

Our goals for this \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

values

helping

caring

sharing

being friends

respecting others

## What are life skills?

A definitive list is something educators, governments and employers continue to discuss. But no matter if you call them life skills, 21st century skills, soft skills, etc. students who are able to understand and use these skills, along with their academic qualifications, will be better placed to take advantage of educational and employment opportunities.

### How old should students be before we start to teach life skills?

Even before children have started school most parents will want their child to understand how to act in social settings and have some independent skills. Once they begin school, both the classroom and their home become places where they can develop foundational life skills. Generally, both parents and teachers cover life skills from 2 key categories: learning about acceptable and good behaviour and learning to become independent and responsible. At home most students will be encouraged to get ready by themselves when they go out with their family, wear their seat belt, know when it is their bedtime and to get ready for bed (wash their face, clean their teeth). They will also be learning how to mix with people of different ages, how to express what they want and asking for things they need.

### Can we teach life skills in class?

*"It is hard for most teachers to translate 'relationship skills' into classroom lessons and activities, whereas it is much easier to deal with 'empathy', 'cooperation', or 'fairness' as discrete, teachable virtues."*

Kagan, S., Kyle, P. & Scott, S. *Win-Win Discipline: Strategies for All Discipline Problems*. San Clemente, CA: Kagan Publishing, 2004.

As teachers to young learners we work hard to make our classrooms supportive, inspiring and diverse. As we teach, we encourage students to be respectful of people and things, to be kind to their friends, play nicely, keep the classroom tidy, to share and to take turns. We also help them, from the very earliest days at school, to do things that build independence, for example to get undressed/dressed for sports lessons, take care of class pets, work out the time, understand simple numerical calculations and using money, remember to wash their hands, where to find things and then put them back, organising/sorting, making and remembering lists. Helping students gain life skills isn't about developing a new curriculum, it's about teaching the same content but structuring and organising life skills opportunities for our students as part of the organisation of our class. Life skills have been defined by the WHO<sup>1</sup> as "abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life".

### Where can I find more ideas and activities on life skills?

Goal setting is an important step for many young students. This poster has lots of ideas of life skills young learners can work towards and the A1 poster is coated so you can write on/wipe off the goals set for your students. Over the coming year Macmillan will be providing weekly tips for developing life skills with your class. We will also have free monthly articles/infographics (providing discussion opportunities), activities, quizzes, video interviews, webinars and much more. We hope you will be excited to learn more and use the ideas to help your students succeed – [www.macmillanenglish.com/life-skills](http://www.macmillanenglish.com/life-skills)



<sup>1</sup> World Health Organisation

## Life skills at home

### High Days and holidays

#### Ask students to talk about:

A special time for my family is \_\_\_\_\_  
We eat \_\_\_\_\_  
We visit \_\_\_\_\_ (place/people)  
We give \_\_\_\_\_ (e.g. type of gifts/money/food/actions)

#### Food

I can...  
wash fruit and vegetables  
make jam/cheese/sliced meat sandwiches  
prepare a salad  
roll pastry/cookie dough/pizza base  
stir baking ingredients together  
help make bread/cup cakes/biscuits\*  
\*supervision needed

#### I help...

set the table  
fold serviettes  
wash-up after a meal  
clear up wrapping paper/boxes  
put away cutlery

Birthdays

events

festivals

national holidays

concerts



#### Ask pupils to draw/talk about:

What foods are good for you?  
What foods do you like?  
Make a list of all the foods pupils like.  
Talk about the different likes and dislikes.



## Life skills in the classroom

### Clean and tidy

#### Ask students to talk about:

How do we keep our classroom clean and tidy?  
What do we do as a class?  
What do you do as a group/table?  
What can you do by yourself?

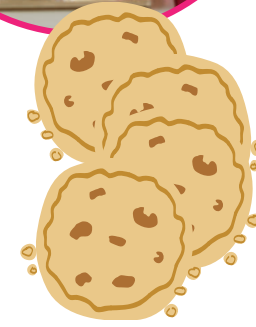
#### I can...

wipe the desk after craft activities  
pick up paper under the desk  
put my books in my bag  
keep my pens and pencils in a pencil case

### Sort and store

#### We can...

put toys away  
sort pencils/pens into pots  
tidy paper into folders/trays  
stack books by size  
collect homework books



### What to wear

#### Ask students to talk about:

What different clothes do you wear?  
In summer \_\_\_\_\_  
In winter \_\_\_\_\_  
When it's rainy/snowy/hot \_\_\_\_\_  
When playing (a sport) \_\_\_\_\_

Ask pupils to add any items to the list they think should be included and why.



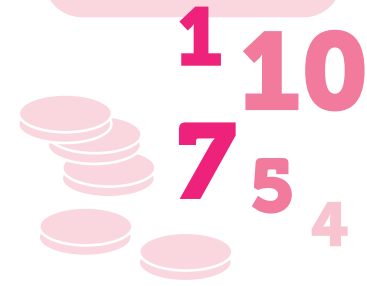
### Clothing

I can ...  
fasten a zip  
button up a coat/shirt  
tie a shoelace  
put on a T-shirt  
match socks  
fold clean clothes

### Numbers and money

#### Ask students to talk about:

Why do we need money?  
What happens if you don't have enough money?  
Can you have too much money?



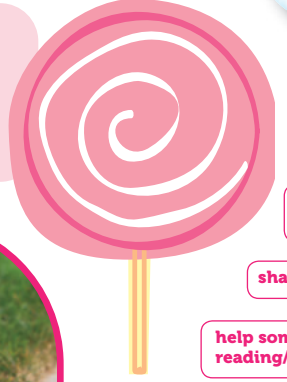
#### I can...

count to 10, 20, 50, 100  
put prices in order up to the most expensive  
help find things on a shopping list  
weigh out ingredients  
put things into sets (toys, cards)



### Learning skills for Primary pupils

Curiosity and imagination  
Devotion and passion  
Enthusiasm and persistence  
Appreciation and acceptance  
Failure and tolerance  
Sharing and self-control



kind, caring, thoughtful, helping

I can ...ask someone to join our group/table

share a smile/my sweets

help someone with their reading/spelling/painting

work without talking to other groups

"Would you like to share...?"

"Come and join us"

"Do you have a partner?"

"I like your (picture/model)"

Ask the class if they have a pet or to imagine a pet they would like.  
How would you care for it?  
How would you show it you loved it?  
How would you keep it healthy and safe?



### Caring and sharing

#### Ask pupils to talk about:

How do we treat our friends?  
How do we make new friends?  
What happens when we are not friendly?  
How do we feel when people are not friends to us?



## LEARNING HOW TO LEARN...



FREE Write on Wipe off poster inside

# MACMILLAN LIFE SKILLS

## LANGUAGE IS A LIFE SKILL

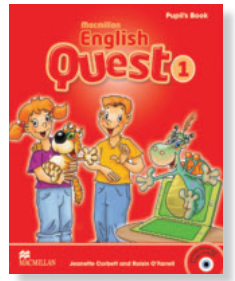
For further great ideas go to [www.macmillanenglish.com/life-skills](http://www.macmillanenglish.com/life-skills)



Ideal for schools and teachers looking for a media-rich high-level course in American English. Offering a complete blended learning solution for the modern classroom, using both online and offline technology, the course takes into consideration the realities of the modern classroom and the needs of the busy teacher.



Great for schools and teachers looking for a highly visual course with a very flexible component mix. Provides a realistic context for language learning by bringing real aspects of the world into the child's life, showing that language learned in the classroom relates to the child's immediate world and beyond. Through personalisation and comparison, children develop cross-cultural awareness, and integrate new knowledge into their own experience to make language learning truly memorable.



Macmillan English Quest is an adventure-packed primary six-level series for young pupils learning English. Level 1 is ideal for classes in which pupils are not yet expected to read or write in English. Reading and writing are gently introduced from Level 2.



This 3 Level course is ideal for Pre-schools and kindergartens looking for a multi-sensory, whole-child approach to teaching American English. Music, action signs and language help children to learn English while engaging with different learning styles. The Bebo Band characters in the Storysong and the Action Song lessons help to bring the new language to life.