

Today's learning is to identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them.

To know how I feel when I see obstacles and how I feel when I overcome them.

To tell you how I felt when I succeeded in a new challenge and how I celebrated it.

To know how to store the feelings of success in my internal treasure chest.

First of all, discuss, or write down what challenges are there when you read a new book. It might be to do with reading the sounds and understanding, or you might be tired or distracted for example.

Now try something you find a challenge. Building a high tower out of blocks, skipping, drawing, doing a hard jigsaw, trying to get on to the next level on your video game?

What is going to stop you achieving? How can you help yourself? How do you feel when you improve?

We would love to see some photos of your challenges on Dojo!