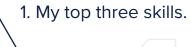
5 MINUTES OF POSITIVITY.

Form time, distance learning or PSHE task.



NatWest Group

Instructions:

- Find a dice (or use the online dice roller on Google).

- Roll the dice.
- Find the segment.
- Complete the 5 minute task and write inside the segment.
- Repeat until all 6 sections are done.
- Discuss your results. What did you discover?



5. 3 positive words to describe me.

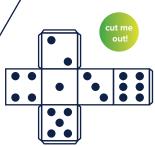
2. My best subjects.

3. Something I'm proud of.



4. Something I need to improve.

Me



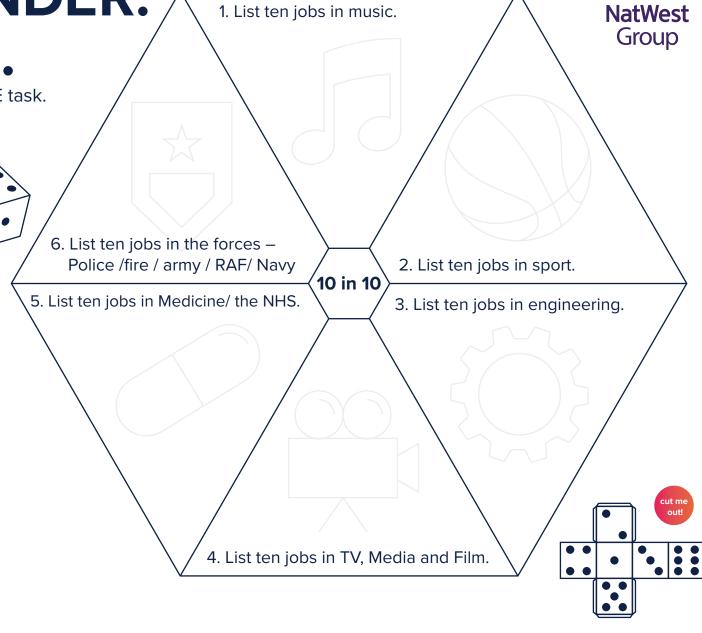
10 MINUTE CAREER FINDER: TEN IN TEN.

Form time, distance learning or PSHE task.

Instructions:

- Find a dice (or use the online dice roller on Google).
- Roll the dice.
- Find the segment.
- Complete the 10 minute task and write in the segment. (Use NCWTV.co.uk and BBC Bitesize Careers for reference).
- Repeat until all 6 sections are done.
- Discuss your results. What did you discover?





15 MINUTE CAREER

RESEARCH.

Form Time activity or distance learning tasks.

1. Go to

NCWTV.co.uk

and watch the HOPE film. What are you hopeful for?



Instructions:

- Find a dice* (or use the online dice roller on Google).
- Roll the dice.
- Find the segment.
- Complete the 15 minute task and write in the segment to confirm. You've done it.
- Repeat until all 6 sections are done.
- Discuss your results. What did you discover?
- * Alternatively set in sequence.

6. Go to

NationalCareersWeek.com

and Find the Launch Yourself booklet – complete the 'Make Some Noise' page

5. Go to

National Careers Week.com

and Find the Launch Yourself booklet – complete the 'Understanding My Skills' page.

2. Go to

NCWTV.co.uk

and explore three different jobs via video.

3. Go to

NationalCareersWeek.com

and read Dr Radha's tips.
For dealing with stress in the 'booklets and guides' section.



4. Go to

NationalCareersWeek.com

and Find the Leadership and Key Qualities worksheet – complete it.

