

# Skills For Life

Skills for Life is a Manchester City Council initiative which aims to join the dots so that children and young people know when, where and how they are developing a vital skill set.

Based on national research we promote the development of five skills: **communication, problem solving, self-belief, self-management** and **team work**.



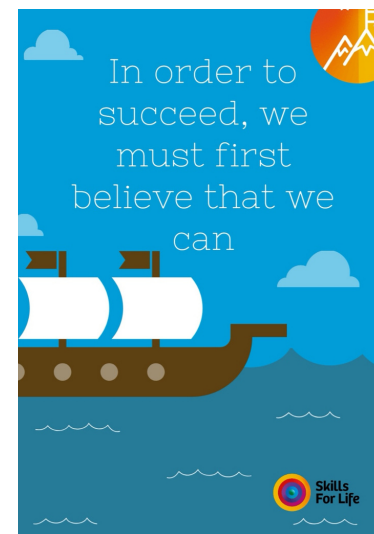
These skills have been identified as the top five skills that are needed for employment and we aim raise the profile of these skills across Manchester.

We believe this skill set is universal and we want to raise the profile of these skills across school settings, in youth settings with parents and carers to ensure that children and young people have the skills to grow up happy, healthy, safe and successful.

If you are a parent, professional or organisation and would like further information about Skills for Life or Kloodle please contact: [natalie.dodd@manchester.gov.uk](mailto:natalie.dodd@manchester.gov.uk) or you can log on to [www.hsm.manchester.gov.uk](http://www.hsm.manchester.gov.uk) and by search for '\_Skills for Life\_' to find out more.



@\_SkillsForLife\_



## IDEAS FOR INTRODUCING SKILLS

### COMMUNICATION

- Play games like mime, emotional charades which can teach the skill of non verbal communication
- Write & read a story 'If I had a magic wand' to sibling or parent
- Encourage open discussion and active listening



### SELF-BELIEF

- Encourage positive self talk
- Talk to your child when you try something new
- Sing karaoke!
- Be brave, overcome a fear e.g. pick up an insect, sleep with light off etc.
- See mistakes as learning opportunities



### PROBLEM SOLVING

- Weigh up the pro's & con's before making decisions
- Complete puzzles
- Explore basic coding apps & games
- Go on adventures & teach map reading
- Explore problem solving in relationships



### TEAMWORK

- Set a goal to achieve together
- Play a game together, explore how to lose graciously
- Encourage participation in team activities
- Reflect on teams on TV or in films, sport e.g. superhero's often work together



### SELF-MANAGEMENT

- Create routines or schedules
- Prepare and follow recipes
- Involve children in planning processes
- Align routines to pet care
- Plant seeds, grow plants and give your child some responsibility for looking after them





## RAISING THE PROFILE OF SKILLS AT HOME

Teaching skills at home doesn't require anything other than you have already! No printing, no books, no resources, just you and your child/ children. These skills don't need to be timetabled or even taught at a desk, they are simply everyday skills for everyday life!

We recommend four simple stages to promote Skills for Life in the home.

### 1. TALK MORE!



Simply talking about the skills helps. Weave the language into daily life so children can understand when, where and how the skills are used.

### 2. DO MORE!



Recognise when the skills are being used. Every interaction, task, chore or game will include one or more of the skills, it's just about recognising them and bringing them to life.

### 3. REFLECT MORE!



Ask more questions:  
- What went well?  
- Even better if?  
- How they could improve?

Encourage self-reflection as a regular process.

### 4. PRAISE MORE!



Praise is shown to encourage and motivate children in positive ways including performance and achievements. Celebrate their skills and development.

## LOG ON TO KLOODLE 11+

If you have older children aged 11+ encourage them to sign up for Kloodle, our free online platform where they can log and record their skills progression. Scan the QR reader to create a free profile.



## SKILLS THROUGH STORIES

Recommended below are a range of books which cover these skills through stories. These books are freely available from Manchester Libraries or via You Tube with the author reading the story.

- What Do You Do with a Problem? by Kobi Yamada: This is a story for anyone, at any age, who has ever had a problem that they wished would go away. It's a story to inspire! (5-8)
- Amelia Bedelia by Peggy Parish : The perfect story for exploring the importance of effective communication (7-12)
- Little Blue Truck by Alice Schertle: A lovely story reinforcing the power of friendship and the importance of working together. (7+)
- Yes We Can! by Sam McBratney: A fabulous book for inviting discussion about working together and valuing each team member's unique contribution (5-6)
- The Invisible Boy by Trudy Ludwig: A great conversation starter for all children those who feel left out and those who choose the teams (6-9)