



# ADVENTURES OF SURVIVAL

HAVE YOU GOT  
WHAT IT TAKES?



Written by  
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## Adventure Overview

THROUGHOUT THIS SET OF TASKS, ADVENTURERS WILL LEARN THE BASIC SKILLS OF SURVIVAL.

The combination of these learnt skills will then be put to the test within missions. This will offer Adventurers the opportunity to practice and develop their leadership and **RESPECT** character trait abilities.

## Adventures In This Series...

ALL YEAR GROUPS WILL NEED TO MASTER THESE TASKS IF THEY ARE TO SUCCEED IN THE MISSIONS SET BY COMMANDO JOES.

Each task within this short selection of adventures can be repeated and differentiated accordingly!

### PRACTICE MAKES PERFECT.

Skills will be learnt within these adventures that can be applied over and over again during the missions.

Can the pupils refine and improve their skills? This may be in;

- SPEED OF TASK COMPLETION
- PROFICIENCY
- LEADERSHIP
- ADMINISTRATIVE ABILITY.

The focus of your adventures can be whatever qualities your team has identified as a need to consolidate!

OVER TO YOU! Enjoy and be careful!

## RESPECT Character Traits

ALL CHARACTER TRAITS COVERED WITHIN THIS SET OF MISSIONS:

Target character traits:



### ADVENTURER SKILLS LEARNT

- Maintaining standards of personal hygiene, physical & mental health
- Creating a shelter to survive changing conditions
- How we see in the dark
- Surviving the Wilderness!
- To know your strengths, limitations and how to improve

### SUGGESTED OUTCOMES

- To know and understand the importance of personal hygiene
- To know how to keep ourselves healthy both physically and mentally
- To be able to work as part of a team, sharing ideas and listening to others
- To build resilience & to keep on trying through adversity

- To understand what good communication is
- To improve self-regulation strategies and self-efficacy
- Introduction to the qualities of good leadership



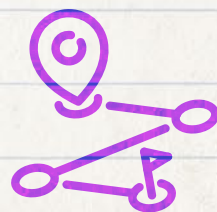


# Adventure 1: Self Survival

MAINTAIN STANDARDS OF PERSONAL HYGIENE / PHYSICAL & MENTAL HEALTH

YOU COULD BE OUT IN THE WILDERNESS FOR WEEKS, MONTHS OR EVEN YEARS. IT DEPENDS ON THE ADVENTURE YOU ARE EMBARKING UPON.

You may think personal hygiene when out in the jungle, desert, wilderness etc doesn't matter. Who will see you anyway? But our bodies and minds must be looked after, just as we would look after our car. Failure to look after yourself could result in sickness, fatigue and other ailments. This could mean failure to succeed in your mission, or becoming a burden to your team.



## AMAZING FACTS!!

- DID YOU KNOW THAT ED STAFFORD WAS THE FIRST PERSON TO WALK THE LENGTH OF THE AMAZON RIVER, TAKING HIM 2 YEAR AND 4 MONTHS (860 DAYS)?
- LEVISON WOOD WALKED FOR 9 MONTHS DOWN THE RIVER NILE, AND WENT ON A SIX MONTH JOURNEY ACROSS THE HIMALAYAS.
- SIR RANULPH FIENNES AND CHARLES R. BURTONS TRANSGLOBE EXPEDITION TOOK 14 MONTHS.
- DID YOU KNOW THAT ANTARCTICA IS THE WINDIEST, HIGHEST AND DRIEST PLACE ON EARTH?
- IN THE AMAZON RAINFOREST TEMPERATURES ARE AROUND 33°C DURING THE DAY AND FALL TO 18°C AT NIGHT.
- DESERTS COVER ABOUT 20% OF THE EARTH.



# RESPECT Character Traits

Target character traits:



## ADVENTURER SKILLS LEARNT

- To learn about the importance of personal hygiene and how to maintain this in the wild
- To stay healthy both physically and mentally.

## SUGGESTED OUTCOMES

- To show self-awareness and be positive in times of challenge
- To know and understand the importance of personal hygiene
- To know how to keep ourselves healthy both physically and mentally

## LINKS TO OTHER LEARNING

- How would you cope for the duration of your expedition with no phone, i-pad?
- How would you deal with the boredom and tiredness? Link to Mindfulness and other ways to maintain a healthy mindset.
- Conflict during such a long and arduous expedition is inevitable. How do you deal with this to continue on the journey harmoniously?
- Basic First Aid. How to deal with an injury.
- Natural self-aid. How to create a first aid kit using only items you have with you.
- GEOGRAPHY; planning the trip using maps, globes, compass skills etc.
- SCIENCE; the human body, hygiene, impact of diet and exercise.
- Disease and illnesses around the world & medicines.





# Adventure

PLANNING IS AN ESSENTIAL PART OF ANY EXPEDITION.

BEFORE YOU EVEN THINK ABOUT EMBARKING UPON YOUR ADVENTURE, DO YOU KNOW WHAT WEATHER CONDITIONS YOU ARE GOING TO FACE AND WHAT EQUIPMENT YOU MAY NEED? WHAT FOOTWEAR WILL YOU NEED? HOW WILL YOU STAY WARM/COOL? WHERE WILL YOU SLEEP...

AND IMPORTANTLY, HOW WILL YOU LOOK AFTER YOURSELF?

In the wilderness it is extremely important to look after yourself as you may be a very long way from Doctors or Hospitals. You may think it would be OK to miss cleaning your teeth, or changing your socks whilst out on your adventure. But not cleaning your teeth can lead to tooth decay and there are no dentists in the jungle. If you injure yourself or sustain a wound, why is it important to ensure the wound is kept clean? Research about disease and illnesses around the world, and how they differ to the UK. How do we prevent disease e.g. injections.

- Wearing clean socks every day and keeping dry feet is so important. How could you look after your feet to ensure that you don't get blisters, or ingrowing toe nails? What other injuries could you sustain to your feet?
- It is important to wash daily, with special attention to the arm pits and groin. These areas of the body are warm and moist and if they are not washed regularly fungus will grow.
- Remember that the different weather conditions will be need to be planned for. How will you maintain body temperature in cold weather? How will you avoid dangers such as heat exhaustion, sun stroke and sunburn in hot weather?

## SUGGESTED ACTIVITIES

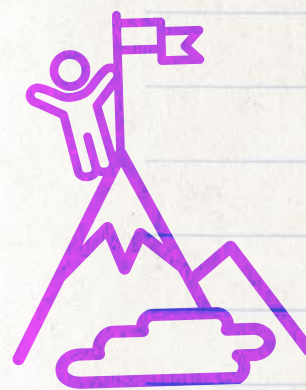
- Make a poster of how to maintain personal hygiene at home and the differences to the wilderness; Toothpaste (using natural substitutions), looking after wounds (using leaves etc), washing hands (making soap), distilling water.
- Make your own soap to take with you on your adventure.
- PHYSICAL HEALTH; physical boot camp to look at the effects of exercise on the body, discuss ways of keeping fit and healthy in the jungle, design an outdoor gym using natural resource that could be found in the wilderness, write and participate in own physical exercise regime for a period of time and maintain a diary e.g. a week.
- MENTAL HEALTH; do some mindfulness activities e.g. breathing exercises, eating mindfully, talking about your own emotions and how we can affect the emotions of others, maintain a gratitude diary, how to maintain happy and positive thoughts at times of adversity, prepare a jar of positive messages for the team to take with them on their trip. Discuss the power of the brain and how it can affect our mood. Take part in activities such as yoga. How can we lean on our team mates and how can we support others when they need it?

## CHALLENGE

- Give pupils a scenario e.g. they are in the jungle how would they keep clean
- Get the pupils to debate in small groups or individually
- Change the topic to something more controversial or harder to discuss

## SUPPORT

- Show pupils past live debates online
- Hand out resource cards
- Adult support



## DE-BRIEF:

- Discuss the importance of looking after yourself e.g. if we get blisters/wet feet. What can you do?
- What would you pack to make sure you stay healthy/clean?
- How would you ensure positive mental health of both you and your team mates?
- Why is it important to change your socks daily?
- Why is it important to listen to a person when they are talking? Did anyone talk when the other person was? How did it make you feel?
- What makes a good team?



# Adventure 2: Shelter Survival

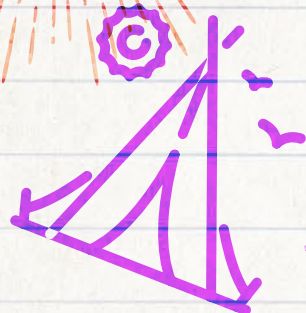
SURVIVE THE CHANGING WEATHER CONDITIONS BY CREATING A SUITABLE SHELTER

WHILST ON YOUR ADVENTURES YOU ARE GOING TO NEED SHELTER TO SURVIVE.

It may need to protect you from the weather, or maybe even predators! You may not have everything that you need to build a shelter and it may only need to last one night, so creativity will be the key. There are some basic DO's and DON'Ts that you must remember.



AMAZING FACTS!!



- DO YOU KNOW WHAT THE FIRST SURVIVAL SKILL IS? - POSITIVE ATTITUDE.
- YOU CAN HAVE A SINGLE SIDED SHELTER.
- TEMPERATURES CAN DROP TO BELOW ZERO AT NIGHT.
- YOUR HEAD LOSES A LOT OF HEAT, SO MAKE SURE IT IS COVERED UP!
- HYPOTHERMIA OCCURS WHEN THE BODY LOSES HEAT FASTER THAN IT PRODUCES IT, AND CAN BE FATAL.
- DID YOU KNOW THAT MORE THAN 250,000 PEOPLE ARE HOMELESS IN THE UK?
- COUNCILS SPEND OVER £1.15 BILLION ON HOMELESSNESS SERVICES EVERY YEAR IN THE UK.
- THE CAPITAL, MANILA, HAS THE LARGEST HOMELESS POPULATION OF ANY CITY IN THE WORLD - 3.1 MILLION.

# RESPECT Character Traits

Target character traits:



## ADVENTURER SKILLS LEARNT

- To know how to create a range of shelters according to the need, and changing conditions.

## SUGGESTED OUTCOMES

- To know how to build a shelter to survive
- To be able to work as part of a team, sharing ideas and listening to others
- To build resilience & to keep on trying through adversity
- To have empathy for those without a home

## LINKS TO OTHER LEARNING

- GEOGRAPHY/ PSHE: World poverty, Humanitarian aid and third world countries.
- Homelessness in the UK and your nearest city.
- How people build shelters in the UK as a home.
- SCIENCE: the effects of extreme cold and heat on the body. Dangers of swimming in cold waters etc.
- PSHE: working as part of team and living in confined areas. The effect of this on mental health and the importance of maintaining a positive attitude.
- LITERACY: diary writing as a homeless person
- ENTERPRISE/CHARITY: raising money for the homeless.
- DESIGN AND TECHNOLOGY: Design, make, evaluate shelters. Strength of shapes e.g. triangle
- Dangers of sleeping rough/in the wild. Importance of sleep for positive mental health.





# Adventure

ALL AROUND THE WORLD PEOPLE ARE LIVING IN SHELTERS; HUMANITARIAN, HOMELESSNESS, SOLDIERS IN THE FIELD ON OPERATIONS AND EVEN CAMPERS!

You are going to learn a range of different shelters that you could build to ensure that you would survive in the wild. Throughout the missions with Commando Joes, you will need to build shelters for different conditions, on different terrains! So these skills will be imperative to the success of your ongoing journey with Commando Joes.

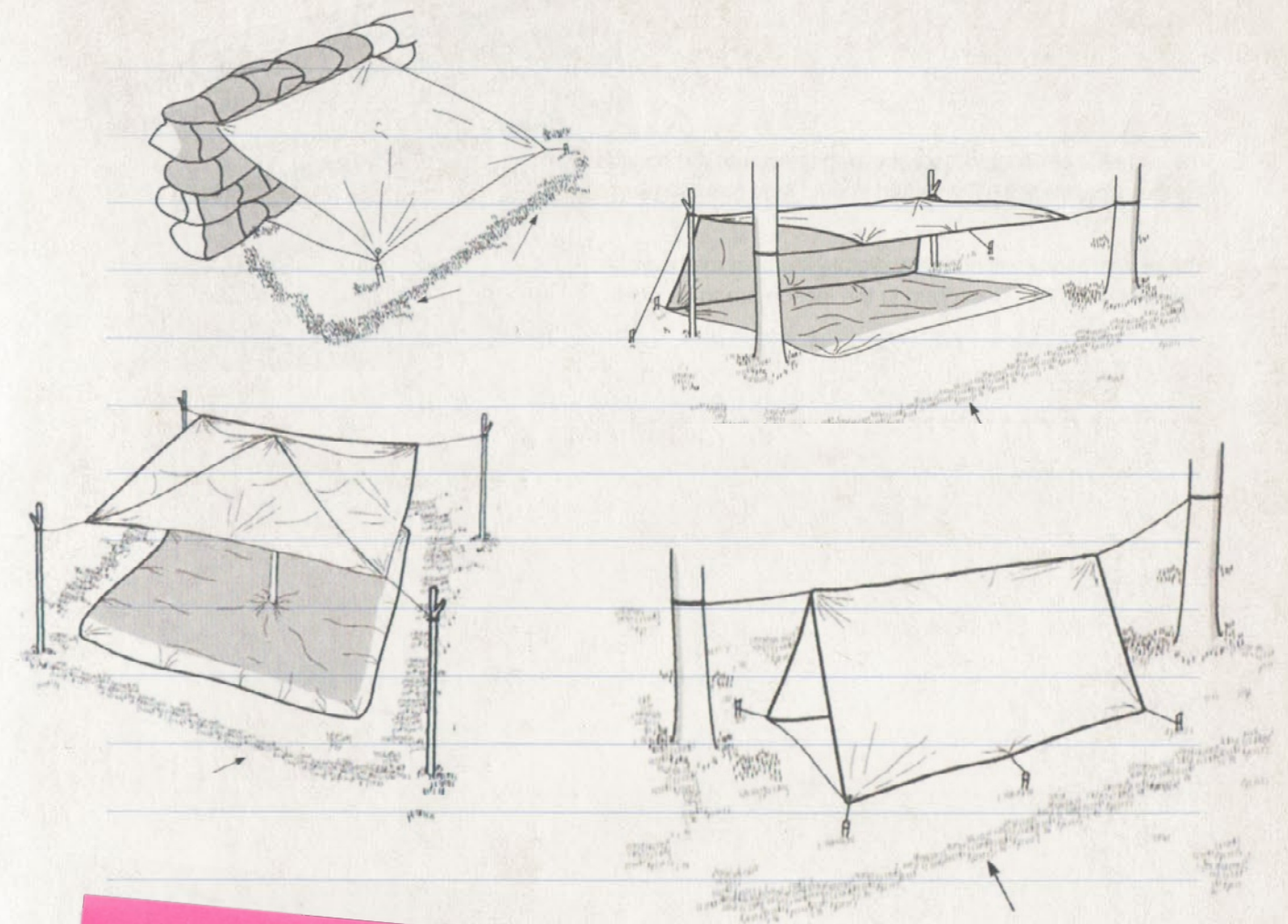
In your teams you must look at the land you have (school grounds) and find the perfect spot for your team's shelter. The choice of where to build your shelter is important.

- Are there any trees that are likely to fall in high winds?
- Is the ground covered in bugs and insects? You may need to ensure your shelter is off the ground to avoid any nasty bites.
- The open end of your shelter must be facing the opposite direction to the wind and rain (if possible).
- Dig a small storm drain around your shelter to take away any surface water

## AVOID THESE PLACES TO BUILD YOUR SHELTER:

- ANYWHERE THE GROUND IS DAMP
- ON MOUNTAINTOPS AND OPEN RIDGES WHERE YOU ARE EXPOSED TO THE COLD WIND
- IN THE BOTTOM OF NARROW VALLEYS WHERE COLD COLLECTS AT NIGHT
- RAVINES OR WASHES WHERE WATER RUNS WHEN IT RAINS

Use the ponchos in your CoJo boxes to create the perfect shelter. And use your creativity to use anything else that you may be able to find!



## CHALLENGE

- Ask the pupils to change location and build another shelter
- Blindfold a team member
- Put a time limit in place
- Pupils have to scavenge for equipment before they can build
- Go to a local park or forest

## DE-BRIEF:

- Review the different types of shelters dependant on need/terrain/weather conditions etc.
- Why is it important to be off the ground? Does it matter which way the wind is blowing?
- Will you survive the night? Or maybe it is surviving the cold. Or maybe even for shade from the blistering sun?

## SUPPORT

- Have a shelter already set up as an example/ half built to complete
- Print out the shelter designs for pupils to look at whilst building
- Show pupils different types of shelters in UN camps across the globe





# Adventure 3: When Darkness Falls

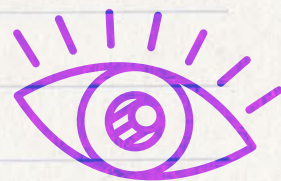
WHY THINGS ARE SEEN AND HOW DO WE SEE IN THE DARK?

AS ADVENTURERS YOU MAY HAVE TO TRAVEL AT NIGHT TIME, IT CAN BE DANGEROUS SO YOU NEED TO BE ABLE TO SEE OBJECTS IN THE DARK!

Firstly you need to learn how we see things. There are 6 ways to do this!

1. **Shape** - The outline of an object
2. **Silhouette** - Any object that stands out in its background is visible
3. **Surface** - If the objects surface contrasts with its surroundings it can be seen
4. **Shadow** - In sunlight objects cast shadows look out for this
5. **Spacing** - Natural objects are never equally spaced, regular means is human made!
6. **Movement** - The eye is attracted to movement, especially sudden movement.

- WHILE A FINGERPRINT HAS 40 UNIQUE CHARACTERISTICS, AN IRIS HAS 256.
- NEW BORN BABIES CAN SEE IN BLACK, WHITE AND RED.
- YOUR EYES GROW A GREAT DEAL IN THE FIRST TWO YEARS OF LIFE AND ANOTHER GROWTH SPURT OCCURS AGAIN DURING PUBERTY.
- YOUR EYE MUSCLES ARE THE FASTEST MUSCLE IN YOUR BODY.
- THE MOST COMMON EYE COLOUR IN THE WORLD IS BROWN.
- TEARS HELP TO PROTECT OUR EYES FROM INFECTION.
- WE ACTUALLY SEE THINGS UPSIDE DOWN AND OUR BRAIN TURNS THE IMAGE THE CORRECT WAY UP.
- THERE ARE COLOURS THAT ARE TOO COMPLEX FOR THE HUMAN EYE TO COMPREHEND.



# RESPECT Character Traits

Target character traits:



## ADVENTURER SKILLS LEARNT

- To introduce visual training, how we see things and how we see in the dark

## SUGGESTED OUTCOMES

- To know how the eye works and how we can see in the dark
- To be able to work as part of a team, sharing ideas and listening to others
- To build resilience & to keep on trying through adversity
- To understand the importance of good communication (especially when you cannot see much!)

## LINKS TO OTHER LEARNING

- **SCIENCE**; how we see things, how light travels. How the eye works.
- Looking after yourself, and your eyes
- How glasses work
- Importance of looking after your eyes when using technology for long periods of time e.g. playing computer games
- **PSHE**; empathy for those suffering from visual impairment
- **LITERACY**; diary writing as someone that has visual impairment
- **GEOGRAPHY**; what time does it go dark around the world/ different time zones/different seasons e.g. what time does it go dark in winter in comparison to the summer





# Adventure

HOW WE SEE THINGS, AND HOW WE SEE THINGS IN THE DARK ARE IMPORTANT TO BEING SUCCESSFUL ON OUR MISSIONS.

If we cannot see, good communication and team work becomes imperative to succeed in a mission.

In your teams put on blindfolds and adjust to no light, then try to see things in dark.... Try to then communicate to each other in the dark!



## \*EXTENSION TASK

- Make some night vision goggles.
- Research further into how the eye works

## CHALLENGE

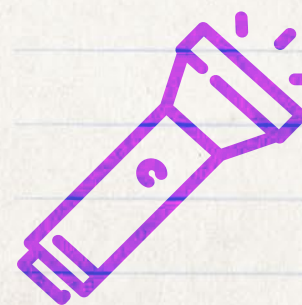
- Pupils need to place blindfolds on as a whole class, then navigate back to class (one leader not blindfolded.)
- Place objects in the hall with the 6 methods and see if pupils can tell what the objects are
- Get some pupils to demonstrate the 6 ways

## SUPPORT

- Have the objects in the classroom before they go into the hall
- Adult demonstrates the 6 ways i.e. move across hall really fast in daylight /stand in a shadow
- Show the pupils the pictures of the 4 examples as support
- Let pupils close just one eye
- Keep objects closer

## DE-BRIEF:

- Darkness can be frightening, how can you work as a team to support one another?
- How can you ensure your whole team stays together?
- What senses are stimulated when you have no vision?



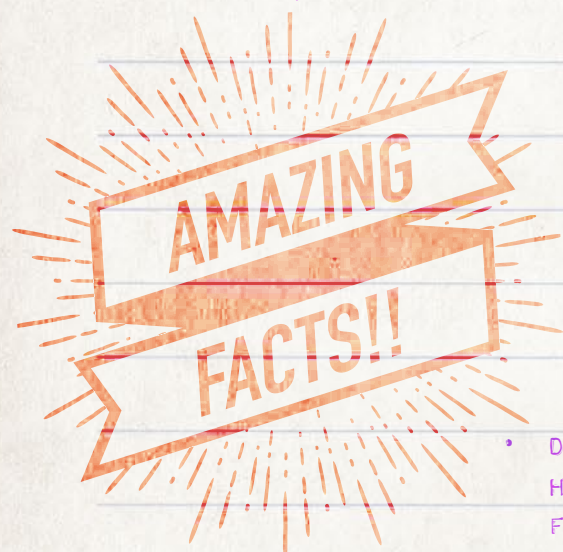


# Adventure 4: Survive The Wilderness

FINDING FOOD, AND FILTERING WATER TO SURVIVE

YOU CAN LAST 3 WEEKS WITHOUT FOOD  
BUT ONLY 3 DAYS WITHOUT WATER!

On your adventures you may need to find food and filter water so it's clean to drink. You should drink between 6-8 glasses of water each day and eat 5 pieces of fruit and veg! That's a lot when you are exploring.



- DO YOU KNOW THAT INSECTS AND BUGS ARE HIGH IN PROTEIN AND ARE GREAT SURVIVAL FOODS (NOTE: ENSURE PUPILS KNOW THAT THIS IS DANGEROUS UNLESS WITH FULLY TRAINED SURVIVAL EXPERT!)



- MOST HYPOTHERMIA CASES DEVELOP BETWEEN 30 TO 50 DEGREES.
- WHEN 1% OF THE TOTAL WATER WEIGHT OF A PERSON'S BODY IS LOST, THE PERSON WILL FEEL THIRSTY.
- THE BODY LOSES HEAT 25 TIMES FASTER IN WATER THAN IT DOES IN AIR.
- 3 IS THE UNIVERSAL SIGNAL NUMBER FOR DISTRESS. BLOW A WHISTLE 3 TIMES TO SIGNAL YOU NEED HELP.
- 3 IS THE NUMBER OF PEOPLE YOU SHOULD TELL WHEN GOING ON AN ADVENTURE.

# RESPECT Character Traits

Target character traits:



## ADVENTURER SKILLS LEARNT

- Surviving the dangers of the wilderness, through finding food that is safe to eat and filtering water.

## SUGGESTED OUTCOMES

- To be able to work well as a team
- To know what skills are needed to be a good leader
- To be positive even in challenging situations to maintain a positive mental attitude



## LINKS TO OTHER LEARNING

- SCIENCE; food plate science, healthy eating, balanced diet, effect of nutrition and exercise on the body
- SCIENCE; adaptation e.g. camels and water
- Filtering water. Importance of drinking clean water. Importance of drinking water and the effect fizzy drinks can have on teeth etc.
- PSHE; food banks in the UK, how to make a nutritious meal with limited money
- Charity; how charities help those that need it
- Enterprise; support local charities to raise money
- Dangers of being in the wilderness/away from home. Importance of adults knowing your location
- What to do in the event of danger, e.g. 999 / 101 linked to hoax calls
- Maintaining positive mental attitude-mindfulness exercise/yoga



# Adventure

HOW TO FIND FOOD IN THE WILDERNESS?  
IF YOU DON'T PREPARE FOOD AND WATER IN  
THE WILDERNESS IN A HYGIENIC WAY THEN YOU  
CAN BECOME VERY POORLY!

Imagine drinking dirty water. If you fell ill then you would be a liability to the rest of the team.

How do you find/filter water e.g. if really stuck you could use bit of clothing. What to look out for in water e.g. Is it fresh running or stagnant? What is stagnant water? How long can someone last without water/food?

## TOP TIPS

- Try and clean your hands before preparing food or eating
- Only eat things when you know where they have come from i.e. don't eat something you have found
- Clean all your plates, knives and forks or spoons
- Always keep your food area clean and place rubbish outside in a bin or away from your camp
- Try and filter the water with clean fabric or use a Milbank bag
- As a last resort if you find dirty water and that's all you have boil it for at least 10 mins and take out any visible bits you can see

## CHALLENGE

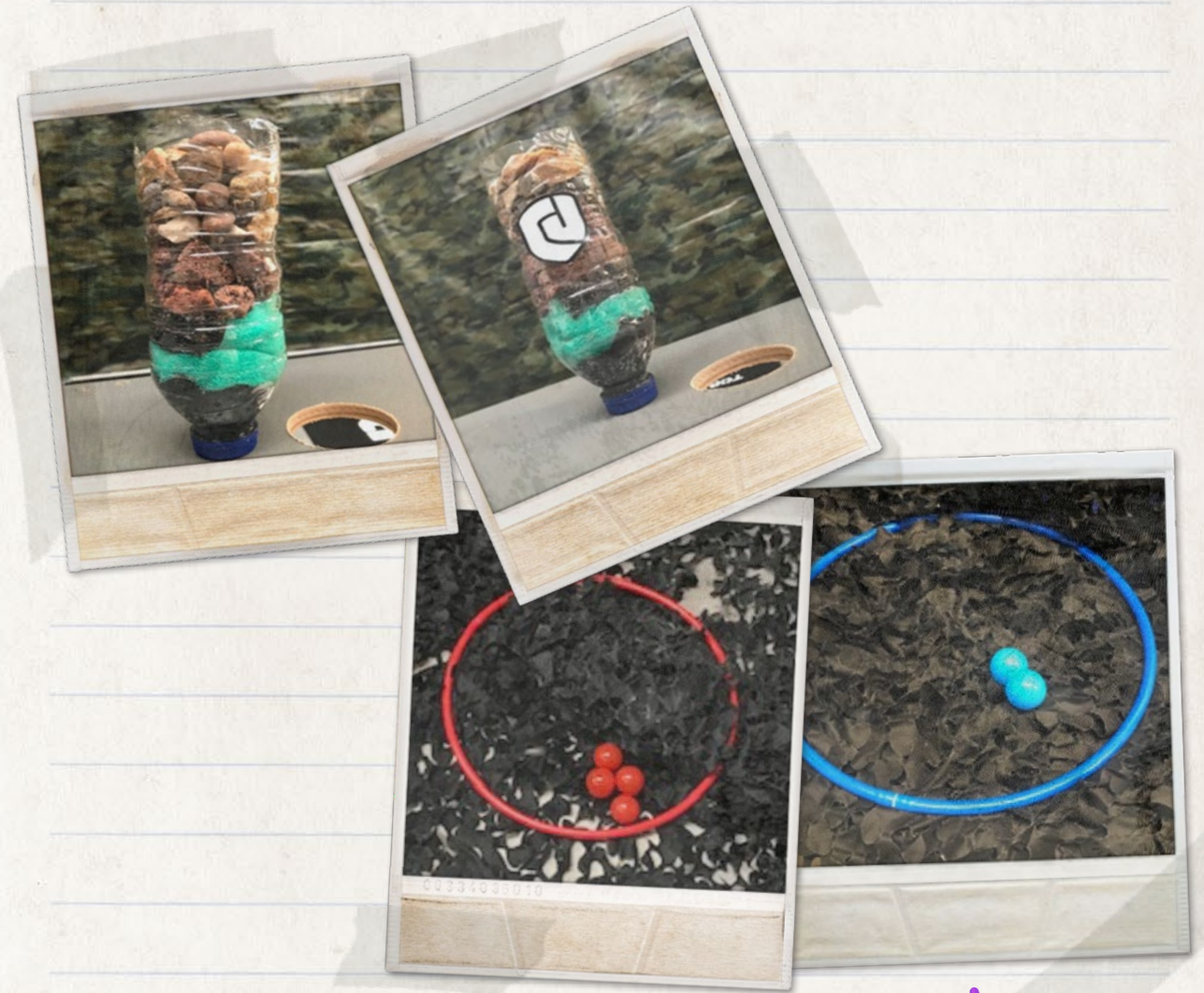
- Get the pupils to have a go at filtering water using recycled bottles, small stones and fabric
- Pupils could make large filters to help a village
- Put a time limit in place

## SUPPORT

- [www.nhs.uk/live-well/eat-well/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)
- [www.youtube.com/watch?v=eQLBzfxDqno](http://www.youtube.com/watch?v=eQLBzfxDqno)
- Set up an example water bottle filter
- Place a coloured ball in hoops in close proximity

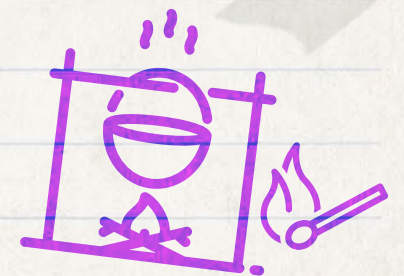
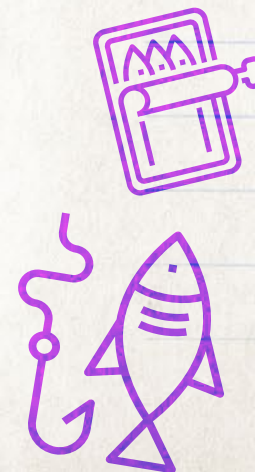
Teams must try and find the different colour balls around school.

Green balls are vegetables. Yellow are Carbohydrates. Red Protein and Blue Dairy. Once the team have found the balls they must then work together to place the rough amount of balls in a hula hoop for each food groups I.e. A third of the diet should be fruit and vegetables (5 a day).



## DE-BRIEF:

- What rations would you take?
- How would you cook things properly?
- What is a balanced diet. If in the wilderness, what food type do you need the most? E.g. carbohydrate to give energy? Or protein?
- How would you share food with your team?



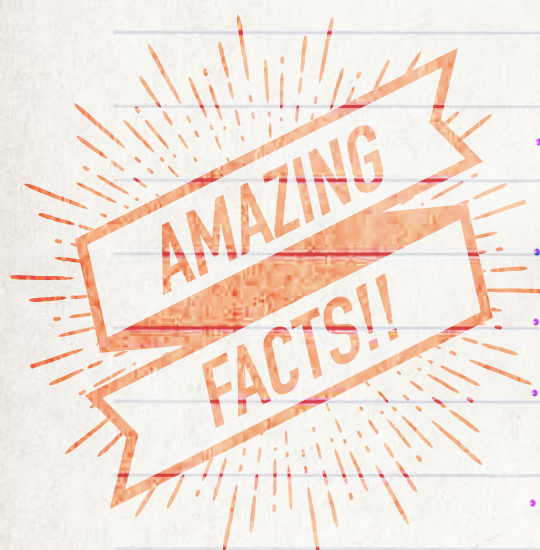


# Adventure 5: Do you limit your own success?

BE ALERT, DECISIVE AND AWARE OF OWN LIMITATIONS.

LEARNING TO BE THE BEST PERSON  
YOU CAN BE IS HARD.

In this mission you are going to help your team mates and try to be the best version of yourself that you can be. When you are on adventures you need to help each other, be alert and above all know your own strengths and areas for development.



- POSITIVE THOUGHTS CHANGE THE STRUCTURE OF THE BRAIN.
- POSITIVITY IMPROVES YOUR SKILL SET.
- POSITIVITY HELPS YOU LEARN.
- WRITING ABOUT POSITIVITY LEADS TO BETTER HEALTH.
- POSITIVITY HELPS YOU LIVE LONGER.
- POSITIVITY LEADS TO BETTER CARDIOVASCULAR HEALTH.
- POSITIVE THINKING BOOSTS YOUR IMMUNITY.
- AWARENESS IS THE BEGINNING OF CHANGE.
- POSITIVE THINKING IMPROVES SELF CONFIDENCE.
- BUILDING SELF-AWARENESS CAN GIVE YOUR PERSONAL DEVELOPMENT TOOLS THAT IMPROVE YOUR RELATIONSHIPS, PERFORMANCE AT WORK AND SELF-CONTROL.



# RESPECT Character Traits

Target character traits:



## ADVENTURER SKILLS LEARNT

- To understand that we all have strengths and areas for development. How do we identify these and improve these?

## SUGGESTED OUTCOMES

- To improve self-regulation strategies and self-efficacy
- Introduction to the qualities of good leadership

## LINKS TO OTHER LEARNING

- Maintaining positive mental attitude - mindfulness exercise/yoga
- Gratitude diaries
- Understanding the differences between our lives and those in poorer countries
- Link to targets within other curriculum areas that pupils are struggling with
- Link with British/Human Values
- SCIENCE; how the brain works, and how pathways are created. Link to behaviours and self-efficacy.
- PHYSICAL EDUCATION; the effects of physical exercise on a healthy mind.
- TEAMWORK; being a good friend to others and supporting them when





# Adventure

HOW CAN YOU BE ALERT AND MAKE DECISIONS?  
FIRSTLY YOU NEED TO BE SELF-AWARE.  
YOU NEED TO KNOW YOUR OWN STRENGTHS  
AND AREAS OF DEVELOPMENT.

WE ARE ALL DIFFERENT, BUT WE ALL HAVE  
AREAS THAT WE NEED TO GET BETTER AT.

Look at the progress charts  
(downloadable from the CoJo login  
section ([www.commandojoes.co.uk](http://www.commandojoes.co.uk))  
and identify where you are for  
the seven different character  
behaviour traits.

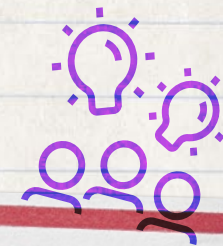
Write down what your targets are  
going to be to make improvements  
and how you are going to do this.  
Refer back to these daily.



AS A TEAM, IT IS IMPORTANT  
THAT YOU MAXIMISE EVERYONE'S  
STRENGTHS WHILST ALSO GIVING  
EVERYONE AMPLE OPPORTUNITY TO  
IMPROVE THEIR OWN AREAS OF  
DEVELOPMENT.

The whole team will write down some  
short term goals e.g. wanting to get  
100% attendance this term. They will  
also write down a long term goal e.g.  
I want to go to university.

Once each pupil has completed at  
least one short term and one long  
term goal they will then work on  
their tables as a team and tell each  
other their goals. As a team they can  
give advice on how they will reach  
those goals.



**THE TEAM COULD  
ALSO FILL OUT THEIR  
REFLECTION SHEET!**

THIS IS AVAILABLE  
AS A DOWNLOAD ON THE  
COJO LOGIN SECTION  
[WWW.COMMANDOJOES.CO.UK](http://WWW.COMMANDOJOES.CO.UK)

COMMANDO JOES

**My Character Journey**

Date: \_\_\_\_\_  
Mission: \_\_\_\_\_  
Explorer: \_\_\_\_\_

Which Character traits have you shown today? Tick the boxes

| R          | E       | S              | P          | E          | C             | T        |
|------------|---------|----------------|------------|------------|---------------|----------|
| RESILIENCE | EMPATHY | SELF-AWARENESS | POSITIVITY | EXCELLENCE | COMMUNICATION | TEAMWORK |

TOP SECRET

What did we do today? Draw a picture

My favourite bit of the mission was:

My target for the next mission is:

Written by

## CHALLENGE

- Pupils can present what they are good at, why and what they need to work on
- Write a CV for a job
- Career progression outline

## SUPPORT

- Show pupils examples of short term / long term goals
- Give pupils a template presentation
- Let the whole class present together

## DE-BRIEF:

- Why is it good to set goals?
- What is better; setting long term or short term goals?
- Can you recognise your own strengths and areas of development?







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Sophie Murfin