

# skills and abilities

Here are ideas and curated resources for further exploration of the “Skills and Abilities” theme.

These can be integrated into home, school, virtual or core-curriculum-based lesson planning.

They are intended to amplify the themes from the videos, facilitating experiential curriculum customizable to any grade, subject or level.

The learning objectives in the “Skills and Abilities” series include: to recognize one’s personal traits, strengths, and limitations; to recognize the importance of self-confidence and perseverance in handling challenges and developing skills; to critically think about challenges and identify strategies to improve confidence, competence, and performance; to evaluate personal, safety, and environmental factors when making decisions, improving abilities, and practicing skills.

## prompts for further exploration

- What are you good at? What are your strengths?
- What are your challenges? What do you have the power to improve?
- How do you feel when you are successful at a skill? When you fail?
- How can you use failure(s) as a lesson to improve at a skill or ability?
- What steps can you take to improve performance safely and realistically?
- How does the environment around you support or hinder your ability to improve your skills and abilities?
- How can you adapt to challenges in order to improve and feel confident you’re making progress?



# Resources for Further Exploration

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## WholeHealthED

Compilation of best practice resources for whole health education.

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## Self Sufficient Kids

A resource for parents and kids about being self-sufficient and developing practical, real-life skills

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## Types of Strengths

Developed by educators and designed to promote a growth mindset, includes identifying and recognizing skills and abilities kids have and can develop

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## Nat Geo Kids

Fun personality tests to find out which president, time period, dinosaur (and more!) you are.

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## Mommy Poppins

Suggested essential life skills for kids of every age, with related articles

learn more

## Active for Life

A fun way for families and kids to build skills with interactive, fun activities and the skills each reinforces

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## Family Education

Skill-building for kids, of all ages (organized developmentally)

learn more

## Act for Youth

From the Cornell University Bronfenbrenner Center for Translational Research, SEL-based resources for skill building

learn more

## True Grit

How to Teach it

learn more

## Positive Psychology

Teaching Resilience in Schools

