

# Personal Development



**BATLEY GIRLS'**  
**HIGH SCHOOL**  

---

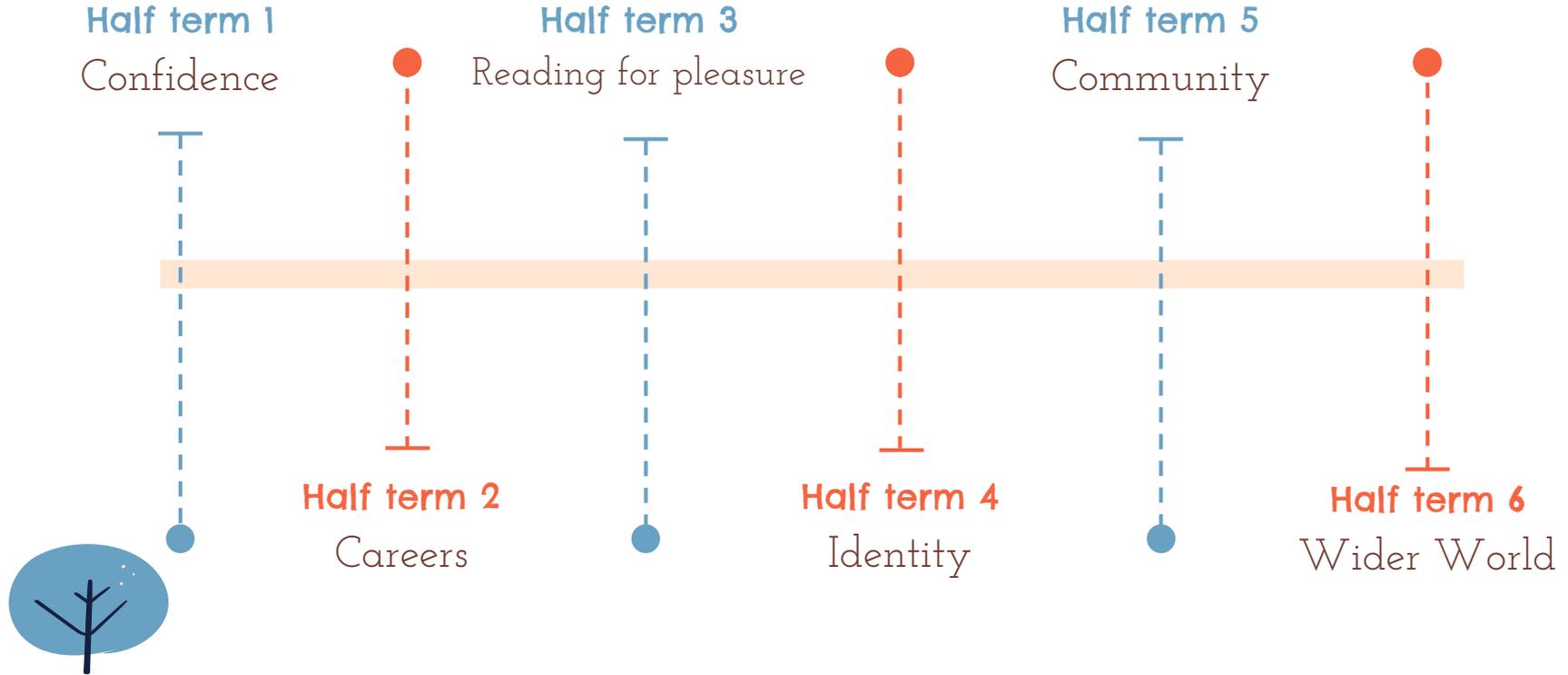
**VISUAL ARTS COLLEGE**



Education is  
about so much  
more than  
academia!



# How we will develop ourselves?





# BINGO!

Can you get them all?

Try out our tempting tasks to develop yourself. The Bingo sheet is to complete in your own time.

**There are prizes for those that do!**



Take up a new hobby  
and chart your progress

Face a fear

Try something you have  
failed before

**Confidence**  
Empower yourself

Volunteer to read aloud  
in English

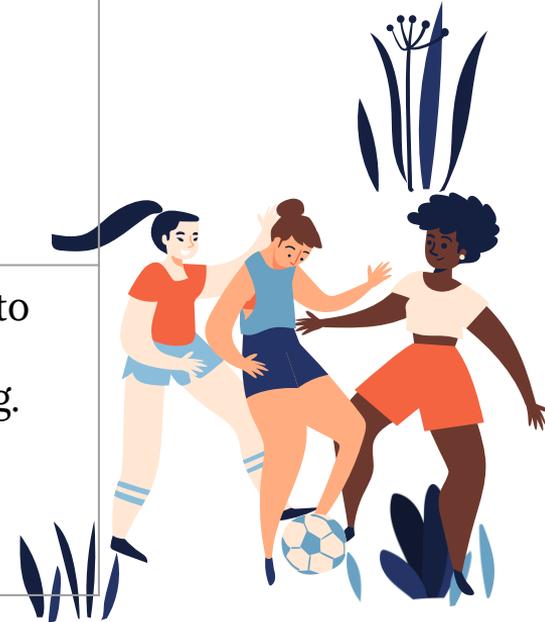
Travel to a new place  
independently

Cook a meal  
independently

Enter a competition

Create a budget plan  
and save up for  
something you would  
like to buy

Offer your services to  
someone else e.g.  
washing cars/baking.





**CATEGORY:** Wider World

**ACTIVITY COMPLETED:** Tackle a personal fear, e.g. spiders.

**EVIDENCE:** Photo / write up of you facing your fear. How did you overcome it?



**CATEGORY:** Community & Care

**ACTIVITY COMPLETED:** Care for a pet.

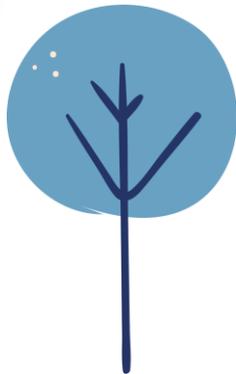
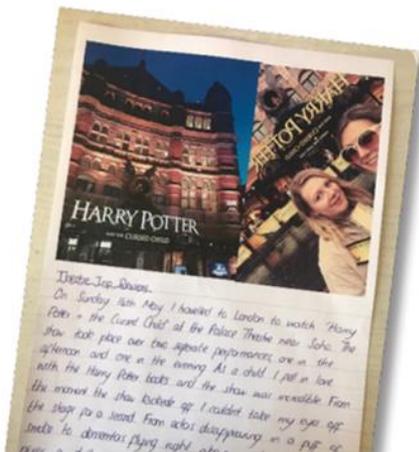
**EVIDENCE:** Written guide to caring for a pet, along with tips and advice. Photo of you with the pet.

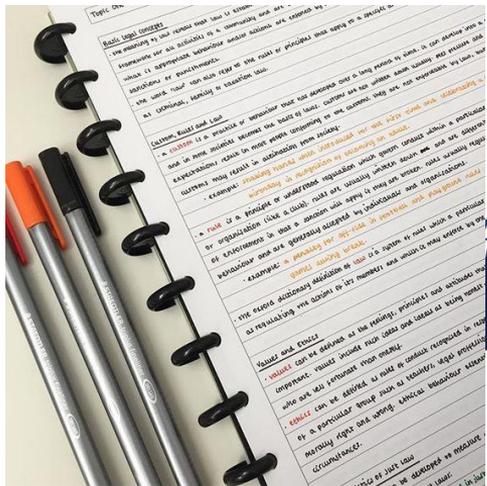
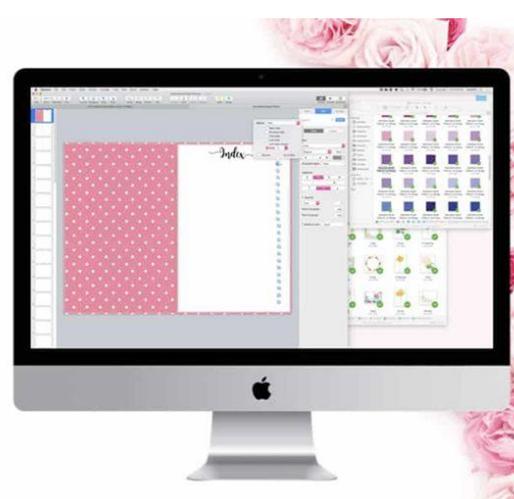
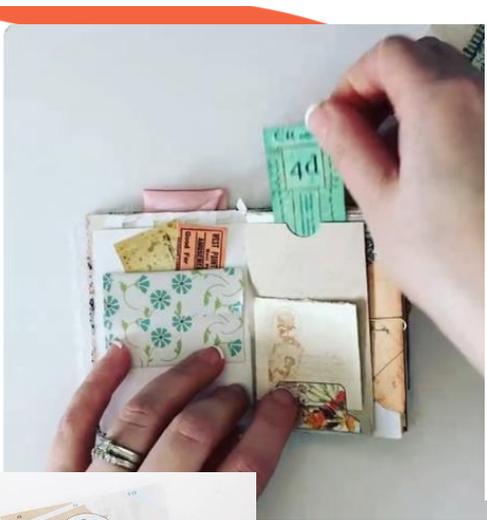


**CATEGORY:** Wider World

**ACTIVITY COMPLETED:** Review of a theatre trip.

**EVIDENCE:** Written review, tickets, personal star rating and photos.





## How to present your evidence





# In school tasks.

Complete the following  
tasks during everybody,  
everyday.

This half term's tasks are of course all  
about building confidence



# Confidence

Self-confidence is a part of your mental health and well-being. It's based on your perceptions and the way that you think about yourself or your abilities. But remember, your own thoughts can be flawed. That's why it's important to always remember that self-confidence is rarely related to your actual skills or abilities - it's actually all in your head. These tasks take confidence but also help to improve it, take a leap!

