs around the house, or even just being on your best behaviour. Trying your best is just that – YOUR best, no-one else's. Some people find things easier than others, so their best might not be as good as yours. Their best might be even better than yours but that doesn't matter. Trying your best is important, and it's important to feel proud of yourself for that. Here's a challenge for you to set your own targets and try your best to meet (or even beat) them.

Step 1: Think about something you would like to challenge yourself with. It might be something to do with fitness (e.g. how many star jumps or sit ups can you do in 1 minute?), or it could be helping around the house, or keeping your bedroom tidy, or even reading books!

You will need:

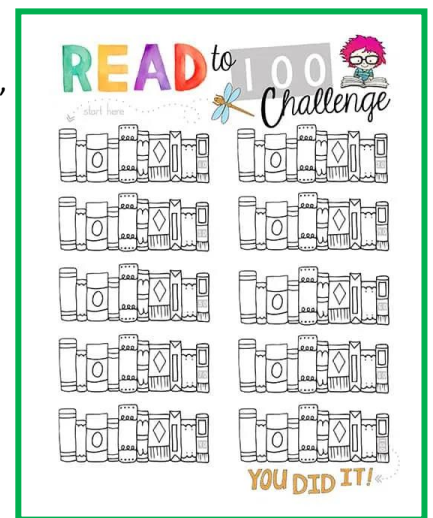
- Paper or card
- Pencil, crayons or craft items

Step 2: Think about how you might achieve your challenge. It won't be easy (otherwise it's not a real challenge!), so make it easier to achieve by breaking it down into steps. For example, could you increase the number of star jumps or sit ups by 5 every day? Could you increase the number of times you do your job to help around the home, or even add extra jobs to your list each day or week? Could you tidy a different area of your bedroom each day? Could you read an extra page of a book each day?

Step 3: Now it's time to get creative! Find some paper or card (recycled is fine), and make your very own challenge chart. Think of a name for your challenge and write it at the top. Think of how you could show your progress towards achieving your target – perhaps steps on a ladder or a row of smiley faces or some blank stars to colour in one by one? Make it bright and colourful and when you've finished, put it somewhere so you'll keep seeing it, to remind yourself of your challenge and most importantly, your progress towards it!

Step 4: Start your challenge! Remember to record your progress as you go. Don't worry if you find it hard at first – that's what a challenge is all about! Remember to celebrate each step of progress and don't be afraid to go back a step if you need to.

Step 5: A few days in, sit down with an adult and look at your progress. Talk about why you are proud of yourself, and how you feel about your challenge. You could do this again at the end when you're SUPER proud of yourself! Remember to reward yourself too and keep thinking about how you achieved your challenge!



Which skills will I be developing?

Main



Additional



Skills Builder
PARTNERSHIP

