

Skills & Effort



Name: _____

Date: _____

Activity 1: Matching Exercise

Draw a line to match each job with an important skill.

Job

Teacher

Footballer

Chef

Builder

App Developer

Artist

Skill

Creativity

Cooking

Problem Solving

Coding

Explaining Ideas

Teamwork and practice

Activity 2: Skill Builder Ranker

Put these actions in order from first to last in the list provided.

A child wants to become a skilled musician.

The actions they might take:

- Performs at a concert
- Starts learning notes
- Practices every week
- Takes lessons
- Becomes confident playing songs

1

2

3

4

5

Activity 3: Practice Tracker

- Choose one skill you would like to improve.
- Practice it for 10 minutes a day, for 7 days.
- Tick the checkbox when you have completed your practice.



Day	Practiced?
Monday	☐
Tuesday	☐
Wednesday	☐
Thursday	☐
Friday	☐
Saturday	☐
Sunday	☐



Examples: Drawing, Football, Playing an instrument, Cooking, Reading, Coding

Activity 4: Skill Interview

Ask an adult the following questions:

- What skill took the longest for you to learn?
- How did you improve?
- How has that skill helped you?
- What advice would you give someone learning a new skill?

Write down their answers on the following page.

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What skill took the longest for you to learn?

How did you improve?

How has that skill helped you?

What advice would you give someone learning a new skill?
