

# 5 MINUTES OF POSITIVITY.

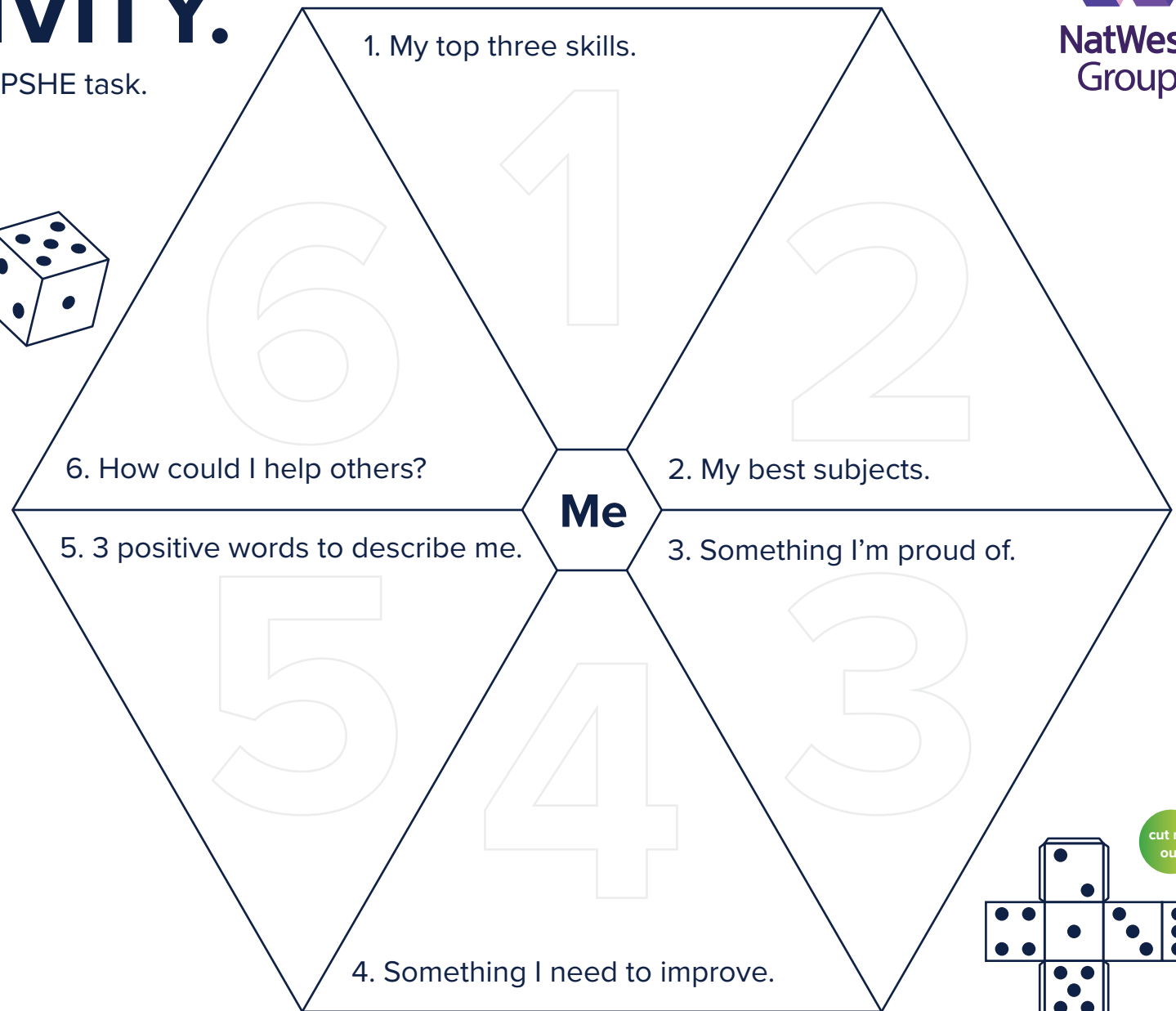
Form time, distance learning or PSHE task.

Headline Partner:



## 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?



1. My top three skills.

2. My best subjects.

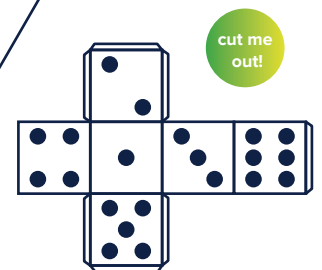
3. Something I'm proud of.

4. Something I need to improve.

5. 3 positive words to describe me.

6. How could I help others?

**Me**

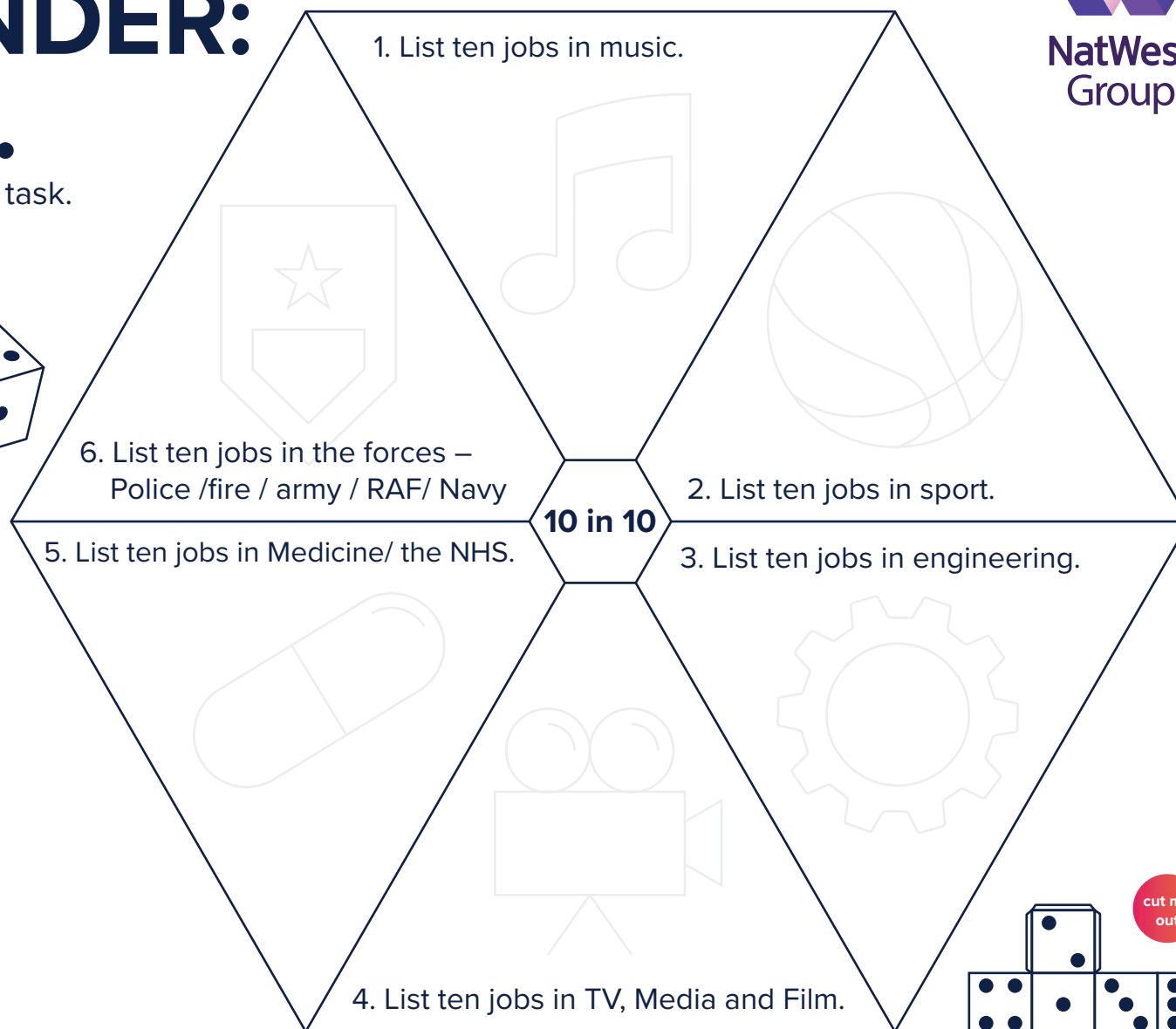
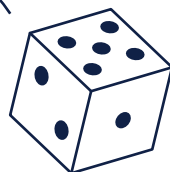


# 10 MINUTE CAREER FINDER: TEN IN TEN.

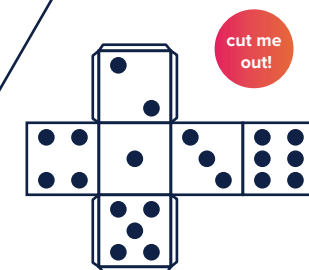
Form time, distance learning or PSHE task.

## 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](http://NCWTV.co.uk) and BBC Bitesize Careers for reference).
- Repeat until all 6 sections are done.
- Discuss your results. What did you discover?



Headline Partner:



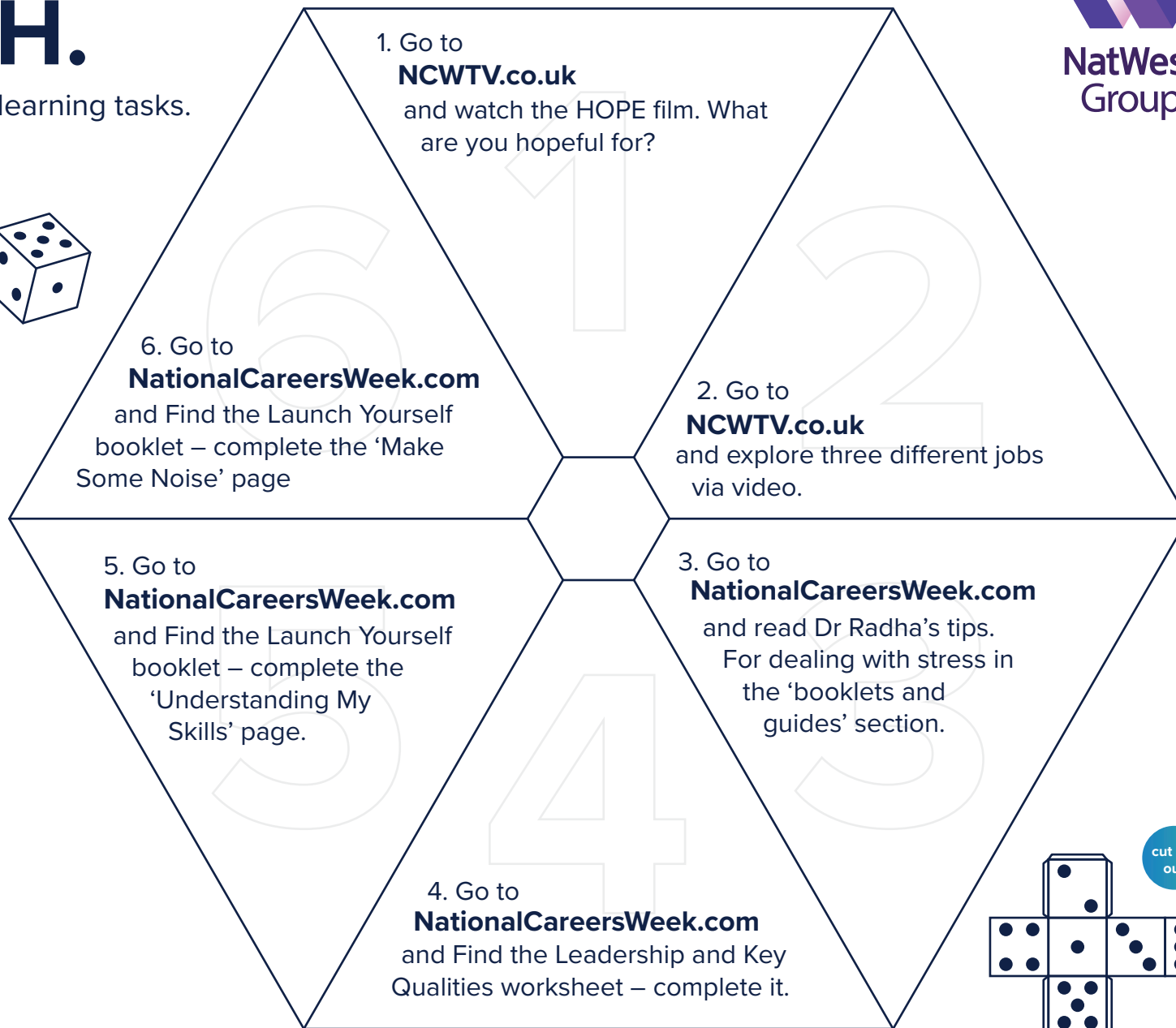
# 15 MINUTE CAREER RESEARCH.

Form Time activity or distance learning tasks.

## 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.



Headline Partner:

